

# Customer Highlight



Jackie  
**HOMAN**

Coldwater, OH

"Thank you for the daily workouts and advice on eating. I never thought I would do the things or lift the weights I do at Elevate.

Also, I thought I was eating "good" but I wasn't and the challenge completely helped create some better, healthier habits. Since July, I have lost 25 pounds and my blood pressure is better (which I've never had an issue with until my last pregnancy).

My goal is to lose 25 more pounds by next school year.

Thanks so much again!"