



## APT TESTIMONIES & EXPERIENCES IN 2021

**Sharing the experience of a challenging 2021 – in Melb we had VERY long lockdowns and were online far more than face to face – the beneficial part of this is we COULD and we DID keep going and many APT Community moved AND improved and learned more about themselves as well as a whole new way to 'move well to BE well' While borders were closed APT opened new borders to almost anyone anywhere creating a stronger APT Community who are curious & willing to move better, feel better and freer in mind, body & spirit on their own terms.** Via Survey Monkey APT annual survey Nov/Dec 2021

SO thankful we re-connected at a time in my life, on retirement, when I was searching for "something" to keep me moving and functioning well as I aged and which I would enjoy doing. But I found, over time, more than that: The more I worked with you , the more I realised how much it also influences my health and mental state and attitudes to the way I want to live. I need it! My arthritic knees and foot joints are pain free, I have drastically improved my sense of balance, and breathing brings me "back to centre" and helps release anxiety. It brings me Joy. I am also learning "less is sometimes More". That it's OK to go at my own pace without "pushing" and not feel guilty! (old habits die hard!) You are a shining example of how to utilise our Minds, Bodies and Spirits for a more fulfilling, healthier life and a conduit to it. Thank You! Blessings!

**Wendy**

Thanks for having me back Andrea! I am really enjoying the online recorded sessions, being able to spread the sessions out over the week works so well for me with the chronic health condition I am managing. Cheers.

**Clarissa**

I've enjoyed the classes and they have helped me with my ailments. I'm typically lazy these days so coming along to these classes are important to me and helps my body overall.

**Angela**

These last 2 years have been so difficult for everyone, such uncertainty and anxiety. I used exercise of all kinds to bolster my mental (and physical ) health. Andrea was always there zooming away for us during the harshest lockdown. Though I knew she was having a really hard time in her personal life, when it was time for me to log on, there she was smiling and upbeat, teaching and encouraging me to be my best self, to make all this empty time a gift to myself, to find ways to keep strong and mobile. The recordings were useful to use as a release from anxiety in between zoom times. To be back in the studio has been so joyful and my first assisted stretch after months was just bliss. Thank you Andrea.

**Leigh**

Awesome classes, always end the evening with more physical and mental clarity and balance!

**Miriam**

I love doing the class, but I need help as I have low vision.

**John Cooper – Mobility Matters live online/recordings**

Congratulations Andrea on keeping us on track through another difficult year. I take my hat off to you that you are always there smiling and positive at 6.30am - and I know that cannot have been easy for you at times. Thank you.

**June**

I've just come back to APT after a break due to study/work commitments. I've really enjoyed being back in the studio for BODYART and Functional Fitness & Pilates. I'm hoping to be able to continue next year.

**Naomi**

Hi Andrea, thank you for another great year of movement and friendship. I have really appreciated seeing your lovely face and smile and doing your amazing classes during lockdown. However it is wonderful to be back in the studio. I am also loving the fact that I continually feel stronger, more connected and better in myself as I continue to do your classes. Thanks again.

**Sharon**

BODYART continues to allow me to move through life with greater physical confidence. I love building functional strength using dynamic body weight exercises. The stretches are amazing and challenging. Thank you Andrea for your energy and attention to detail. Your service is very personalised and I absolutely love being part of the APT community.

**Fiona**

Our 13th year with Andrea has seen two knee replacements come and go, and a total engagement with the problems that Parkinsons presents to the physical working of the body. We both feel so lucky to have APT in our lives, and have no doubt that we cope 100% better with any challenging situation thrown at us because of our mantra " what Andrea tools will help us with this"

**Liz J**

I love the BODYART sessions on Wed night. Andrea creates a safe and peaceful environment with scented candles and lovely music. She then gently encourages you to move your body (and calm your mind), all under her watchful and trained eye. She offers alternatives for each exercise so you can do everything to suit your body and what type of workout you want that night. After each session I'm exhausted but *happy* exhausted.

**Melinda**

All good Andrea – online 6.30am classes work well for me. Have to duck out early occasionally due to work commitments. Thx for a great year!

**Helen**

I have really enjoyed my 2021 experience. It has kept me focused during our many lockdowns and kept me fit and supple and this is great for a 74 year old! It is difficult for me to get down to the studio at present, so online classes with recordings have been marvelous. You have done a tremendous job with this Andrea and I know full well how difficult and frustrating it can be. Thank you so much,

**Lesley**

I've loved the flexibility APT has offered this year, especially during lockdowns. It was so great knowing classes could continue online. I get really busy with work sometimes so the 6.30am zoom classes have been amazing - such an excellent start to the day. I absolutely love Andrea's classes and the rest of the friendly and welcoming APT community.

