

FIT. HEALTHY. STRONG.



ProCare Physical

Therapy • Fitness • Performance

Your Life. Our Priority.



www.ProCarePhysicalFitness.com

Meet Benita Kolmen

I joined ProCare in order to begin feeling better and stronger. My knees had been hurting for many years and I was going to need a new right knee - I thought that it would be good to try and get as strong as possible before surgery.

My life has changed so much! I have gone from a person who did not exercise at all and getting tired and having to sit down when going to parks or out with family to a person who now goes to exercise five days a week (mostly). This was not an overnight occurrence, but took a year, a new knee, working with the therapists at ProCare and back to Joe for exercise. I am able to dance again which I have not been able to do in years, I was able to go to the beach and get into water safely. We went to Hawaii and even though I wasn't able to take surfing lessons I walked everywhere (sometimes with my cane) and went hiking, most importantly I was able to keep up with my family.

My initial goal was to feel better and move without intense pain. Once I had surgery my goal became to become stronger so that I could put off surgery for my other knee. Along the way I have realized that even if I injure myself I heal much faster because my body is stronger. My goal now is to keep going to exercise, five days a week and try whatever is thrown at me! I would like to start losing weight and that is beginning to happen, but I am trying to not make that the focus.

I believe that I am finding success at ProCare because Joe has never given up on me. He truly listens to what I say and where I am mentally. The other reason that I believe I am successful is that Joe works with all of the members of ProCare's PT department. This combination provides a safe place where I know I am getting the best of both worlds - PT when I hurt and training to keep me strong and the ability to bounce back more quickly. I have tried many of the facilities around our area and I have never stayed this long or worked out so much!

My advice to anyone who is thinking about trying ProCare but is not sure about it - I say - worth every penny. This is a place where you are respected - no matter what your weight is or where you are regarding exercise. I began by coming to work out with Joe twice a week and I now come every day - I don't always want to do it, but once I get inside I am glad I came. No one laughs at you, stares at you - everyone is encouraging and the atmosphere is so positive. If I, who has never been a person into exercising can change my attitude and mind - anyone can do it!!!