

My name is Barbara and I am a Stage IV cancer survivor. My illness started in 1996 and then in 2016 I was given a prognosis of 6 to 8 months to live. Today I continue to grow stronger (that's the short version).

In 2016, I was rehabilitating with in-home physical therapy and nursing care after a liver resection, sepsis, a year of intravenous antibiotic therapy. My progress was slow, after a year, I was able to walk 6 to 10 steps without holding on to the wall, but still struggling with stairs and what was considered normal endurance. I was struggling to make further progress. I knew I needed more intense therapy and had to increase/develop muscle mass. All my research to find a way to do this, led me to Joseph Pilates long standing method of physical fitness. I am blessed in so many ways, including finding Pat's Pilates Studio.

I had been told by an extremely fit, lifelong Pilates practicing friend, that Pilates is the best exercise. She gave me Pat Vaughn's number and I called and made an appointment for private classes. I was in bad shape and not comfortable working with others. My only knowledge about Pilates was that it worked to increase core strength and balance. In those first few months I quickly realized how powerful pilates is, as well as how knowledgeable and patient Pat Vaughn is...a master at her craft! Pat was mindful of my weaknesses and she targeted areas to gain core strength through proper form, breathing and guidance. She knew when to encourage me to work harder and what was needed to help me achieve my goals. Her workouts were never the same which prevented boredom and redundancy.

The impact this has had on my life is remarkable. I started to eat healthier and added to my exercise routines to include Pat's Stretch and Mat Pilates classes. I started to work in small groups with Pat which inspired me to continue. I have exercised before, joined gyms, practiced yoga, dieted and while these were all good experiences, nothing ever "stuck" or made a difference in my strength and balance like Pat's Pilates.

Three years have passed and I am still practicing and learning Pilates with Pat. I have lost 40+ pounds, achieved and surpassed my goals and more importantly, I actually enjoy exercise! My husband was astonished one day (about a year into it) after we went food shopping and I started helping unload the packages from the car. He didn't mention it until we were putting groceries away, but he tearfully told me I hadn't done that (carried packages) in years. Through this process, I would see friends that would tell me how good I looked (that was not part of my original goal) and asked what I was doing. I would tell them that Pat's Pilates saved my life and I truly believe that.

This is my individual journey and I am very aware that a very large percentage of people that share my diagnosis are not as fortunate as I am regardless of how hard they try to practice a healthy lifestyle. I am confident that If Pat Vaughn can help me, she can help anybody. She is a practitioner that cares about her clients and their personal needs and goals. This practice is enjoyable, yields results and I have gained a very dear friend in the process! What more can you ask for?

Grateful for these blessing,
Barbara