

“When the student is ready, the teacher will appear.”

This quote best describes my relationship with Rachel Rolfes. I met Rachel through a phone call I placed to her company, *STRESSERCISE for Life* five years ago. I was at my wits end. My health, particularly headaches, a queasy stomach, along with my inability to relax, sleep well and successfully lose weight took me to the yellow pages. I am so grateful that I made that call. Today, Rachel is my teacher, my inspiration and my friend.

From my first session to now, I am 20 pounds lighter and I've learned so much about my health, nutrition and life. Rachel openly shares her knowledge and expertise packed with vital information on health issues, as well as, the value of positive attitude, exercise, correct posture and healthier foods. She reminds me to drink plenty of water and gives me new, useful ways to relax.

What I admire most about Rachel is that she not only talks the talk, but she walks the walk. That's most important! She also spends a great deal of time in research to find the most recent cutting - edge information and solutions for her clients specific needs.

I can truly say that my life is better since Rachel. I recommend her services without hesitation. I am and remain forever grateful.

Dora Suazo