

## Meet Lindsey Treankler of Grounded Mind Body Brew



# Lindsey Treankler

June 2020

SDVoyager

Today  
we'd  
like  
to  
introduce  
you  
to  
Lindsey  
Treankler

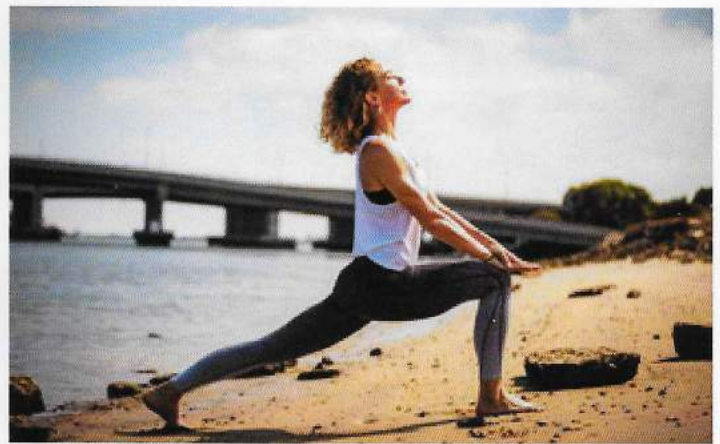
Thanks for sharing your story with us Lindsey. So, let's start at the beginning and we can move on from there.

On July 1st, 2015, mid-way through the second half of my indoor soccer championship game, I took a shot on goal, landed on my right leg and felt what I thought was a hyperextension. After being unable to run, I sat the rest of the game out. Convinced it was just a sprain at worst a slight tear, it took me two weeks before I finally went to see an orthopedic surgeon. With just a couple movements of my knee he spoke the words I feared and denied, a torn ACL. I went to my car and broke down crying. For the rest of the day, I was angry. I blamed myself. More than anything, I felt a loss. I couldn't play the sport I loved and my social life which centered around soccer would come to a halt. But, within a couple of days, I was in Type A mode. I was focused on researching as much as I could about recovery and rehabilitation.

Given how many people tear their ACL's every year, I had a difficult time finding resources that matched me and my body, so I took pieces of what I could find and created a pre-op and post-op exercise program (that was in line with my surgeon's protocol). I also decided to make some major dietary changes. I was going to be pretty immobile for six months, so 3x/week pizza, cereal, cookies and ice cream wasn't going to work. I had always been active with a pretty good metabolism, so weight-wise my diet choices didn't really show. I chose to give the Whole 30 a shot. On this plan, I felt better than I ever had, so I kept going well beyond 30. Additionally, from 6th grade until my early 30's, I struggled with acne. During my most formative years, I was embarrassed by my face, rarely made eye contact and struggled with self-confidence. I had cystic acne that all my make-up efforts couldn't hide. For about 20 years, I tested nearly every acne medication on the market including multiple forms of birth control, tetracycline for at least six of the years, other forms of ingestible pills and topical creams.







I even went as far as six months of Acutane without any luck, let alone the toll these medications took on my body. An amazing byproduct, the cystic acne went away, the low-grade headaches my doctors couldn't seem to figure out, went away. The knee was just a minor inconvenience at this point. I absolutely loved all the research into exercise programming and nutrition and knew it was what I was put on this earth to do (it only took six more surgeries in two years on that same right knee to finally make it happen. Thank you, purpose heard loud and clear. My brief surgery timeline: July 1, 2015 First tear and fix. June 2016 I re-tore the same ACL. December 2016, bone graft surgery to fill the hole originally drilled from first surgery. May 2017 another bone graft surgery because the first one failed. December 2017 later new cadaver ligament put in. January 2018, emergency surgery for a staph infection. Forty-eight hours later, they did a full follow up irrigation. Six weeks with a PIC line in my arm with 3x/day IV injections. Friday the 13th April 2018, after PIC line removed staph infection was back and went in for another emergency surgery. Six more weeks of a PIC line and no more ACL and two torn meniscus. Enough was enough. A fixed knee was no longer an option. My body and mind had been through enough. I would have to figure out a way to regain a nearly fully functioning knee without half the ligaments in my right knee. I was grounded by my surgeries and now I am on the path to live a longer, healthier and even more grounded life and want to support others on that same path. I was angry, frustrated and disappointed in the healthcare system but they were just a scapegoat for me not making my mind and body the priority. As a personal trainer, yoga instructor and health coach, I want everyone to take back control of their health and wellbeing. I encourage you to live fully grounded. With Grounded Mind-Body Brew, I am here to provide individualized coaching and training that when implemented correctly will create small, incremental changes which over time lead to a longer, healthier and more grounded life. I created health and wellness programming for a non-profit mental health program back in 2015 that continues to be implemented to this day and that I am still involved in. I create all individualized training sessions. I incorporate organic specialty coffee/teas into my in-person sessions. My business takes place primarily outdoors using bodyweight and calisthenics. I want to show people that they do not need a gym to achieve strength, balance, flexibility and a high-intensity cardio workout. If you have a body, you have a gym! With a little help from my brew – my morning coffee and the strong community around me – I am grounded!

