

TELOS has Exceeded My Expectations...



TELOS and fitness have been an integral part of my life in Dallas. As I often tell people, I visited and joined North Dallas Athletic Club before I accepted the job that brought me to Dallas in 1993. At the time, it was the competitive squash program that attracted me. Next, it was the opportunity to teach Spin classes and share my passion for cycling and its great no-impact, cross-training benefits. The transformation of North Dallas Athletic Club from “run-of-the-mill” health club to a fully integrated performance training center solidified my feelings about TELOS. Co-Owners, Brent Darden and Everett Aaberg, envisioned and created a totally unique fitness environment and experience under one roof and it has evolved and grown steadily since its inception.

However, a torn Plantaris tendon and calf muscle on April 11, 2009, propelled me full force into embracing the integrated training system offered at TELOS. After a disappointing 2 weeks on crutches and almost non-existent rehab guidance from my “health professionals”, I turned to Everett for a consultation and evaluation. Upon reciting my 50-year list of sports injuries, it became apparent that my left leg and left shoulder had borne the brunt of abuse. Everett identified that a forward and downward pelvic rotation on my right side was the culprit. After many hours of Orthokinetic body work – integrated MAT, ART, myofascial release and massage – plus strength training (with Personal Trainer, Jeff Breeding), I am well on my way to correcting the “root cause” of my problem.

I still have a ways to go in my body makeover and to achieve my fitness goals. As we work on one aspect of my fitness, Everett, Jeff and I are discovering new weaknesses. However, every day I get comments from people asking me what I’m doing. They say I look leaner. They ask if I’ve lost weight. It feels great to get such positive reinforcement!

Also, it amazes me to see the overall change in the TELOS members and the atmosphere of the club. Each day when I walk into the Coliseum, I feel like I’ve entered a “twilight zone” of fitness. The types of exercises and routines are unlike any you see in typical health clubs. People, whether working on their own or one-on-one with a trainer, are doing exercises to improve alignment, balance, stability, trunk rotation, and flexion. It’s no longer all about pumping iron and ab crunches.

TELOS and its training staff are breaking new ground in the world of integrated fitness. We are lucky to have these resources available to us. Take advantage of them. Be open to new ideas and new training options. You never know, that little ache or pain you’ve been living with may just disappear!

~Maggie McQuown~

