

Top Success Stories of 2020

Tips, Motivation and Inspirational Interviews



LIVEFIT
LIFT. LOVE. LIVE.

A special THANK YOU and debt of gratitude is owed to our amazing trainers, staff, clients and everyone who helped make the best of the 2020 year.

We will look back at this year as a time that everyone came together for comfort, laughs, strength and support while the outside world was filled with chaos and uncertainty.

There's a special bond that gets built between people and groups that sacrifice things together.

There's an even greater bond that gets built between people and groups that are triumphant together.

Together Everyone Achieves More = TEAM

Committed to your fitness success,

Derek & Michelle Kuryliw

DEREKKURLIW.com



LIVEFITBOOTCAMPS.com



What's your favorite healthy meal or food?
White chicken chili

What's your favorite cheat meal or food?
Pizza

Favorite cocktail or adult beverage?
Sangria

Top fitness/workout tip?
Just show up and give it your all

Top healthy nutrition/eating tip?
Keep it simple and meal prep

What's something that motivates you or that you do to motivate yourself?
Being able to push myself to lift heavier

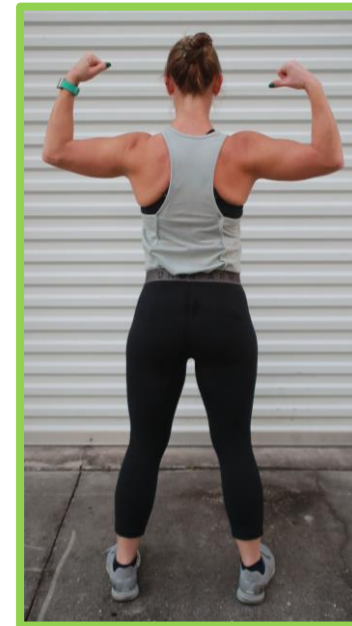
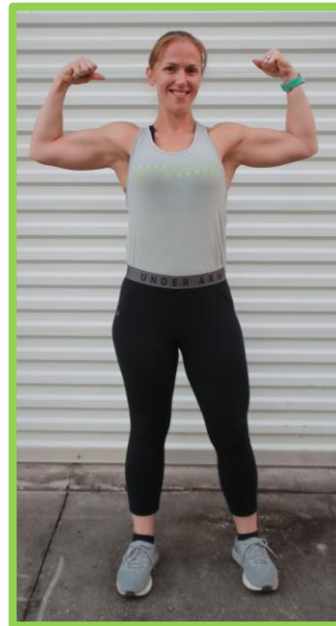
TONYA GRUBB

What's your favorite quote?
What doesn't kill you makes you stronger

What was your biggest struggles you faced this year? Covid, life, work, injuries, etc...
Not being able to go to bootcamp during quarantine

Even with 2020 being difficult for everyone, how did you manage to stay focused?

I stayed focused because I have put so much blood sweat and tears to get to where I am today and I didn't want to undo all the hard work that I've done



What kept you going that has stopped you in the past?

By staying on track with my nutrition and workout while in quarantine

2020 TOP STATS

-7 pounds, -4.7% bodyfat, WINNER of LiveFit Games

TERESA RODRIGUEZ

What's your favorite healthy meal or food?
I love seafood and salads.

What's your favorite cheat meal or food?

My absolute favorite cheat treat is a Dairy Queen peanut butter milkshake.

Even with 2020 being difficult for everyone, how did you manage to stay focused?

I think I used working out as an outlet to help distract from all the negatives of 2020 and that helped me stay positive while working towards my goals.

What kept you going that has stopped you in the past?

I usually take summers off from working out while my kids are home from school, this year however I signed my oldest daughter up to workout with me at boot camp. Spending time with her, sharing our goals and doing something so healthy and positive together has been the brightest spot in 2020 for me. I am really proud of both of us for accomplishing some of our fitness goals we set for ourselves over summer.

What is your favorite quote?

"You are braver than you believe, stronger than you seem, smarter than you think and loved more than you'll ever know"

2020 TOP STATS

-3% bodyfat, trainers choice of most muscular transformation



What's your favorite healthy meal or food?
White chicken chili

Top fitness/workout tip?
Consistency is key. I struggle with consistency, but when I am consistent with my workouts that is when I notice the most change and feel my best.

Top healthy nutrition/eating tip?
Schedule in cheat meals.

What's something that motivates you or that you do to motivate yourself?

I share my goals with my family and they help motivate me and keep me accountable.

