

Featured Trainer - Lorelei Sprott

By Hamed Hamad

Destiny is a beautiful thing, but it often comes with thorns you never expected.

Lorelei Sprott grew up in the Pomona-Claremont area where she had a wonderful upbringing. She came from a line of intelligent family members who valued the power of the mind. Her mother was a speech pathologist and her father a psychology professor at USC who created the first alcohol counseling school used today. Lorelei says, “Communication and education was so important, specifically the way the mind was trained.” For years, she sat in the back of her parents’ college classes soaking in as much knowledge from them.

At 17, Lorelei was in a near fatal accident when a truck rear-ended her on a dreadful rainy day. The accident landed Lorelei in the hospital with no feeling in her legs and doctors had no hope for a full recovery. However, years of sports and spirituality coupled with physical therapy, made the long road to recovery more than possible.

After graduating high school and getting into California Lutheran University, Lorelei had a different vision for herself. She left school and met Mike Sabel, who nicknamed her “Lady Schwarzenegger” due to her immaculate physique. Not too long after that meeting, the rest was history. Lorelei became an accomplished model and worked for Jack Lalanne following her life mantra “A happy, healthy body never goes out of style.”

Despite the success, once again, turbulent times were around the corner. After two normal child births, Lorelei’s third experience lacked care and compassion. Although a reputable doctor, he purposely sped the delivery of dozens of babies (including Lorelei’s) to save time. Even after nationwide shame and an end to his career, the doctor’s actions caused countless of injuries and fractures for the babies. Luckily, Lorelei’s son was born healthy, however, she developed cancer, two

