



Al Vishnevetsky &lt;az.motivator@gmail.com&gt;

**July 29 2009**

1 message

**judy cools <judycools@hotmail.com>****Wed, Jul 29, 2009 at 8:58 AM**

To: al motivator &lt;az.motivator@gmail.com&gt;

My name is Judith A Cools I came to Tucson Az to retire in 2007 I signed up with Al the Motivator as my trainer in May as soon as I came to Az-- completely unfit and with a bad knee my right knee had been shot full of steroids and painful for over 2 years I have been on Darvocet for 2 years from 1 to 6 pills per day. We started with 2 sessions per week but soon I increased it 3 times a week Monday Wednesday and Friday. Being completely out of shape overweight and 42 previous years of yo-yo diet up and down weight loss and never sticking to a program. Al developed a program to strengthen my knee and legs and help me condition and balance my body. I lost weight increased my confidence and it helped me with my diagnosis of Osteoarthritis-- On June 18,2008 I had a complete knee replacement on my right knee with Dr. Russell Cohen of TOI he stated my surgery and recovery was perfect with the help from my trainer both before and after I had very little pain and in less than one month was back to my regular schedule of training and fitness. Last week on went back for my one year check up and my movement strength and agility in my knee is beyond expectations, I have feeling and can kneel and my knee is great. Due to arthritis I will be having my left knee done next year in 2010 but Al will continue to help me and all my joints. Judith A Cools 187 N Nightfall Ave Tucson Az 85748

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