

RestoreResilience Success Story

# KERILYN

Eversound Employee

Kerilyn decided to join RestoreResilience when she was put under “house arrest,” as she comically refers to the stay-at-home order for the COVID-19 pandemic. She was struggling to get enough physical activity. **In the past, she usually lived a healthy lifestyle, but Kerilyn needed additional support to implement new habits during this unique period.**

Kerilyn’s favorite part of RestoreResilience was the support she received from her coach. She found her coach to be very friendly and non-judgmental. **Kerilyn was surprised by how her coach was able to tailor their conversations to meet her specific needs.**

With the help of her RestoreResilience coach, Kerilyn implemented a new running routine. She feels more energetic, and she even increased her endurance. Her body is feeling better and “complaining” less!