



# Laura R

*Physical Therapist  
Kinesis Instructor*

***Q. What does Kinesis/bodywork mean to you?***

A. Kinesis means a challenge to my body and my mind. My body is in the best shape of my life, with a smaller and stronger waistline than I've ever had before. My mind, both the athlete and physical therapy parts are satisfied after every workout, as I get to push myself competitively and train myself safely and effectively in every plane of motion. Bodywork means refueling, restoring, nurturing, and caring for myself. It helps me process stress and maintain a healthy body.

***Q. Why did you decide to become a Kinesis instructor/bodyworker?***

A. Originally, 5focus was meant to be a Pilates studio. After trying the Kinesis equipment, we changed our business plan overnight. The Kinesis wall is truly revolutionary- it allows you to move in any direction and trains the core at a higher intensity than any other fitness equipment I've ever been exposed to. Combining this revolutionary equipment with the metabolism boosting interval training means I can provide clients with the highest quality workout possible. Physical therapy offered me the opportunity to help people, solve problems, appreciate and learn more about the amazing human body, and be challenged everyday. I'm proud to be part of the PT community.

***Q. What do you hope clients gain from attending your Kinesis classes/bodywork sessions?***

A. Knowledge - I hope they walk away with a new understanding of posture, core strength, and how to reduce or prevent

pain. And, of course, have an incredible and unique workout that they can't find anywhere else. Better health and well-being, as well as an thorough education in their own body.

***Q. Why are your Kinesis classes fun/bodywork sessions special?***

A. My Kinesis class designs are fun because of the unusual way I challenge the core and nervous system. My background in athletics and Pilates, as well as my 10 years of studying and treating fascia allows me to bring an immense amount of knowledge and empathy to each treatment session.

***Q. What is your favorite move on the Kinesis wall? Off the wall?***

A. On the Kinesis wall: Butter Churn, Off the wall: anything in side plank.

***Q. How do you address holistic health in your life?***

A. Everyday I move a little, take deep breaths, drink lots of water, eat well, check in with my emotions, meditate, and find a way to play.

***Q. What is the one thing you think every person can do to improve their health?***

A. Remember to take a series of deep breaths at least once a day.