



## Karen Freund

### Who Needs a Cane?

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Take one look at 61-year-old Karen Freund and you'd never know that just six months ago she was walking with a cane. Severe pain in her back and right leg kept her from enjoying a happy and healthy lifestyle. She tried cortisone shots and physical therapy but both failed. The therapy she received wasn't effective because she was given exercises to do at home and was left to fend for herself. Her doctor said her last resort was surgery. Determined to avoid surgery and get exercise in her life, Karen did her research and found Underground Functional Fitness's own Aaron Chaltry. "He was so professional, he looked at my MRI and took me where I was at and made a plan," says Karen. "He is so kind and patient. I think the world of him."

Just two months after training with Aaron, Karen was able to put the cane in retirement. Unable to walk a block when she started, Karen can now walk for almost an hour and a half. She works out three times a week with Aaron and hasn't missed a session. She is diligent in following her homework and nutrition plan. Her work has paid off because not only is she cane-free, she has lost more than 20 pounds.

Karen is a retired elementary teacher from Kaukauna. She enjoys traveling, reading, decorating her condo, and getting together with family and friends. "I am so thankful that Dave got his dream going. There is a definite need for this in the community, especially for people like me who are retired and looking to improve their quality of life. I was so afraid of being disabled," says Karen.