



**Bravo Lawrence!**  
Dear Kevin,  
My career in the fitness industry began a little over a year ago. AFAA has since provided me with so many tools to improve my profession. I look forward to my AFAA magazines [*American Fitness*]. In particular, I always enjoy reading any article by Lawrence Biscontini. He provides informa-

tive and practical tips you can immediately implement. I met Lawrence for the first time at the 2011 IDEA Convention in Los Angeles. I attended his workshop on BOSU® Pilates. I was blown away by his presentation. He educated us, conducted a challenging workout, and made us laugh. I wanted more... So I attended his first FitCamp in February 2012 in Puerto Rico where I received Lawrence's mentoring directly. FitCamp empowered me to become a better instructor and to grow my fitness career into places I never thought possible. Lawrence is an endless pot of gold! Thank you so much for publishing his article, "Every Breath Counts." The information and practical tips on breathing techniques are great. I feel like I now have another tool in my tool box that is going to completely change the way my clients not only exercise, but live!

—DEIRDRA G. MARTINEZ, MPH, CPT  
LOS ANGELES, CA

### Every Breath Does Count!

I always look forward to receiving each new issue of *American Fitness* to gain inspiration and new ideas for my classes. "Every Breath Counts" by Lawrence Biscontini is an excellent breakdown of the three main types of breathing used in fitness. I teach Yoga, Pilates and T'ai Chi, and I am often describing the

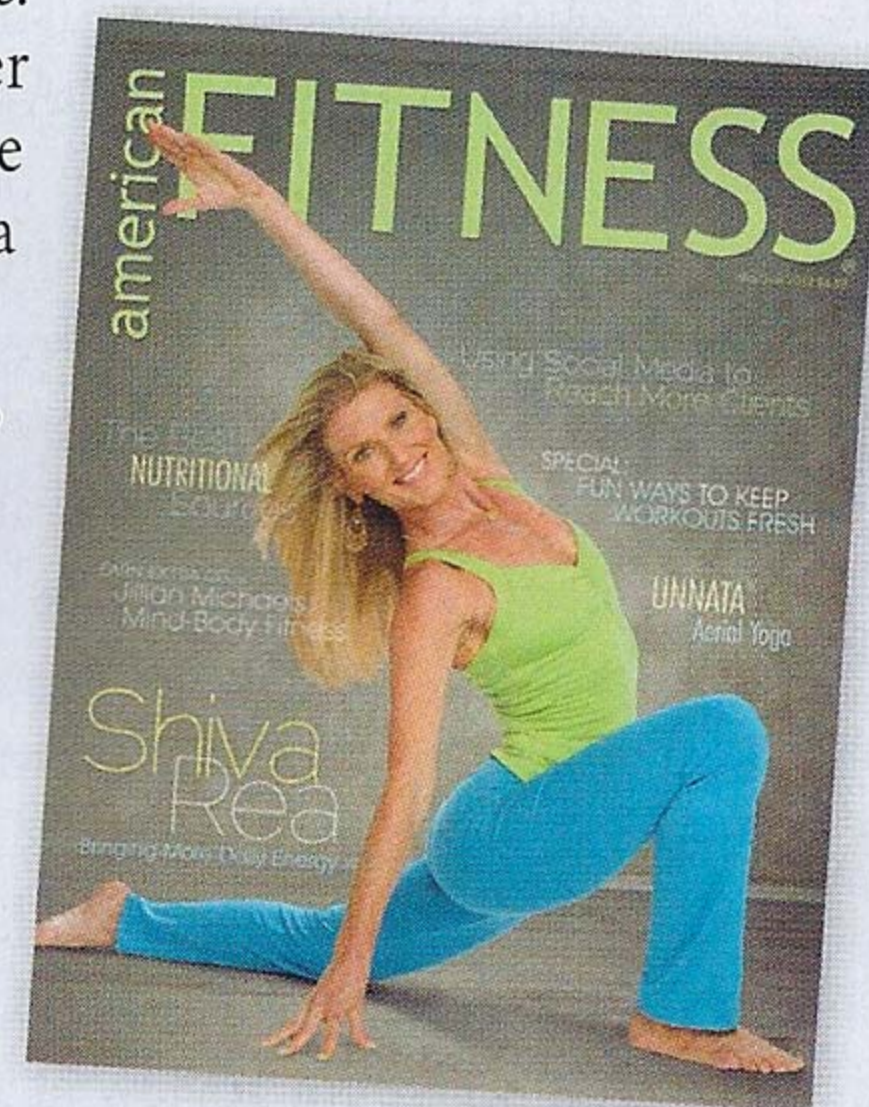
different types of breathing to my clients. Because breathing is so integrated into each discipline, "Breath Coach" has become a part of my job description. Lawrence has described some exercises to help people understand the different breathing techniques and their purpose. Thank you for bringing awareness to the importance of the breath.

—LORI TEMPLEMAN  
SACRAMENTO, CA

### Personal Trainers Lend a Helping Hand in Rehab

Dear Meg,  
It was so great [hearing] about the inspiring story on Christopher Slevin...having Guillain-Barré syndrome. Our daughter Megan came down with a rare disease called ADEM: Acute Disseminated Encephalomyelitis, a neurological disorder characterized by inflammation of the brain and spinal cord, caused by damage to the myelin sheath. She was 10 years old and was paralyzed from the neck on down [and] was in the hospital for four months. She has been doing physical therapy for the past seven years. [And] recently we set her up with a fantastic personal trainer to build strength in her hamstrings and hips, which seem to have been affected the most. She now walks with a cane. Megan will be graduating in May from high school. She has worked so hard physically and mentally. She and her personal trainer are working on her walking down the aisle at graduation with no cane. She will do it. Like Christopher said, life is a gift and having the strength of body and mind is a big part.

Thank you,  
—TAMI GIESKE  
CHELSEA, MI



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