

FIT. HEALTHY. STRONG.



ProCare Physical

Therapy • Fitness • Performance

Your Life. Our Priority.



www.ProCarePhysicalFitness.com

Meet Amy Smith

I was born with a tumor on my spine which made walking very difficult as a child. Then in 1992 I had scoliosis surgery at the age of 19. After the surgery, I was unable to walk again and I've had to use a wheelchair ever since. I struggled with being independent. For a long time I just did what I could.

If I ran downtown to one store, I was wiped out for the day. I was having a hard time. It was extremely difficult for me to get my wheel chair in and out of the car. I was weak and I knew I had to do something or I wouldn't be able to do anything on my own.

I started working out at the Athens ProCare Fitness on June 19, 2012, and I instantly felt welcome and accepted. I've been coming regularly ever since!

I wouldn't be where I am today if I didn't have ProCare in my life. The PTs and Fitness Coaches have helped me greatly. The coaches I have worked with have become like family to me. They gave me my independence.

I am so much stronger now. I can go out and about on my own. I can load and unload my chair more easily. I have been watching what I eat and seen a lot of improvements with my health!

I'd say my biggest accomplishment has been participating in eight 5ks since I started working out. I've completed each in less than 45 minutes and I couldn't have done that without the help of my coaches at ProCare. They trained with me. They went out and ran with me every week. I was able to set huge goals for myself and reach every one because of the support I had.

I am living FIT.HEALTHY.STRONG. thanks to ProCare Physical Fitness & Performance!