



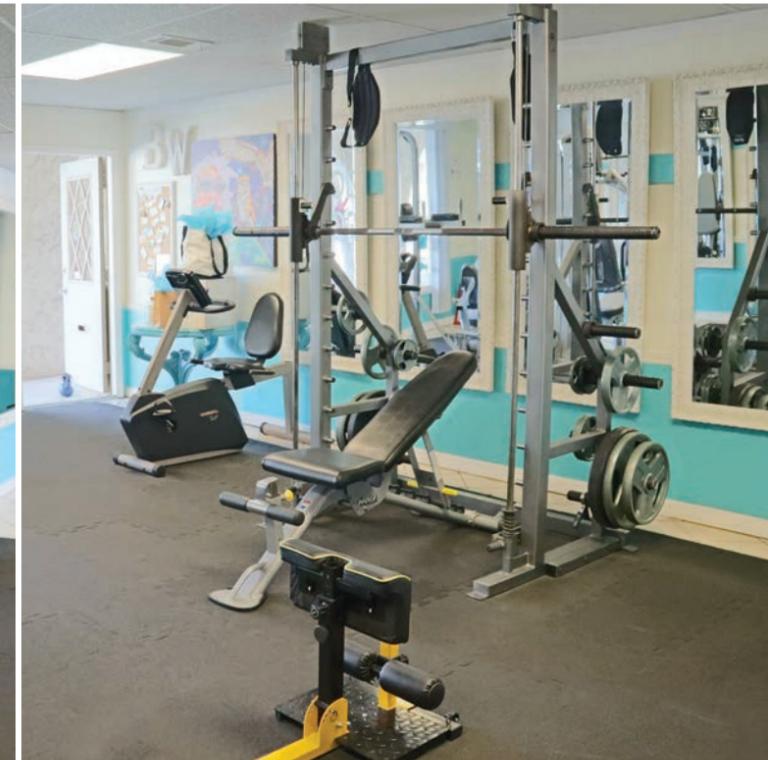
BODY WORKS

Enjoying Life with a Healthy Body that Works!

WRITTEN BY JOY FREEMAN
VENICE GULF COAST LIVING MAGAZINE



Every now and then, life rewards you with the gift of meeting a truly good person. That is exactly how I felt after meeting Susan Hennessy (left)-, personal trainer and owner of Body Works in Venice. In no time at all, I felt as though I was talking with an old friend. Her dedication and love for what she does and her joy in seeing others achieve better health, strength, posture, agility, balance, and endurance is immediately evident. Susan lights up when she talks about how many of her clients' lives have been transformed through Body Works. The fact that so many have become friends and part of her extended family is a testament to her giving spirit and talent.



Susan made a terrific point saying, "Our beautiful Gulf Coast is all about outdoor living. It beckons us to go out and be active. Whether it's walks by or on the beach, searching for shark tooth fossils, bike riding, golf, tennis, pickleball, bocce ball, fishing, boating...everything shouts 'Be active! Enjoy the beauty of nature. Enjoy life!' You can't do that if you are stiff, generally out of shape, overweight, lacking muscle tone, and have little endurance." She explained to me how this lack of ability to fully enjoy and participate in this amazing outdoor venue often leads to a downward spiral into a thoroughly sedentary life, premature aging, and sometimes depression.

One of the things that keeps so many people from going to the gym is insecurity, due to feeling self-conscious about being too flabby, overweight, out of shape, or slow. All that melts away in non-judgmental nurturing light and in the capable hands of Susan Hennessy when you make her your personal trainer. Susan is an International Sports Sciences Association (ISSA) Elite trainer, and is certified as a Personal Trainer, Nutritionist, Corrective Exercise Specialist, and in Exercise Therapy. Susan works with people of all ages and will design a program with you that is just right for you, ensuring that you will be feeling tip-top in no time. All sessions run about 30 minutes and can be totally one on one or geared toward couples or twosomes that like to exercise together. No contracts are needed, and you can schedule one or more sessions. The first session is complimentary...Yes, that's right, it's FREE! If you schedule more than one session after giving it a try, each session over one will be discounted.

So, what are you waiting for...Make a commitment to yourself to get or remain healthy, active, and independent so you can enjoy our beautiful Venice community!

For more information about this advertorial or to schedule your first complimentary appointment, call Susan Hennessy at 941.303.6071 or log on to BodyWorksVenice.wixsite.com/website. Body Works is located at 530 US Bypass S, Unit 16A in Venice.

Headshot provided by Susan Hennessy for Body Works.
All other photography by Kelli Tindall.