What was your biggest struggles you faced this year? Covid, life, work, injuries, etc...

Covid has been very hard to deal with in almost every aspect of daily life. A huge struggle and change was having my kids home from school and learning how to homeschool them.



What's your favorite healthy meal or food?
Grilled shrimp with broccoli and rice.

What's your favorite cheat meal or food?
Fried Fish

Favorite cocktail or adult beverage?
I do not drink alcohol ☺

Top fitness/workout tip?
Never say the word "can't" and remember the mind says 'quit' before the body is ready

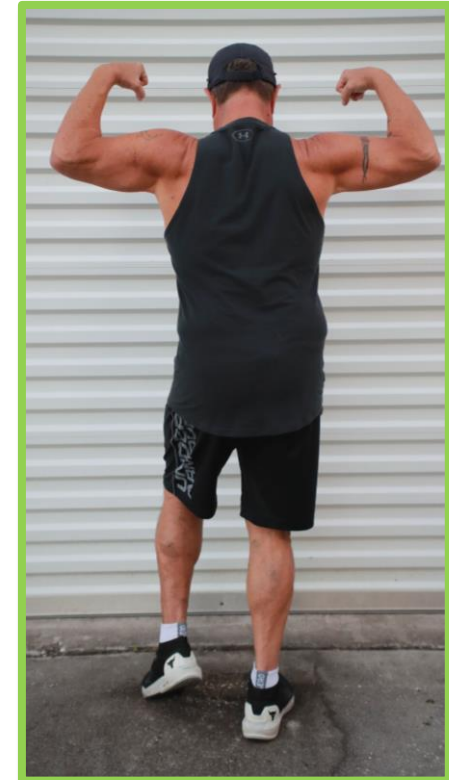
Top healthy nutrition/eating tip?
Don't overcomplicate nutrition. Keep it simple and use the 80/20 rule...eat healthy 80% of the time and utilize the other 20% to enjoy the things you enjoy!

GREG HICKS

What's your favorite quote?
Be hungry, be humble and always be the hardest worker in the room.

Even with 2020 being difficult for everyone, how did you manage to stay focused?
Discipline, motivation and wonderful people to drive and support myself.

What is something you're proud of yourself for doing, accomplishing or overcoming this year?
Getting a Bachelor's degree, being accepted for an advanced standing Master's program. And still keeping a regular schedule with my training and nutrition.



What's something that you do to motivate yourself?
I keep old pictures of myself in my gym bag from when I used to weigh 275.

What kept you going that has stopped you in the past?
My hunger for wanting to improve myself physically.

2020 TOP STATS
-11 pounds, -2% bodyfat, Top 16 of LiveFit Games

SABRINA LECONTE

What's your favorite healthy meal or food?

Grilled salmon and avocado

What's your favorite cheat meal or food?

Pizza , fried anything especially seafood and chicken

What is your favorite cocktail or adult beverage?

Cabernet wine , Malibu coconut rum and pineapple juice

What kept you going that has stopped you in the past?

Confidence

What's something that motivates you or that you do to motivate yourself?

Listen to music...LOUDLY!

What is something you're proud of yourself for doing, accomplishing or overcoming this year?

Dropping to a size 14 jeans before Livefit I was a size 22

What was your initial reaction to being a finalist for the top client of 2020?

Yayyyyy and awesome! I am definitely seeing my body changing and love my progress so far!

Top fitness/workout tip?

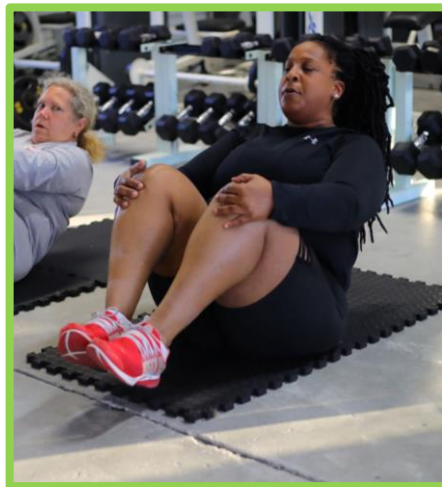
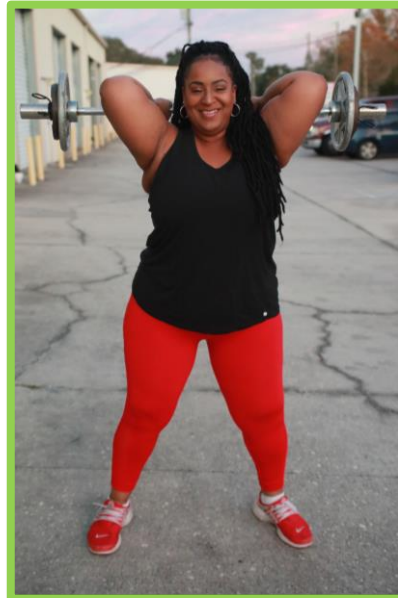
Consistency is a major key

Top healthy nutrition/eating tip?

