

Endorsements

John Mattos

Head Girls Swim Coach, Colorado State University

“Posture, balance, alignment, core body strength, are all important adjectives used to describe the current elite level athletes attention to dry land training. There is absolutely no way that today's athletes can achieve the success they desire unless they are truly skilled at the physical traits listed above.”

“Posture and body alignment skills were taken directly to the water where balance and stroke length became part of their training and racing potential. Speed and performance in the water were the ultimate outcome of her "hands on" training.”

“Terry was like a guru to the girls. They listened and learned so many valuable skills that truly made them feel good about themselves. In this day and age of immediate gratification we need our kids to learn life lessons, life skills that will aid in their maturation for years to come. *Terry Roach* is a teacher who will give as much as she possibly can to make each and every person associated with her program more aware. A better person. Hopefully, you'll get a chance to let her change your life.”

Jerry W. Purvis, M.S. RKT

Kinesiotherapy Program Coordinator, University of Southern Mississippi

“I can say without a doubt that Terry ranks among the highest of them in regards to the mastery of therapeutic skills and technique. Her level of understanding in regards to fundamental movement analysis puts her in a category above most everyone. She has come to be regarded as the keynote presenter at our annual conference each year.

When presenting at professional conferences, there are many who can articulate an excellent presentation, but what distinguishes one of Terry's presentations is her demonstration of the movement concepts that she is advocating. She presents a logical rationale for the movement activity and follows it up with a personal demonstration of the movement. It becomes immediately obvious to the audience that she practices what she preaches.”

Oliva Templeton

Former Personal Trainer Certification Program Director Glendale Community College

“I have seen her teach to many different audiences including: college students, older adults, firefighters, athletes, fitness professionals. Participants are always amazed with her energy and by the motivation

techniques used in her lectures. The take away value is always appreciated by the students, as each of them feels the desire to implement her techniques into their life.”

“The practical portion of her session is always humbling to the biggest, strongest "burliest" guy in the class! Students quickly learn, without a doubt, that technique and safety are more important than strength. She is a great role model and her dedication to fitness is evident with every session she teaches.”

“She’s a dynamic speaker and changes peoples lives.”

Jonathon Kirsch, DO
Director of Osteopathic Principles and Practice, A.T. Still University
School of Osteopathic Medicine in Arizona

“She has a high energy approach that gets the students thinking and engaged. She is a very effective and interactive speaker, and her approach to musculoskeletal problems is a valuable and unique one as well.”

Dr. Jack Chisum
Coordinator of the Fitness Center at South Mountain Community College
Consultant of Exercise Physiology for the Phoenix Police Department

“Her expertise was critical in implanting programs designed to reduce the escalating rate of back injuries. The information and application generated the desired results. Twelve years ago, she was a prominent part of a three-day workshop on fitness and health. The participants included law enforcement experts from the cities within Arizona, Maricopa County, State and National agencies. The returned evaluations, per participant, stated that her session was exemplary.”

Becky MacGregor
Train To End Stroke Director

“Terry Roach is one of the best presenters we’ve ever had for our runners and walkers for Train to End Stroke at the American Stroke Association, a division of the American Heart Association. Her presentation is not only informative and motivating, she is such an incredibly dynamic speaker that the whole group stays engaged - and they talked about it for days after. Her expertise and experience coupled with her own professional cycling background gives Terry an unsurpassed base of knowledge to pass on to people and she does it in a very energetic ‘easy to get’ way.”

Kristi Kidwell
Vice President, Phoenix Triathlon Club

“Terry has spoken to the Phoenix Triathlon Club on several occasions. There are few people that can hold a crowd and impact crucial knowledge better than Terry Roach. Her method of teaching is literally hands on as she rounds a room correcting and assisting everyone with posture and biomechanical adjustments while doing core-strength movements. She is forceful yet positive, she is dynamic yet sensitive to the variety of needs and levels of comprehension in her class. Her commitment to helping others to improve their quality of life, athletic performance and/or heal from injury is evident in the time she spends with individuals and with groups. “

“She has developed a unique approach to building core strength and re-teaching patients how to move. This information is invaluable as it is pertinent to everyday life. You begin to realize what muscles your body has strained by imbalances or what daily movements you make that irritate and cause pain. You’ll leave one of Terry’s classes feeling soothed and pumped. I personally feel the most connected that I ever have after finishing one of Terry’s classes.”

Glenda Ledyard R.N.
Health Services Advisor, Industrial Automation and Control, Honeywell Inc.

“Your demonstrations and talks were very entertaining as well as informative and certainly created a lot of audience participation and interest. Presentations such as these are extremely important to industries such as Honeywell as we try to look at proactive approaches for prevention of injuries and illnesses, both on and off the job.”

Thomas U. Allen
Headlines Enterprises, Inc. – A Franchisee of Great Clips

Rosania & Roach – Sounds like a name for a law firm and should be followed by a LLC or PC. They are not attorneys. They are, however, professionals who are very good at what they do. These two individuals are the best presenters in the Phoenix market for your company’s health and wellness program. Both Rosania and Roach have earned national awards in their fields. J.R. Rosania has been named Mr. Connecticut, America’s top trainer, and has completed over 160 triathlons (18 Ironman). He trained Pat Tillman for his triathlon. J.R. specializes in fitness training, nutrition and weight loss. Terry Roach has earned multiple national and Masters track cycling championships, and specializes in posture and body mechanics. Both own and operate their own health and wellness related businesses in Phoenix, AZ.

These individuals, Rosania & Roach, tailored their presentation to our employees needs. Hair stylists stand on their feet most of the day with their arms in an elevated

position with repetitive motion use of their hands. Rosania and Roach had specific exercises, stretches, and nutrition for hair stylists. Whether your employees are hair stylists, office workers, tire shop personnel, or construction laborers or operators – Rosania and Roach will tailor your workshop to your employees needs. Our employees greatly benefited from the workshop.