

Member of the Month

• May 2015 •



Dalena Coleman

Congratulations to Dalena Coleman! She joined LIFT with her husband and immediately signed up for Mission: SlimPOSSIBLE, LIFT's 12 week weightloss program.

Through constant determination and effort, she pushed herself and followed her trainer's guide; in the end she lost 45lbs! Dalena was our Mission: SlimPOSSIBLE winner for 2015! She still has more goals that she would like to achieve, but she can see these goals and knows they ARE attainable. Her end goal is to compete in a triathlon. We wish Dalena luck as she continues on her health and wellness journey!

Congrats to her and her win for Mission: SlimPOSSIBLE.