

You Can Do It! LLC

Success Stories

Many of our clients have enjoyed great personal success working with You Can Do It. Read about their stories here.

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Andruss: Nordic Walking is Fun and Easy

Nordic Walking is easy, fun, and good for you. I started Nordic Walking because I have sclerosis and was having trouble walking normally. Using the Nordic poles I am able to walk further, more quickly, and with no discomfort. It is also a great upper body workout!

— *Andruss Northrup (Nordic Walking class)*

Kelly: Power and Grace

I am a relatively new Nordic Walking convert. A few years ago I had a very successful orthodontic practice and regularly raced my road bicycle. But then I had a terrible bicycle crash where I suffered enough injury to completely paralyze my left side. I had to sell my practice and re-learn how to stand and to walk.

When I joined Carol Lee's Nordic Walking class, I was a bit doubtful of my ability to use poles. To my complete surprise and delight, I was able to. I started with short walks and then took longer treks. I learned from Carol Lee how to best move on both paved and trail surfaces.

I am amazed at how I've changed in just these first few months: my upper body is stronger, with visible definition in the muscles of my arms, shoulders and back. And even more important to me, my coordination has, and is still improving. I love the physical changes and my increasingly smooth grace. In addition, I am completely enthralled by all I see as I'm poling along ... things that I usually don't notice when I'm rushing by.

— *Kelly Cruser (Nordic Walking class)*

Carrie: From Fat and Fatigued to Energized with Self-Esteem!

Background

"Carrie" (not her real name) began working with me in one-on-one fitness sessions in 2004. She was obese, had low self-esteem and irregular eating habits, was addicted to sugar, and lacked strength. Breakfast was a hard meal to eat; it was often eaten in the car as she drove to work, and generally consisted of a rice cake and maybe some yogurt.

Problems

- Low self-esteem
- Lack of strength
- Excess body fat
- Irregular eating and poor food choices

Challenges

- Wouldn't exercise on her own
- Had a very hectic work life
- Did not drink enough water
- Was worried and fearful each time I changed her workout routine

Solution

With Carrie's problems and challenges, I decided that calmness and patience were my best tools for change. I made sure to give Carrie directions, training ideas, suggestions, and feedback in ways that she could understand ... which meant being thorough with my explanations and letting her know when she did well.

With Carrie, as with many of my clients, I used a gentle, comforting approach with lots of encouragement. I was readily available for her questions and concerns, and used a good dose of humor to make her workouts fun. Most importantly, I provided a safe, peaceful, comforting space for her workouts in which she came to believe that it was possible to achieve her goals.

I worked with Carrie one to two times a week for two years and routinely changed her exercise plan every two months. For the first three or four changes, Carrie was very uncomfortable. However, six months into the program, she became eager and looked forward to the changes.

Initially, Carrie often used her hectic work life as her excuse and often missed her workouts. However, after a year of working together, Carrie realized that there was no need for her work life to interfere with her workout sessions. She knew that during each session, I would guide her through the workout according to where she was on that day. If she was exhausted and needed rest, I took her through a gentle yoga program. If she was energized, we focused on cardio and strength. Carrie stopped canceling her sessions or not showing up because she realized that I would tailor each session based on how she felt that day.

After working one-on-one with me during her sessions, Carrie finally decided to take a group class of mine, and that is when I really saw huge improvements. In a group

environment I could see that Carrie was fully participating, feeling comfortable with herself, and no longer mentally putting herself down. She had come a long way!

Benefits

By the end of her time with me, Carrie had realized a number of benefits from her workout sessions ... benefits that will continue for the rest of her life:

- Lost inches and changed her shape
- Changed some fat to muscle and discovered muscles she didn't know she had
- Felt stronger (physically and mentally)
- Started walking regularly on her own
- Began making daily healthy food choices that brought her strength and improved physical and emotional well-being
- Improved her self-esteem
- Decided to reduce her work-related stress by working fewer hours

Carrie has taken control of the choices she has in life and is now choosing those that she benefits from.

Carolyn: Tone, Agility, and Endurance ... and a few Dress Sizes

I have been in Carol Lee's senior "Building Bones Step-by-Step" class for two years. We meet three times a week at The Grove gym in Ashland for 1-hour workouts. She warms us up with small weights, bending and stretching and then step boards. Her stretching and mat exercises are on the floor.

When I started, my knees were very stiff and it was difficult for me to get in and out of the bath. Carol Lee's routine has reduced my stiffness, trimmed me down two dress sizes, toned my arms and legs, and given me more endurance and agility.

Carol Lee is well prepared for each session and shares her knowledge and enthusiasm with our group. Whenever some one has difficulty, she helps them individually. She provides an exercise program that both my husband and I enjoy. We look forward to her class each week.

— *Carolyn Zetterberg, 68 years of age (Building Bones Step by Step class)*

Deanna: Clear Direction and Great Flexibility

Carol Lee teaches large classes with such clear directions that a beginning newcomer can participate slowly and safely while an advanced person is given opportunities to go deeper into each posture. Periods of strengthening and flexibility are balanced with calmness so everyone leaves the class both rested and energized.

— *Deanna Schultz (YMCA Yoga Class)*

Gloria: Am I Hooked on Yoga?

The short answer to the question is yes, and the short reason is because it makes me feel better.

The longer reason is a little more involved, but has to do with the positive results of yoga that I can see in myself. Probably the first thing I notice is my posture. I have realized that I am standing up straighter (all of the time) than I used to. My balance is better, I am stronger and I am somewhat more flexible. I have found that when I miss yoga classes for a week or two or three, I begin to revert back to my old self.

Of course, practicing yoga poses is not a be-all or an end-all for all the things that our bodies need. Because I can see progress in my yoga practices, I have become more aware that some of my other fitness aims – like doing cardio exercises; limiting portions of the food I love; and figuring out how to make myself practice yoga consistently at home – are all doable, if I just quit procrastinating.

Growing older is something we all have to learn how to live with. I want to be good at it; I don't like the options! I think that yoga will help me through this process, and help me to realize that I am lucky to have the problem.

— Gloria Craven, 78 years of age (Senior Yoga class)

Charles: The Power of the Breath

I've been doing yoga with Carol Lee Rogers for three years now (2007). Recently she started talking about "the breath" during class and I listened. Good thing I did, as I had quite an opportunity to put my breath to work.

This morning, after working in the garden for a while, I came in to take my blood pressure. You see, I have high blood pressure and have been on medication for several years. The doctor told me a few years ago to get a blood pressure machine, which I did. I don't check my blood pressure that often, but on this day, when I did check my heart rate, it was 150/69. Since normal is 130/80, I was very concerned about that first number and decided to take a second reading.

Of course, I had to wait a bit to take the second reading. Now, usually I read an article in between readings, but today I remembered Carol Lee saying something about the breath, deep breathing, and relaxation. Of course, I didn't really believe what she said, being the skeptic that I am, but I decided to test her ideas.

I stayed seated for five minutes taking deep, gentle breaths. When I took my heart rate the second time, lo and behold, the reading was 117/70. I didn't believe it so took a third reading was 115/70. Wow...

I tested my blood pressure for the next week. And, yes, the results were the same. Now I know that deep gentle breathing really makes a difference.

— Charles Howe, 88 years of age (Senior Yoga)