

Sandy J.  
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I started training with Alicia about October of 2015. At first I just wanted to tone up and loose some weight before my daughter's wedding in March of 2016.

Alicia really helped me to do both, I felt very confident in the dress I wore and was able to enjoy my daughter's wedding without the added stress of worrying about how I looked many friends complimented how I looked at the wedding, and the pictures look great! Post wedding I was invited to a hiking trip around Mt. Blanc in Switzerland; I needed to be able to hike 8 full days in a row, but still have the ability and stamina to explore the towns and areas we stopped in at night. Alicia worked with me to increase my endurance and strength, I thoroughly enjoyed my trip and accomplished my goals of hiking and exploring with ease thanks to her training. Soon after that I was invited to climb Mt. Kilimanjaro.

Alicia and I worked on flexibility, endurance, and strength. She is thoughtful, fun, and very encouraging, which makes some really hard workouts almost easy to finish.

due to my workout with Alicia and some extra hiking I was able to make it up Kilimanjaro (19,341 feet high) and feel good while hiking, even on the 10 hour round trip ascent to the summit and back down to 15,000 feet. In total the trip up and down Kilimanjaro was 6 days and 54 miles, I know that without a doubt, without Alicia's training and support I would not have been able to achieve the summit with the ease and confidence I did.