

15 April 2009

To whom it may concern,

My first work out on Bodywall was in October 2008. I went in and told the trainer that I was anaemic, an asthmatic and I was worried about completing the hour. Other weakness were pointed out in the first session which I had gotten used to such as rounded shoulders, a hunch in my upper back, my right knee turned in and my foot turned out.

One reason is I developed an inverted chest due to asthma attacks. My first one was at three years of age which put me in hospital. My breathing was laboured and as this was before inhaled steroids were around. My health has been very difficult over the past two years with pneumonia, flus and colds, and I was left weak and anaemic.

The first session went quickly and later on that week I had to adjust my bra straps as they were loose (my shoulders were correcting). The next few sessions were hard but exhilarating and after a few weeks my t-shirts started to get baggy at the back as my back and shoulders became straight. This gave me a new found inner strength as I became stronger physically.

I never ever expected this to happen. How could I even imagine that my body could look strong. Now, to my surprise, there are even more corrections which have definitely change my life. One being, after having my four children, that area became so weak that I had to cross my legs when I sneezed. Very embarrassing. But now when we go camping, I only need to take one pair of jeans and not four. No kidding, it was getting so bad I was considering having an operation.

My weird leg has also corrected by working out on Bodywall and by deep tissue massage recommended by Chris Toal (thanks Danny).

What I love about it all, is the new confidence that I have now. I work longer hours, achieve greater goals now, and I often go for long walks and enjoy it so much. I used to get colds, flus or a cold sore if I did to much, but that's all come right.

I'm strong and healthy with a one hour a week work out. Who would have thought.

Sharon Garlick
(Early Childhood Teacher)