Eat carbs only for lunch and before activity , drink celery juice on an empty stomach in the morning, drink lots of water and protein drink right after a workout

What is your favorite quote?

Get up and sweat!



2020 TOP STATS

-22 lbs

-2.8% bodyfat

-8" from legs/hips/belly

-4" from belly

Even with 2020 being difficult for everyone, how did you manage to stay focused?

The goal of trying to stay healthy by being active and hydrated and eating clean especially being a nurse working with Covid patients.

It has worked for me this far!

What kept you going that has stopped you in the past?

Getting in my me time which includes attending LiveFit. In the past I have not dedicated a time for myself and it showed.

What was your biggest struggles you faced this year? Covid, life, work, injuries, etc...

Parenting teenage girls, knee injury and Quarantine-earlier this year. I was scared to possibly contract and spread the virus so I was in quarantine for months like everyone else. It wasn't until months later I felt comfortable returning. Thank god for LiveFit at home workouts via zoom .

What is a goal you want to accomplish in 2021?

Like I said last year Guns and Abs in progress baby!

ALISON JANKE



What's your favorite healthy meal or food?

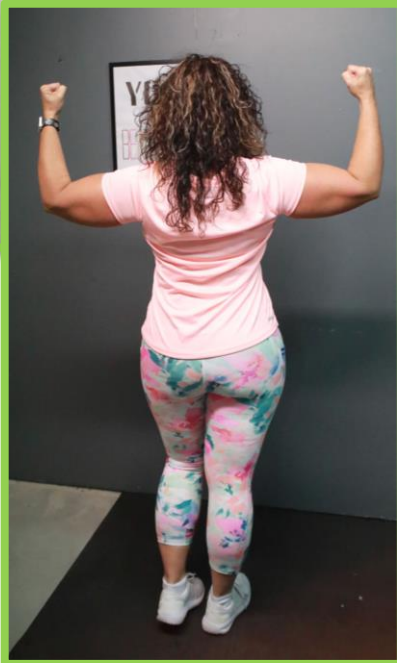
Chicken and vegetables - I'm always on the go so we buy the fresh steam bags in the produce section of Publix - use almost nightly with chicken or steak done in my instapot or crockpot

Favorite cocktail or adult beverage?

Tito's, with the equate flavored 0 calorie soda water and lime but my kids said "it's actually fireball mom"

What's your favorite cheat meal or food?

Pizza!! And white cheese dip from el Cerritos



Top healthy nutrition/eating tip?

Yikes!! I'm bad at this! But intermittent fasting and small frequent meals works best for me

What's something that motivates you or that you do to motivate yourself?

My girls!!!!!! I just have to look at them and they have so much determination it makes me never want to let them down.

Top fitness/workout tip?

We like to make sure all our rings get closed out everyday on our Apple Watches lol to make sure we are getting in all our exercise and steps daily

What kept you going that has stopped you in the past?

Madi and Kenzie!!! When I didn't want to work out or eat something bad or not go to the gym they said "no way mom let's do this!" I love they have grown a passion for my favorite thing in life!!! Cardio!!!

Even with 2020 being difficult for everyone, how did you manage to stay focused?

Livefits zoom workouts really really really helped with this!! Quarantine was soooo hard/ solitary and depressing for so many! I feel so blessed that we early on came up with a structured schedule to help us stay focused!

What was your biggest struggles you faced this year?

Covid, life, work, injuries, etc...

Being/getting divorced and learning balance! Balancing life between being a single mom, owning my own business and fitting it all in. I am surrounded with the most awesome village of friends and I couldn't do life without them!!!!!! I think surrounding yourself with the best people in life who encourage you to be the best you and we all help each other is key. And I couldn't ask for a better family, group of friends and LiveFit family!!!

2020 TOP STATS

-2" belly, -3.2% bodyfat, 2nd at LiveFit Games



LIZETT BOHM

What's your favorite healthy meal or food?

