

## PREVIEW\_ Bri Gerwitz - Interview (Breckenridge 2017) 2

**Bri Gerwitz:** I want to be able to feel the smallest thing, you know, every day. I want to be able to utilize my muscles in the right way so I've been able to incorporate that into my training as well, being able to feel... "Okay you know what? This awareness is not okay. Let's tweak this for the next day or even right now. I'm done with this exercise and we're going to utilize some other modality."

So I think the body awareness and the actual strength of that has really surprised me and I didn't expect it.

**Dr. Eenfeldt:** From having bad carpal tunnel syndrome, you told me you were rock climbing now.

**Bri Gerwitz:** It wasn't even in the realm of thought when I had carpal tunnel. That was one thing and I was like, "Okay, we're not going to use my hands more than need be", so I did a lot of mountain biking and stuff, but even then I had issues gripping the handle bars, I had issues holding my hiking poles, you know.

I didn't need my arms snowboarding, so that was a good thing, but yeah definitely got into it again more after I had cured myself of that illness.

**Dr. Eenfeldt:** So feeling more energy, more mental clarity, the carpal tunnel syndrome went away... What happened to your weight? So I understand that was the sort of thing that--

**Bri Gerwitz:** Spurred it.

**Dr. Eenfeldt:** Spurred it, yeah.