

## **MIRACLE WORKERS: LOCAL PERSONAL TRAINING GYM AND YOUNG MAN WITH CEREBRAL PALSY TAKE FIRST STEPS TOGETHER**

Addie's Studio Latest Client Success Story is an inspiration to all

***In a few short months, David did the unthinkable: he walked a few steps, surpassing the fitness goals he developed with his trainers.***

SAN DIEGO, May 2008 - David Slattery, an energetic, laugh-a-minute 22-year old young man, was diagnosed with Cerebral Palsy at birth. Throughout his life, David has worked with physical therapists, but after moving to San Diego last year, he was inspired to start a fitness program in the hopes that he would be less confined to his wheelchair. He began working out two times weekly with personal trainers at Addie's Studio in late January. In a few short months, David did the unthinkable: he walked a few steps, surpassing the fitness goals he developed with his trainers.

***Now each time I come into workout, something else happens***

"Being able to do something that I had never been able to do before in my life has made me believe that if you work hard enough, anything is possible," said David. "I have personally outdone myself, and now each time I come into workout, something else happens, I can stand longer, or lift more weight – it's awesome!"

Christina Terry, one of David's personal trainers, is thrilled with David's progress. "The day that David took his first steps, there wasn't a dry eye in the house," she remembers. "Our goal at Addie's Studio is personal transformation through fitness and nutritional programs specially designed for our client's needs."

Last week, Slattery walked from his apartment in UTC to his appointment, and then back. The future is bright, and Slattery hopes that with his increased mobility he will soon be able to start volunteering his time with children affected with Cerebral Palsy.

***"How cool would it be to show these kids that I was once in a wheelchair and here I am, in my walker, hanging out!" he mused.***

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Addie's Personal Training Studio, appointment-based boutique fitness studios located in Pacific Beach and La Jolla at University Towne Center, have made a name for themselves not only in the thousands of dollars and man-hours donated to important non-profit organizations like the San Diego Chapter of the Autism Society of America (SDASA) and the Pacific West Coast Chapter of the Multiple Sclerosis Society, but through the one-on-one work they do with clients who face physical challenges.

**FOR MORE INFORMATION OR TO ARRANGE AND INTERVIEW:**

Addie's Personal Training Studio  
Tyler Merrill, Phone: 619.838.6976  
Email: [tyler@addiesstudio.com](mailto:tyler@addiesstudio.com)  
Web: [addiesstudio.com](http://addiesstudio.com)