

Michele and Jeanie are truly a great team that can lead you through natural and achievable lifestyle changes that can have a huge impact on your well-being. My education and career had taken a toll on my body causing significant neck pain leading me to fear that serious injury and surgery was inevitable in my future. Then, a few years ago I "kinked" my neck so badly on New Year's Eve that I had to do something about it. A friend recommended Therapy Designed for You and Jeanie managed to squeeze me in that day! I could immediately feel relief in my neck pain as well as other incredibly tight areas of my body that I hadn't recognized desperately needing relief. I have seen her faithfully for deep tissue massage since then. These massages combined with the tips and referrals Jeanie has given me have come with incredible improvements.

I was feeling far better than I had in a long time and was very happy with my progress when Jeanie had yet another suggestion/referral - to see her colleague Michele for a strength assessment. I had been working hard to become stronger on my own though I found it inefficient and hard to stay consistently motivated. Guidance sounded like a great idea!

Michele did her assessment and I immediately knew she had the best combination of professional knowledge and experience that could help me achieve my health and strength goals. I've been working with Michele weekly for almost a year and have seen my strength, endurance, physique and overall well-being soar all the while my neck feeling even better. Michele has been an incredible source of knowledge from strength and balance to healthy food choices and more. On top of that she has a fantastic personality which makes an hour of training fun and motivating. A typical training session with Michele involves an hour of a series of exercises that she has planned specifically for you. She has guided me through what seems like hundreds of different exercises so that I am never bored and my body is always challenged. The result is I have become much much stronger at an appropriate pace that is neither frustrating nor risking injury.

Today, I experienced my first Thai massage with Michele which was very different than deep tissue massage. Michele guided, positioned and moved my body while applying various amounts of pressure stretching and releasing my muscles and joints in an incredibly relaxing way. I can only imagine the increase in flexibility and mobility that this form of massage will provide me and I look forward to other beneficial results that are sure to complement both my deep tissue massages and strength training. Thanks to both these talented practitioners I now see myself having a long, injury-free career and active, fulfilling lifestyle.

Deb M.

Dated: 1/30/2017 Continuing client as of May 2017