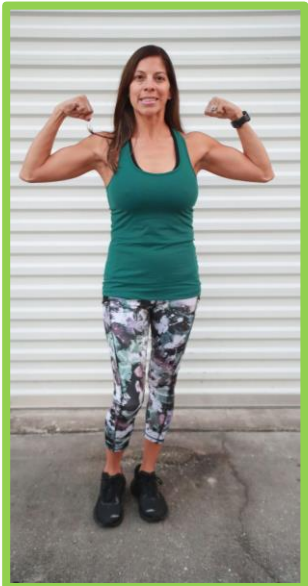
Wild grouper or red snapper with grilled veggies and garlic sauce

What's your favorite cheat meal or food?

Cheese pizza

What kept you going that has stopped you in the past?

Confidence



What is something you're proud of doing, accomplishing or overcoming this year?

LiveFit had so many challenges/games this year. Individual and team. I definitely wasn't going to let my team GRIT down so I did complete some challenges that were definitely out of my comfort zone. At age 46, I'm proud that I am nominated top LiveFitter .



Even with 2020 being difficult for everyone, how did you manage to stay focused?

I took advantage of the TIME that was given to me. Having 3 kids, and completely family oriented, sports almost every night, volunteering and attending church functions and activities, helping other family members gave me a high energy lifestyle with little time at home, so given that TIME was a huge blessing.

I found the positives and utilized it to the best of my abilities. I was able to appreciate my home and all the nature around it. Spent most days cleaning my 15 oak trees, painting, decluttering, organizing, family board games hosting outside family bbq's, pressure washing , etc and the results gave me such a high. It felt amazing !

When LiveFit began their games and zoom workouts it was fun. I enjoyed partaking in them, it even motivated my other family members. Micki Johnson, my team's coach's high energy was so addicting.💖 definitely could not let her down 😊



2020 TOP STATS
-4 lbs, -4.4% bodyfat
2nd at LiveFit Games

Top fitness/workout tip?

Give every workout 100%, that's why you are there .

Top healthy nutrition/eating tip?

Eat in moderation. Have the mindset of your goals that you are trying to achieve. After all, you are only given 1 body. It's up to YOU to take care of it!

What's something that motivates you or that you do to motivate yourself?

Well. I'm super competitive to myself. Actually my entire family is competitive in a healthy way. I want to always do my best and once I'm done working out I want to feel like I kicked ass. I do this for me and wasn't even noticing the others were actually paying attention to my workout ethnics at LiveFit. Once I realized it, it became more addicting to do better and now I keep challenging myself .

What was your biggest struggles you faced this year? Covid, life, work, injuries, etc...

I have to say I'm pretty blessed. The only set backs were my old injuries. I modify workouts that works best for my body. LiveFit trainers always go above and beyond to ensure I don't miss a beat.



What's your favorite healthy meal or food?

Marinated grilled chicken breast, asparagus, baked sweet potato.

Favorite cocktail or adult beverage?

Tequila

What's your favorite cheat meal or food?

Seafood pasta or pizza

What's your favorite quote(s)?

"You have one body, love yourself enough to take care of it." "Suns out, Guns out.." :)



Top healthy nutrition/eating tip?

Have a plan, be prepared. Have a healthy option when "life happens." Don't go food shopping when you are hungry.

What's something that motivates you or that you do to motivate yourself?

To be a healthier me even as I grow older. (Feel young as long as possible)

TINA JONES

Top fitness/workout tip?

Stretch & listen to your body

What was your biggest struggles you faced this year? Covid, life, work, injuries, etc...

Staying focused when work became overwhelming. Having my dog lose her sight and helping her to avoid suffering.

Even with 2020 being difficult for everyone, how did you manage to stay focused?

By becoming mentally strong. You need to get in your own head & focus on taking care of yourself. Remember your "Why"

What kept you going that has stopped you in the past?

Knowing that I didn't want to be my old unhealthy, over weight self.

What's something you're proud of yourself for doing or overcoming this year?

Staying focused & consistent with my health & fitness.

What was your initial reaction to being a finalist for the top client of 2020?

Pleasantly surprised and totally honored.

What's a goal you want to accomplish in 2021?

Continue to be a better healthier me! See more of my family.



2020 TOP STATS

-2" belly, -3.2% bodyfat

JEN HALL

What's your favorite healthy meal or food?

Hard boiled egg, sliced tomato and sliced avocado with TRUFF hot sauce on it.

