

Stacey Redfield

Lehigh Valley's leading fitness expert holds the secret to developing the body you want, that lasts a lifetime. "Basically, I fill in the gaps that nature misses."

Stacey offers a unique approach to the human body; a "less is more" point of view on exercise. "That whole aerobics, burning calories, building muscle craze from the 70's sounded great, but it just doesn't work. There are too many injuries and we aren't any healthier." says Stacey.

Stacey developed an exercise system that focus's on the body's basic muscle alignment. She teaches you exercise solutions to solve the most common body complaints....and THEY WORK! "Your body comes completely programmed to move you for life....I just figured out how to work the program"



The Physical Methods Studio

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