

POWERED BY TRANSFORMATION BRINGS STRENGTH TO RECOVERY — ONE REP AT A TIME

September is National Recovery Month, a time to honor the strength and determination of those overcoming addiction and other life challenges. What better time to highlight the work of a local nonprofit whose mission is just that: to support strength and determination.

For Dr. Lori Davidson, founder and executive director of the nonprofit Powered By Transformation (PByT), strength training has been far more than a way to stay fit; it was a key to reclaiming her life after battling substance use disorder. What began as a survival tool soon became her passion and her purpose. Today, PByT empowers individuals to use strength training to bridge mental and physical wellness through their FIT Recovery program and by offering personalized coaching, corporate wellness programs, and nutrition education to build resilience and community.

"As someone 9½ years into my own recovery, I know what it takes to rebuild from the ground up. Through the FIT Recovery program at St. Luke's Penn Foundation, I've seen strength training and compassionate, trauma-informed coaching transform lives—just as it did mine," says Heidi Reese, the organization's FIT Recovery Trainer. "I am incredibly grateful to be part of something so impactful and so needed. Every session is proof that healing is possible, change is real, and our past does not define our future."

The program's impact is already being felt by those on the front lines of recovery care at St. Luke's Penn Foundation in Sellersville, Bucks County, where the program has been running since June. "I've had three clients complete the FIT Recovery Program during their stay at St. Luke's Penn Foundation Inpatient Recovery Center," says Cate Courtney, CADC.



"The reduction in their anxiety levels has been clearly noticeable. Each client reported improved sleep and increased motivation to incorporate fitness into their ongoing recovery plans. They have also expressed a high level of satisfaction with both the program and their trainer, Heidi Reese."

Powered By Transformations board comprises wellness advocates, powerlifters, mental health providers, and recovery community members. "Recovery Month is a powerful reminder that change is possible and worth fighting for," says Deborah Bucci, President of the Board of Directors for Powered By Transformation and owner of Live Well Strategies. "It begins the moment you realize you are stronger than the story you've been living, and that your future is not defined by your past. As Board President, I'm honored to lead an organization that walks alongside individuals as they reclaim their lives, rediscover their strength,

and see themselves as capable of far more than they ever imagined."

On Saturday, November 8th, the community will have a chance to see PByT's mission in action at its annual Monster Mayhem weightlifting fundraiser at The Gym and CrossFit Alcides in Oaks, PA. This high-energy event will bring together athletes, supporters, and local businesses to raise funds for PByT's FIT Recovery program. This program integrates weightlifting into recovery plans for individuals who are fighting to overcome addiction by way of an on-site personal trainer who provides one-on-one sessions with the clients. All proceeds will help support access to training, education, and much-needed program supplies.

Dr. Davidson invites everyone, whether seasoned gym-goers, curious first-timers, or local business leaders, to the event or to test their strength and register to compete. "When we invest in



health, we invest in the future," she says. "Together, we can create a healthier, more resilient community, because ultimately we will always be stronger together." Attendees are encouraged to speak with Dr. Davidson, hear her story or share theirs, and discover how they can be part of the movement.

To learn more about what they do or how you can help, please visit pbyt.org or follow them on social media.

The FIT Recovery program is currently funded by Bucks County Drug & Alcohol Commission.