What's your favorite cheat meal or food?

Carbs!!!! Macaroni and cheese, mashed potatoes, fried foods

What is your favorite cocktail or adult beverage?

Grey Goose Martini straight up with three blue cheese stuffed olives

What's something that motivates you or that you do to motivate yourself?

I have to give myself goals especially trips that were going on as a motivation and a goal to work towards!

What is something you're proud of yourself for doing, accomplishing or overcoming this year?

Putting my kids back in school, getting my life back on track and doing what I needed which is putting myself at the gym! Drinking less alcohol and eating healthier!

What was your initial reaction to being a finalist for the top client of 2020?

Yayyyyy and awesome! I am definitely seeing my body changing and love my progress so far!

Top fitness/workout tip?

Stay consistent on showing up and continue to challenge yourself with more weight/ reps

Top healthy nutrition/eating tip?

Eat a rainbow of colors from natural foods! Meal prep is a must!



2020 TOP STATS
-11 lbs and -2" from belly

What is your favorite quote?

If it was easy, everybody would do it!

What is a goal you want to accomplish in 2021?

I will be turning 46 in April and I said I wanted to be in the best shape of my life when I was 45. Only have a few months left to make that happen!

Even with 2020 being difficult for everyone, how did you manage to stay focused?

I didn't stay focused until I put my kids back in school! I am a person who depends greatly on a schedule. If it's not on the books it won't happen! Now the kids are back in school, my butt is back at the gym:)

What kept you going that has stopped you in the past?

I know where I was a year ago with my fitness and exterior appearance and I want to be back there ASAP!

What was your biggest struggles you faced this year? Covid, life, work, injuries, etc...

COVID definitely threw me off track! I am not a zoom work out person. I need to be in the gym with my buddies as motivation! I ended up eating crap food and junk food for a stress reliever and only went on bike rides for exercise🙄 also having my kids home doing school was a nightmare. Lots of crying and screaming and no working out for me. Not good!

JOHN LAMBERT



What's your favorite healthy meal or food?
Sirloin steak...medium rare!

What's your favorite cheat meal or food?
Tacos

Favorite cocktail or adult beverage?
Goose Island IPA

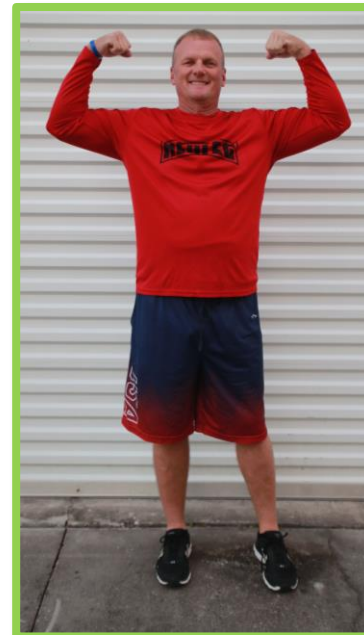
Top fitness/workout tip?
Consistency and effort

Top healthy nutrition/eating tip?
Food prep is the key!
Have a plan!

What's something that motivates you or that you do to motivate yourself?
Father Time...I'm not ready to give in to him yet!!

What is something you're proud of overcoming this year?

Recovering from shoulder surgery...still going through the rehab process but making progress every day.



Even with 2020 being difficult for everyone, how did you manage to stay focused?

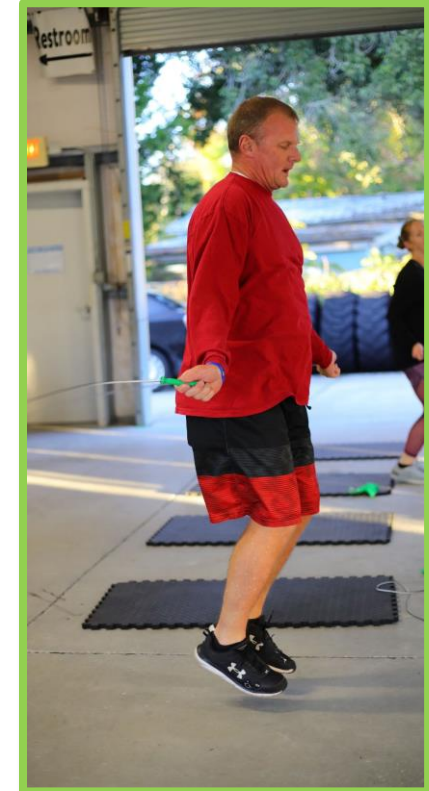
My health is something I can control. It's important!!

