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My Personal Story: Why I do what I do

*Take care of your body!
You will love what you feel, see and hear.*

In 1976 I was an 18 year- old High School Exchange student living in Sweden. On June 21, while bicycling home from a joyous Mid-Summer Eve party on the Summer Solstice (the longest day of the entire year), I experienced a horrendous bicycle accident that changed my entire life.

The Accident

At 3'oclock or so in the morning I was found unconscious along the side of the road. A taxi driver saw me there and called an ambulance. I was immediately taken to a hospital where doctors said I could have died had I been much heavier. There I was, an unconscious, underweight, bulimic. My eating disorder had reduced me to a mere 75 lbs. – at 5' 4", I was quite emaciated – looking more like a skinny, 12 year-old boy, then a teenage girl! Still to this day, there is no knowledge of what caused the accident.

The Coma

I was in a coma for 6 days. One thing I remember during these 6 days, is trying once to get out of bed to go outside and lock up my host family's bicycle so no one would steal it. A very tall male Swedish nurse forced me back in bed, tied me to the bed and I became unconscious again. The doctors' suspected severe brain damage when they noted that the right side of the body had become stiff and paralyzed. They shaved off my long strawberry-blonde hair, performed brain surgery to find and remove a blood clot. Amazingly, the right side of the body came back to life.

When I finally came out of the coma, people attempted to communicate with me in Swedish and English. Unfortunately, although I had the ability to understand both languages, I could speak neither. In addition, my right eye had no sight, or at best, very blurred sight. All I remember is a patch on the eye.

Re-learning English

Once I returned to the USA, I had support from my parents and siblings. My memory had ceased to exist and my language skills were almost non-existent. I remember grocery shopping with my Mom and sister-in-law, picking up fruits and vegetables and staring at them – wondering what they were. My Mother and Jann would patiently tell me the names of the food items and slowly one at a time words started to come back. English, naturally came back first.

Hopelessness

My sense of confusion and hopelessness was overwhelming. I no longer knew who I was or had been. I remember standing outside one day, watching the tops of trees blowing in all directions from the strength and power of the wind. The trees were helpless – I was helpless – I was totally lost, unsure of life. I didn't know who I was, what to do, or where to go. I wanted to give up ... but then I heard it ... an inner voice within me whispering, "You can do it! You can make it!"

I listened to that voice and realized it was time to begin the long journey back to living my life and discovering who I am.

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And so I began, slowly at first, strengthening my body, and improving my self-confidence, day by day. Today, I am dedicated to helping others do the same.

Roadblocks

Roadblocks to life can be as severe as mine or even worse. I have learned.... that life's roadblocks often give us the greatest opportunity for real growth, both internal and external.

My hardships have given me the chance to let go, take a deep breath and try again. Through difficult times my touchstones have been movement, exercises and fitness. Perhaps you too are looking for a way to try again, and I'm curious if movement, fitness, exercise are what you have been looking for all along.

You Can Do It!

Let me help you experience the following in a safe, protected environment:

- ✍ Health
- ✍ Strength
- ✍ Self-confidence
- ✍ Flexibility
- ✍ Weight loss
- ✍ Muscle tone and definition
- ✍ Energy/stamina
- ✍ Regular exercise as part of your daily life
- ✍ Knowing where to start

For a free consultation, contact Carol Lee at You Can Do It! LLC:
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