

# ***SUCCESS STORY***



## ***Kathleen Mulica***

As the primary caregiver for my husband, who lives with Parkinson's Disease, I've discovered how easy it is to forget to care for my own needs. I realize how vital it is to nourish my own well-being alongside his. Joining Alloy Personal Training has truly been a turning point, thanks to the thoughtful attention from the trainers and the genuine camaraderie shared with others in my small group. I feel seen, supported, and encouraged every step of the way.



The trainers' enthusiasm and tailored guidance keep me motivated, while my fellow group members inspire me with their positivity and commitment. The consistency of my workouts helps me stay accountable and on a steady schedule. As a result, I genuinely feel younger, more confident and happier in my daily life. Giving myself this care hasn't just made me stronger and healthier, it has made me a better caregiver and a more balanced, joyful person overall.

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