What is a goal you'd like to accomplish in 2021?

Finish rehabbing shoulder and reduce my body fat %

What kept you going that has stopped you in the past?

My LiveFit trainers and workout partners...the gym is truly my happy place that allows me to recharge not only my body...but more importantly my mind every day.



What's your favorite quote?

You can't outwork a bad diet!

2020 TOP STATS
-12.5 pounds, -2" belly
4th place in LiveFit Games

MARI BETH PHILLIPS

What's your favorite healthy meal or food?

Plain Greek Yogurt with Sugar Free Cheesecake or Pistachio Pudding, Honey, or Skinny syrups

What's your favorite cheat meal or food?

Anything sweet! Dessert in general. Cake, Cookies, Candy, Pie, Doughnuts etc. I like to freeze portions so it's not readily available and fit them into my macros.

What is your favorite cocktail or adult beverage?

I've come to like the flavored vodkas and Sprite Zero

What's something that motivates you or that you do to motivate yourself?

Seeing the results and changes helps to keep me motivated wanting to see more.



What is something you're proud of yourself for doing, accomplishing or overcoming this year?

Keeping the determination and seeing the results. Making better choices when I go out to eat at a restaurant.

Top fitness/workout tip?

Stay Consistent and persistent. Just move and do something.

Top healthy nutrition/eating tip?

Track and weigh your food. Portions can be deceiving



What is your favorite quote?

Faith is the belief in the things hoped for, yet unseen.

What is a goal you want to accomplish in 2021?

I want to get to my final goal weight by losing another 30-40 lbs., maintain there and gain muscle

Even with 2020 being difficult for everyone, how did you manage to stay focused?

Finally getting the mindset and deciding to do it, get off the couch and get off of my medications. I am fast approaching 60 and want to be here for many more years to see my family grow up!

What kept you going that has stopped you in the past?

Sheer determination, motivation from the people that I have in my circle of family and friends, and finally seeing the results of all the work. (I've never got to the point of seeing results in the past.)

What was your biggest struggles you faced this year? Covid, life, work, injuries, etc...

Life in general. Convincing myself that I needed to go workout even when I didn't feel like it or want to. Making plans and doing things around my workout times.



2020 TOP STATS

-10 pounds
Top 16 in LiveFit Games

What's your favorite healthy meal or food?

I love a great salad with grilled chicken.

What's your favorite cheat meal or food?

Burger & Fries

Favorite cocktail or adult beverage?

Bud Light Seltzers

Top fitness/workout tip?

Dig deep and remember what you've already overcome! Use that as fuel when you really want to give up on those last 10 push-ups!

Top healthy nutrition/eating tip?

Portion your plate and put the rest away!

What's something that motivates you or that you do to motivate yourself?

I have to kick my own butt sometimes while other times I truly lean on my accountability partner(s) and trainers!

What's your favorite quote?

Actions speak louder than words.

WENDY KELLEY

What was your biggest struggles you faced this year? Covid, life, work, injuries, etc...

Stress which led to fatigue, which led to laziness and feelings of wanting to quit.

What is something you're proud of overcoming this year?

Holy cow, BATMAN! Participating and placing in my first LiveFit challenge! As a military veteran, I know first hand what it feels like to have a drill sergeant yelling and constantly pushing. The physical challenge was the closest thing to boot camp for me. Ashley, Rolo, Kathy, and Micki weren't the "drill sergeants", though, it was the internal battle in my mind that I won by remembering past experiences that I've been able to overcome. Understand now, I have much love and need for my trainers and accountability partners!

Even with 2020 being difficult for everyone, how did you manage to stay focused?

Focused?
Dictionary.com defines focus as "a central point, as of attraction, attention, or activity." Teaching has been most challenging this year with COVID policies, a grade-level change, and with personal challenges in the mix. I rely on my team(s), take time out for my personal relationships, and try to be honest with myself. Perhaps focus would be a great word for my 2021!



What is a goal you'd like to accomplish in 2021?

-- OK, challenge accepted!

Find me again

Own my body

Claim success

Understand food better

Stay on track

What kept you going that has stopped you in the past?

Tuesday Texts from Ashley, encouragement from Kathy, and my workout dance partner Rolo!

JOHN MERCHANT

What's your favorite healthy meal or food?

Although very traditional I'm a big fan of Steak or Chicken and veggies.