**Anna**

My experience of Online APT has been amazing. I Love logging in and seeing Andrea smiling back at me. Online but LIVE it's a good feeling.

**Katherine**

I enjoy Mobility Matters on Zoom and even though I am in Brisbane ,I can still join in these sessions every second Wednesday. I find them to be so helpful in enabling me to keep mobile at this stage of my life. Andrea is able to keep a close eye on us and encourages us to KISS ( Keep it Simple Sweetheart) I have found that basic stacking of the body which we work on every week is so beneficial during daily life and practising "chair posture" helps to keep me feeling younger as I get out of a chair without groaning or sighing. I try to practice this every day. The recording helps to revise what we have experienced in the session and we get a full body workout in the hour. It is amazing that the smallest movements can be so beneficial as we age, and it is so important to keep moving ! Thank you Andrea for another great year in Mobility Matters. Your knowledge and expertise is fantastic and I love how you want to share this so generously. Cheers

**Monica - Mobility Matters client in Brisbane**

I feel stronger, more confident, and trust my body more and more each day. Andrea's classes are a significant part of this transformation. I add a few extras to the class routines, for a truly nuanced and effective wellbeing regime. Andrea rocks! Thanks Andrea, you are appreciated :)

**Melissa**

I'm learning more and more about how my body works in BODYART classes. This helps me maintain fitness and increase my flexibility without hurting myself. I find what I learn in class helpful in many of my daily activities. Andrea's explanations and instructions are clear and her monitoring of online participants makes the online classes excellent value.

**ANON**

A lot of thought goes into your classes Andrea. It really shows. They have variety, they are safe, they are interesting and fun. They are tuned to our needs and abilities, and your gentle coaching and suggestions are always welcome. You do challenge us but in gentle ways, we can do it! I really value your generosity - you offer video recordings of online classes for the following two days of the class which means that we are getting terrific value, and also huge convenience. Andrea, your positivity shines through, from your beautiful smile to the way you run these classes. You and your classes have been a God-send through these dark times. many thanks,

**Irene**

Thanks Andrea for working so hard to keep BODYART going through such a difficult time!

I really enjoyed having sessions to 'go' to during lockdown. It was lovely seeing everyone's smiling faces each week. I hope next year is much easier for us all.

**Joanna**

I very much enjoy the weekly Bodyart session. Andrea is friendly, focused and always well prepared. She knows her group and is able to cater for different levels. Andrea also knows how to promote safe movement from the participants, stretching students' capacities.

**Evan**

Dear Andrea, you are your brand, you are APT. I applaud you for pushing through the trials and tribulations of 2020 and 2021. You have managed to adapt your work to survive and keep others moving, engaged and connected. . .

I do thank you for all that you put into the group; your spirit and goodwill. The new website is a great improvement. . .

You communicate so well when running the groups, that's most important. I hope that 2022 brings great things for you, both personally and professionally. I am so glad I found your classes! You are a great instructor and motivator and I look forward to attending in 2022

**Liz F**

I loved being able to continue my APT journey in 2021 despite lockdowns. The combination of online and studio has allowed Andrea and the APT community to adjust quickly as needed and also get back to the studio quickly. It has made me feel safe and supported. During another year of spending almost all my time in the house it gave me a purpose, a way of keeping track of days and kept this sedentary person mobile. Thank you so much.

5 years with APT and Andrea has changed my life.

**Janet**

Surprisingly there is no feeling of " I've got to get up and go to my 1 on1 session,' Quite the opposite I really look forward to them 2 times a week. I get a real boost from them and the personal coaching . Andrea - I appreciate that in your eyes every person is an individual with their own needs . You more than most have put this into practice in spades> Thankyou for all your efforts with me and for working tirelessly to address the issues and challenges of working with my particular needs . You're a gem!

**Rob** – APT Private client of 13 years - living with PD

BODYART and the 30 min Express sessions have been so important to my health and wellness through out our Covid lockdown. Extremely convenient and I really notice the difference in my flexibility and strength. To see Andrea's smile and energy has been paramount to getting through this year!! She is 'real', professional, and a fabulous teacher.

**Nadene**

Often weekends can be busy and sometimes not so healthy so it's great to start the week with a BODYART class (Monday live online). Good for both mind and body. Start slow, get the good energy back and speed up as the week goes. If I could, I would do the BODYART class recording on the Thursday (or Friday) tempo would slow down nicely and so the circle starts again. Doing the recording on the Wednesday is ok. You are a great teacher, Andrea, because you live it. You know your stuff. You work hard at it. Well done for yet another busy and unpredictable year. Hopefully things will be more settled next year. I look forward to 2022.

**Katarina**

I am so grateful to move well to be well with APT - it is a blessing for me. Thank you and well done for keeping it all going and us in 2021.

**Anon**



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