

Friday, March 4, 2016

I have been afraid to try new things to help my body along for many years. I suffered a bad car accident in my 20's where my left thigh bone was fractured and my knee was basically torn apart.

After years of being happy just to have survived and consistently watching my mobility get less and less, I decided to try something new. In walks Terisha Tatter to my life. After meeting Terisha in my PowerCore meeting I was intrigued with her talks about movement and how she works with people of all abilities to bring their mobility back.

I made an appointment and actually showed up with my daughter. Being skeptical I thought well worse case scenario my 12 year old will be able to get something out of this time. After a few minutes of what are really simple small movements I felt a difference. After the first hour I got in my car and was so pleased that I could bend my left knee without the use of my hand to put my foot in the car, I looked at my kid and said, "Did you see that?".

I believe that if your in good shape Terisha can make it great, if your in bad shape Terisha can make it great. Her spirit envelopes you and provides the strength to try new things and she is so knowledgeable about what she does that it will make you more interested in how your body works so that you can help it work better. I have my spikey balls and bands and I am doing my home work so that I can keep this momentum. I am walking better and faster than I have in a long time and I just feel more stable and taller on my feet. I am taking my mother to Terisha in a week or so and if you ask me to I will take you to. I love it that much. This therapy is the kind of addiction we all need in our lives. Be like me and get addicted to moving better. Go see Terisha Tatter, you will be amazed.

Sincerely,

Leslie J. Wright  
Solvit Software, Inc, President/CEO