

Customer Highlight



Michelle
ROESSNER

Coldwater, OH

"Elevate has completely changed my thinking toward exercise and nutrition. I love that I am able to get my workout in everyday and not interrupt my family's schedules. Each day is different which makes it more enjoyable and there is no thinking involved. The instructors show you each move, how to modify it if it's a move you struggle with along with how to challenge yourself if it's a strength for you.

Personally, I have lost 30 pounds and four pant sizes. I am the strongest I've ever been. I used to think that the weight charts for my height were unreachable, but with Elevate's help, I've reached that goal.

My favorite part has been the challenge groups. In those, I've learned so much about nutrition and I love how supportive all the members are with one another. We share recipes and tips for staying healthy. I finally feel like I've found a lifestyle that works perfectly with my life thanks to Elevate."