



# NEW YEAR ... NEW YOU

## Mom's fitness centre makes daughter stronger

*50+ gym offers fitness programs for special medical conditions*



*Erika Larsson (r) was so impressed with her results at MedEx, she asked if the fitness centre could design a program for her daughter, Terrienne.*

MedEx does not have many members that have a medical condition, but Erika Larsson, 53, had tried just about everything to ease the back pain she suffered after a serious car accident. She had tried chiropractic, peat baths, massage, physiotherapy, acupuncture, pilates, rain drop therapy and essential oil treatments, and worked with a personal trainer.

Then her chiropractor recommended MedEx Fitness Centre in James Bay, which offers medically-based programs for people over 50. After an initial consultation with the centre's owner/operator Richard Gafter, who also reviewed her medical reports, Erika was put on an exercise program she could safely do.

After a couple of weeks, she slept without pain for the first time in five years.

That's when she made an unusual request. Although MedEx caters mainly to the 50-plus age group, she asked Gafter

if he would work with her 30-year-old daughter Terrienne, injured in an accident at the age of 18. Terrienne sustained multiple breaks and fractures to her upper and lower mandible, cheekbones and skull, and damage to her neck and back. Since the accident, she had been suffering bouts of severe debilitating back pain that would result in up to two weeks off work at a time. "The pain was so terrible that I could not move!" she recalls.

Gafter, a Medical Exercise Program Director and Kinesiologist, recognized the value his program had for certain medical conditions regardless of age and chose to put Terrienne on a personalized program in May of 2009. Terrienne has a physically demanding career as a hairstylist at Licorice For Hair in downtown Victoria, so she worked on strengthening her core, neck and back to support the body positioning at work. The results, says her mother, are "remarkable".

Terrienne hasn't taken time off for back pain since starting at MedEx, and is committed to living the next 30-plus years pain free. Erika has also set a goal for full recovery from her pain and prefers to exercise at MedEx three times each week with Terrienne.

"They have great equipment, a nice quiet atmosphere conducive to healing", says Erika, "and a great caring and supportive staff who provide guidance every step of the way."

For some people under 50 with certain medical conditions, MedEx now offers a personalized program. Book an appointment today to find out what MedEx can do for you.

Visit MedEx Fitness Centre, located in James Bay Square between Thrifty Foods and Starbucks, at 435 Simcoe St.

Call today to book your appointment (250) 382-5050 and visit us at [www.medexfitness.com](http://www.medexfitness.com)