

## Prehabilitation results in rapid recovery from major surgeries!



Carol Brewer exercises her obliques and abdominals with exceptional Gill's Fitness program designer and trainer, Robert Fine.



Mike Brewer doing a back exercise with exceptional Gill's Fitness program designer and trainer, Will Cole.

Carol and Mike were able to resume their workouts only four weeks after their successful lower-back-surgeries.

Back pain and weakness were chronic problems for this very active couple who love snowskiing and tending their magnificent garden featured not long ago in SD Home and Garden Magazine. Surgery was the inevitable solution for the lumbar stenosis which was the source of the discomfort. An effective Gill's Fitness personal training program, which they began in June of 2010 after being impressed by the results and testimonials from their close friends Jerry and Marge Katleman, gave both Carol and Mike the necessary fitness to quickly return to normal activities.

Their improved strength, flexibility and coordination made the recovery periods far shorter and less impactful than is typically expected.

The benefits of Prehabilitation are apparent and consistent.



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