

## Testimonials

We first met Debbie at Agefit at the University of Queensland where she supervised over 55 year olds in a new power and stretch program which has now grown to have hundreds of happy members. We quickly grew to recognise Deb's skills with the creation of fitness programs individually designed to meet our needs and to create a challenge for each person in the group. She monitored our work with a keen eye always coupled with a very warm smile of encouragement. She was relentless in her pursuit of excellence. We became part of Deb's family and have been delighted to follow her remarkable achievements in study and practice in a wide range of programs designed to help people achieve fitness and body health. Deb is a remarkable young woman and we commend her without qualification.

She's that "one in a million".

**Pat and Ian Buchanan**

Deb is committed to delivering the most effective exercise programs possible to those who have been diagnosed with cancer and who are looking to improve and maintain their functional capacity and quality of life. Her enthusiasm and knowledge of exercise with people diagnosed with cancer are exceptional.

**Dr David Jenkins**

I am always very impressed by Deb's organisational skills and her attitude to life. She gives 110 percent in whatever she does, no matter how busy her day or how many commitments she has.

**Rose Sprinkart (Accountant)**

Deb has provided me with excellent and highly customised exercise advice for the past three years. She understands my limitations, needs and goals; and because of this I've never suffered injury or discomfort whilst following her exercise program. I've noticed an obvious improvement in my chronic back and neck conditions since I've been working with Deb. I have recommended her to several friends who have also benefited greatly from Deb's programs.

**Greta Kelly**

I was referred to Deb after I started walking for exercise, then suffered Achilles tendonitis in both heels. She did a full assessment of my health and devised a great exercise program that had me back walking.

I am very happy with the program. I see Deb regularly so she can assess my progress, and if I have a problem I can call her anytime. Deb is very encouraging and easy to talk to, and she makes me feel positive about my health.

**Lorraine Yuill (Mango Hill)**

Deb trained under me for about a year and a half and I found her to be a terrific person – someone who is sensible and dedicated 100 percent to whatever she does. Deb progressed well with her rowing until injuries intervened; however during the time we worked together, she was extremely responsive, positive and committed.

**Tim Conrad, National Rowing Coach, Queensland Academy of Sport**

Having first met Deb some six years ago, I was immediately attracted to her energy and desire to learn. Over the years these traits have never waned, based on her current achievements. Deb made a statement in our first year of association: "Focus on the important things and go for it."

Deb is in the Race of Life to finish whatever she starts, and will never be beaten by herself through lack of commitment. This is a family trait and quality, and their support is always important to an individual's success.

Deb has the unique ability to assist others in achieving their goals; and in so doing, grows herself through the process.

**John Ware, Dale Carnegie Training**

After surgery for prostate cancer in 2009, I was assessed by Deb whom I had known for some years from her time at AgeFit. The program she put me on was very beneficial in assisting my recovery. My wife Beverley has also been assessed by Deb for help with various ailments.

We have always been very impressed by Deb. As well as being good in what she does, she is able to keep us motivated. We also enjoy a special camaraderie with her.

**Brian Pearce**

## Testimonials *cont'd*

I have had two consultations with Deb after meeting her at AgeFit at UQ, where I hope to combat arthritis in my left knee. I've always been a keen bushwalker and traveller, but those activities have lost their appeal and I miss them greatly. That is a minor problem compared to the setbacks many people have to face.

Two things that stand out for me about Deb are her energetic, committed and forthright personality and her encouragement to do things properly. Over the years I've exercised in a number of gyms, but it's only since meeting Deb and the AgeFit team that I've begun to understand the purpose and method of particular exercises and equipment, and how I've been misusing them.

**Marie Kay**

I have a great deal of faith in Deb's skills in rehabilitation activities for both young and older people. She is very capable and passionate in what she does, and she has travelled extensively to further her qualifications and expertise. I believe Deb is in a league of her own when it comes to sports rehabilitation.

**Dr Tim Henwood, Exercise Gerontologist,  
Research Fellow UQ/Blue Care Research and Practice  
Development Centre School of Nursing and Midwifery**

I first met Deb after spending 15 months in pain from sciatica that severely affected my ability to do my favourite exercise, walking. I could not stand for more than five minutes or walk for more than 10 without severe pain and discomfort in my left buttock and leg.

With Deb's expert and enthusiastic guidance regarding the modification of my fitness regime and her close liaison with my physiotherapist, I was able to rid myself of this debilitating condition within a few months as well as develop a more interesting and challenging fitness regime. I am looking forward to working with Deb in the future.

**Paul Howell**

Deb's enthusiasm and dedication to her clients and the field of exercise and sport rehabilitation are beyond measure.

Demonstrated in her pursuit of national and international accreditations, Deb is a fountain of knowledge that top universities and athletes seek out and utilise. Combining a considerate and down to earth character with a strong ethical and professional delivery, Deb continues to set herself apart from the field as an innovative and cutting edge clinician.

**Tania Brancato AEP MESSA  
Associate Lecturer, School Human Movement Studies  
University of Queensland**

Stella and I have been benefiting from Debbie's expert advice and guidance since 2005.

Both being older adults and recognising the need to maintain functional ability to continue to have a good quality of life, we have appreciated and benefited from Deb's knowledge and dedication in the field of exercise for older adults.

Additionally, and of prime importance at our stage of life, has been the benefits gained from her exercise programs and supervision in the field of post-operative rehabilitation. We have both successfully endured multiple surgical procedures in the last six years.

There is no doubt that the short duration and quality of our rehabilitation can be attributed to Deb's exercise programs from which we have gained improved strength, power, endurance, flexibility, balance and overall well being.

**Stella and Bernard Tumaty**

I have known Deb for some years. She is a most caring person who goes out of her way to help, especially when creating a program to assist with specific health problems. She gives of herself so much more than is expected.

I have always found Deb very encouraging, but she does not push you to do more than you are capable. If you have a setback, she alters your exercise program in order to develop the strength you have lost. I have benefited very much from Deb's careful monitoring and exercise assistance.

**Ursula Byrne**