What's your favorite cheat meal or food?

By a landslide, a small supreme pizza from Slice of Life.

What is your favorite cocktail or adult beverage?

Corona with a lime

Top fitness/workout tip?

Don't stop when you get tired, stop when you're finished. You owe it to yourself

Top healthy nutrition/eating tip?

Always be prepared. (Prep, Prep, Prep) The battle is fought in the kitchen. "If you fail to plan. You're planning to fail"

What is something you're proud of yourself for doing, accomplishing or overcoming this year?

I finished my AA degree. And registered for my BA In Public Safety

What's something that motivates you or that you do to motivate yourself?

Getting off blood pressure medication was my original motivation. It has since morphed; I find motivation in the people at LiveFit. The ones that message me if I don't show up. The ones around me during a workout struggling with me. I build momentum throughout the week and it starts every Sunday after church when the football game comes on and I'm meal prepping for the week. And it snowballs from there.

What is your favorite quote?

"It's not about how hard you can hit. It's about how hard you can get hit and keep moving forward" –Rocky Balboa



2020 TOP STATS
-36 lbs and -6" from belly
Top finisher in LiveFit Games

Even with 2020 being difficult for everyone, how did you manage to stay focused?

2020 has been a difficult year for many including myself. What kept me focused is knowing that I'm not the only one that's going to the gym tonight to blow off steam, to stay focused on goals or simply to get away. Or my personal reason to surround yourself with those that push you to be better.

What was your biggest struggles you faced this year? Covid, life, work, injuries, etc...

My biggest struggle this year was getting in my own way blocking myself from accomplishing the things I want for myself. Like clockwork I would present myself with reasons I couldn't do something almost as soon as an opportunity presented itself to me.

What is a goal you want to accomplish in 2021?

My biggest goal for 2021 is to crush a 5K. Each month I plan to add an additional few laps to the end of my workouts. Cardio has always been my weakest area in fitness.

What kept you going that has stopped you in the past?

I broke my lower back in nine places and picked up a couple herniated discs about five years ago. So, beginning a new gym regiment has always been something I've struggled with. But having the trainers and clients with so much knowledge on form and injury prevention I feel more confident in my abilities and have gotten past some mental blocks that have stopped me in the past.



What's something that motivates you or that you do to motivate yourself?
Clothes that are too tight motivate me to do something about it.

What's your favorite healthy meal or food?

I like a lot but here are three: Protein shakes with berries, chia seeds, unsweetened coconut and almonds. Egg roll in a bowl. Stir fried veggies with chicken.

What's your favorite cheat meal or food?
Chocolate

Favorite cocktail or adult beverage?
Margarita

Top fitness/workout tip?
Just do it, don't even think about it.

Top healthy nutrition/eating tip?
Eat veggies at every meal.

CAROLINE VON HADEN

What is something you're proud of overcoming this year?

My weight loss and sticking to exercising on a regular basis.

What was your initial reaction to being a finalist for the top client of 2020?

Surprised, there are so many people that have accomplished so much more than I have!

What was your biggest struggles you faced this year?

Watching and/or knowing of others that were sick and worrying about people getting sick who might not do well. Being sick myself was not fun either, but I was very fortunate in that it was a very mild case.

Even with 2020 being difficult for everyone, how did you manage to stay focused?

I had some control over something in a world that seemed out of control. I felt like I was doing something constructive with my free time.

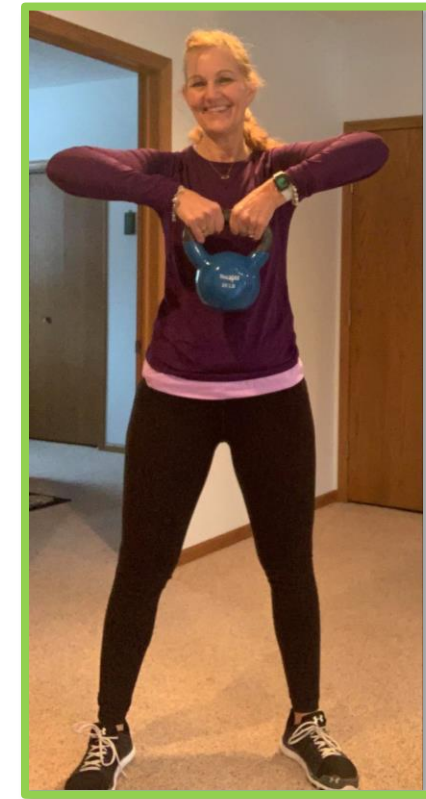
What kept you going that has stopped you in the past?

