

Allan was great in keeping me motivated ...

Contributed by JJ Noyola
Monday, 21 May 2007

A stress reaction injury to a marathoner can break more than their bones, but also their spirits.Â Allan was great in keeping me motivated and returning me to running in even better condition.Â Thanks to Allan, I returned to activity faster than the doctor had expected and more importantly stronger than ever.Â My 5k time dropped over 1:30 thanks to the rehabilitative weight regimen.Â I can't wait till the next marathon season!"