

## Education - The Key to Success

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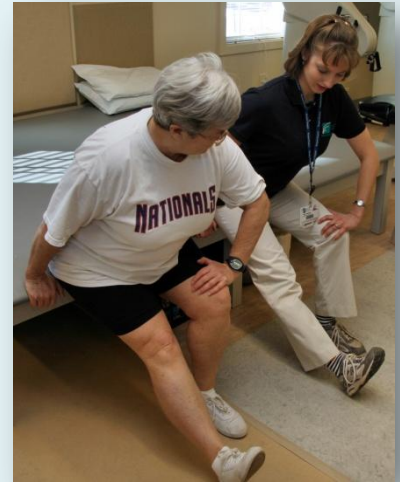
Is exercise physiologist just another name for personal trainer? In a word, “no.” Fauquier Health’s Wellness Center exercise physiologists want you to know that the difference can be important.

An exercise physiologist is a fitness professional with a specialized knowledge of body mechanics and how exercise positively affects one's health. Laurie O’Conner, exercise physiologist, says, “It is important to know your clients’ medical history and to understand their musculoskeletal movement. Based on that and other lifestyle issues I create a fitness plan for each client and educate him or her on how to achieve personal goals.”

“Exercise physiologist” and “personal trainer” may seem interchangeable, but exercise physiologist Molly Abraham explains that exercise physiology takes the process to a higher level. “Here at the Wellness Center, we take time to educate people on the benefits of exercise and show them how to exercise and achieve their health and fitness goals. Upon joining the Wellness Center, every new member receives a comprehensive fitness assessment where we go over the client’s detailed health history and discuss what he or she wants to achieve. From there we educate them on how to reach their goals.”

Physiologists are a key part of each member’s wellness journey, but because every person has different abilities and goals, each journey is different. Physiologists follow a standard set of guidelines during sessions with members, but each session is unique, depending on individual needs.

Exercise physiologist Denise DeCarlo refers to herself as the “newest kid on the block,” having just joined the Wellness Center staff in March, but she is no stranger to fitness and kinesiology. “I have worked for many years in the fitness industry, but I am new to the medically based fitness center setting. I like it here because of the Fauquier Health Planetree philosophy that sets it apart from the rest. Here at the center, we are expected to be detailed, very thorough and knowledgeable about medical issues.”



**Exercise Physiologist, Sara Freeman, works with a member on achieving her personal goals.**

### Meet Fauquier Health Wellness Center’s Exercise Physiologists!

*From Left to right:* Sara Freeman has been with the Wellness Center for five years and has a bachelor’s degree in Exercise Science. Laurie O’Connor is both a registered nurse and an exercise physiologist. Molly Abraham also has her bachelor’s degree in Exercise Science and has been with the Wellness Center since the start of 2010. Denise DeCarlo, the newest exercise physiologist at the Wellness Center, has been in the fitness industry for years and brings a wealth of knowledge. Together they all make a great team!



Sara Freeman, an exercise physiologist at the Wellness Center since 2005, has seen major changes to the facility and its members over the years. “When people ask what comes with the title exercise physiologist, I tell them it is a personal trainer, group fitness instructor, wellness consultant, fitness programmer, health educator, and movement specialist all rolled into one! In my five years of working here I have watched people reach their weight loss goals, improve their balance, reduce their pain, increase their strength and improve the quality of their lives.”

While each of the four physiologists brings something different to the facility, they all have one quality in common- they love what they do and it is reflected in their focus and care for the facility and its members. Molly says, “I love to exercise, I love being healthy, and I love to be able to share my passion with others.”