I'm not sure, but I think the family atmosphere at LiveFit really helped.

What's your favorite quote?

If you are not willing to look stupid, nothing great is ever going to happen to you.

And being from MN/WI....cut your own wood and it will warm you twice ☺️ (I've heard that one a time or two! They aren't lying...)



What is a goal you'd like to accomplish in 2021?

Lose 15 more pounds and gain some muscle!

2020 TOP STATS

-17.9 pounds, -8.5% body fat

STACY HAAS

What's your favorite healthy meal or food?

Chicken and broccoli

What's your favorite cheat meal or food?

Zim Zari's tacos :)

Top fitness/workout tip?

Be consistent, trust the trainers

Top healthy nutrition/eating tip?

Meal plan and prep ahead of time.

What kept you going that has stopped you in the past?

Fear of failure.

What is something you're proud of yourself for doing, accomplishing or overcoming this year?

Joining LiveFit and be consistent in committing to the workouts.

What is your favorite quote?

If you could be anything, choose to be kind.

What's something that motivates you or that you do to motivate yourself?

Seeing results, getting things checked off of my to-do list.



Even with 2020 being difficult for everyone, how did you manage to stay focused?

Just having people that encouraged me and supported me to be sure that I did what I set out to do.

What was your biggest struggles you faced this year? Covid, life, work, injuries, etc...

Covid and adjusting to teaching completely online for the spring.

What was your initial reaction to being a finalist for the top client of 2020?

Shocked and surprised.

What is a goal you want to accomplish in 2021?

Continue to get stronger each day, reach goal weight. Run another race.

2020 TOP STATS

-12 pounds and -6" from belly (August – November)



What's your favorite healthy meal or food?
Chicken Salad

What's your favorite cheat meal or food?
Pizza

Favorite cocktail or adult beverage?
Wine – white zinfandel

Top fitness/workout tip?
Never stop pushing yourself.

Top healthy nutrition/eating tip?

- ✓ Power up with protein.
- ✓ Vary your fruits and vegetables.
- ✓ Balance your meals.
- ✓ Drink water.

What's your favorite quote?
So often we are our own worst enemy. Don't allow yourself to be what holds you back. "You are far too smart to be the only thing standing in your way."
Author unknown

ESPERANZA KOHLER

What's something that motivates you or that you do to motivate yourself?
My trainers are my biggest motivator. My self motivation is showing up consistently.

What is something you're proud of overcoming this year?
Becoming stronger, physically and mentally.

What was your initial reaction to being a finalist for the top client of 2020?
Pretty exciting!

What was your biggest struggles you faced this year?
My biggest struggle was the death of my mom along with family and a new job.

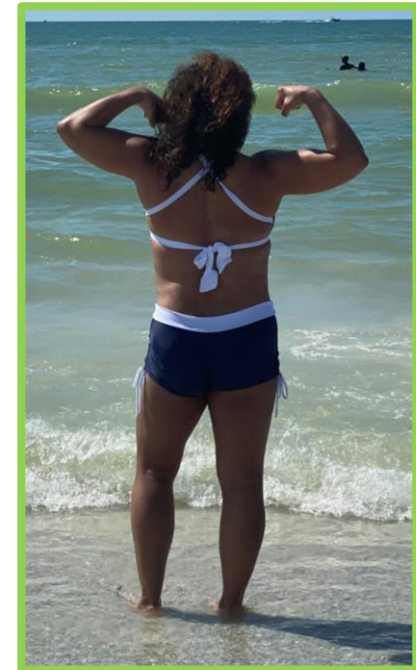
Even with 2020 being difficult for everyone, how did you manage to stay focused?
My LiveFit family!

What kept you going that has stopped you in the past?
Not having enough time.

What is a goal you'd like to accomplish in 2021?
Lose weight and continue to transform my body.

2020 TOP STATS

- 10 pounds
- 6% body fat
- 5" from belly



LIVEFIT TEAM



Derek & Michelle Kuryliw
Founding Owners & Coaches



Ashley Squillante
Gym Manager, Trainer & Coach



Kathy Brinkman
New Client Services



Rolando Saldivar
Trainer & Accountability Coach



Micki Johnson
Trainer & Accountability Coach



Skyler Doughty
Trainer & Accountability Coach



Hunter Winters
Trainer & Accountability Coach