## Has it been a smooth road?

In terms of starting the business, the biggest obstacle has been myself and my own limiting beliefs. Since 2015 I have experienced tremendous growth. It took from 2015 to 2018 to get my mind and body on the same track due to the numerous surgeries but they truly have grounded me. I challenged myself daily. I went into therapy to figure out some things that I felt were holding me back. I am constantly learning and gaining more awareness of who I am which takes daily reflection. I have a goal, a vision, a purpose but I tend to get distracted by the day-to-day. The biggest struggle I come across daily is my own confidence. I know I have more than enough qualifications and training to help others achieve a healthier, longer and more grounded life but then I start comparing myself to other trainers and mentors who I follow and think to myself, "wow they are impressive! I don't have near that level of skill." And then I add "YET!!!" My mind is the most powerful muscle I have and if I can keep reminding myself of that, I am unstoppable. I will achieve everything I set out to achieve. I will make an impact on the lives of others by leading my best possible life and bringing high energy and passion to each and every session. My mind is the biggest struggle but it is the one thing in life I have 100% control over. I got this!

## We'd love to hear more about Grounded Mind Body Brew.

For outdoor yoga, personal training and health coaching sessions, Grounded offers the opportunity to take full advantage of our natural surroundings, to feel connected and energized by the earth, and experience the joy of exercising outdoors. I will always offer hand-crafted specialty coffee & tea pre/post session because I love to drink & brew coffee/teas, they help bring people together, and for most people, they can experience tremendous health benefits. I offer a grounded/holistic approach to health that includes: Hatha & Vinyasa Yoga, functional movement training sessions for strength, balance, flexibility and cardio, health coaching, and the secret sauce of specialty coffee/tea to energize and fuel each training/coaching session. Right now, I am focused on providing live virtual group training sessions as well as 1:1 training sessions. Starting June 1st Grounded Mind Body Brew will add an online membership component. I am also in the process of creating hand crafted specialty cold brews available for purchase and delivery around San Diego County. I am most proud of my individualized approach to exercise and healthy living. I want to provide the individuals I work with what they are looking for. I make sure I provide modifiable exercises and variations in my group as well as my 1:1 sessions. I love the perk of coffee/tea and sharing my passion with others. I love being able to give them something I create and to share that connection first over coffee/tea and second through exercise. During workouts I don't really get a chance to talk or connect but that pre or post-workout brew gives me that opportunity. I love both aspects equally because they are the essence of me and my business. I also love Grounded Mind Body Brew's ability to train/coach/instruct outdoors. We live in arguably the best city in the US and possibly the world with plentiful sunshine, beaches, parks, and it would be a waste to spend all our precious time indoors. There are so many healing and health benefits to being in nature; it just makes sense that my workouts take place outdoors as much as possible. Coffee + Sunshine + Exercise = the Grounded Mind Body Brew Trifecta.

## Let's touch on your thoughts about our city – what do you like the most and least?

San Diego is arguably the best city in the US and the World! Sunshine, parks, beaches, beautiful weather, amazing people, places to hike, walk, run. Endless health and wellness opportunities. Not to mention the food and coffee options available as well as the local produce, Farmer's Markets, etc... We have everything it takes to become the healthiest city in the US and World. Let's make it happen!!! We live within two hours of snow (during Winter), the desert, the beaches, mountains. We have it all. What do I like least about our city, driving on the freeway during rush hour. I will avoid it as much as possible!