



# BENEFITS OF PILATES

**Testimonial by  
Carolan Van Jepmond**

My name is Carolan Van Jepmond. I'm 74 and I want to share my journey. I've had knee issues for several years resulting in bowed legs affecting my gait, overall mobility, and health.

I heard Pilates was a low impact way to improve my health and boost my range of motion, so I joined Valley Athletic Club and that's how I met Matt Tibbetts, their Pilates instructor. What a difference and I'm delighted to share my success story.

I've done Pilates in the past and it's been useful, but I never experienced Pilates like Matt offers. Before we started working together, he researched my issues then created a routine that not only alleviated my pain but also helped me walk better. He also did some pre-surgery exercises to prep me for my knee replacement. We worked hard but it was fun and worth it! I saw results immediately. I learned how to stabilize better, felt stronger than I had in years and lost a good amount of weight in the process.

Post-surgery, my Physical Therapist was astonished I healed so quickly. I exceeded all their expectations, both in terms of range of motion and mobility. In just two weeks I stopped using my walker and within three weeks, I was able to work out with Matt again. Now I walk better, my legs are straighter and I'm more stable on my feet than ever before.

I credit Matt for helping me boost my strength, improve my mobility and making me more active again. He makes my lessons pass quickly and it's fun to work with him.

**CALL 360.352.3400 TO BOOK AN APPOINTMENT  
WITH MATTEY**







# PILATES WORKS

**Testimonial by  
Laurie Dolan**

In 2002, at the age of 50, I was diagnosed with multiple myeloma, a blood cancer that damages your bones. Since that time, I have had two life saving stem cell transplants and two major back surgeries to repair the damage to my back caused by cancer and radiation. Throughout the disease progression and treatment, my left leg has become more and more disabled with nerve damage.

I've tried acupuncture, electric stimulation, and PT. A friend referred me to Matthey. His Pilates apparatus training has changed my life. It was as if my brain had disconnected itself from the nerve/muscle in my leg that takes me up and down stairs. Matthey's ability to find and train that exact connection has given me new hope for a mobile future.

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ATHLETIC CLUB