



*Stressercise*TM
FOR LIFE

Testimonials:



"I can't endorse Rachel enough, as I've never met anyone more committed to her clients and who cares to the depth that she does. She inspires and motivates you, does personalized research on YOU, and provides unparalleled expertise and programs for YOU...that really work!! Give her a call today and don't delay...

Be one of her 2020 LIFE JumpStart clients for it is a New Year, a New Decade and it can be a new YOU!"

Lorri Delaney



"Having worked in the Federal Emergency Management Agency (FEMA) for many years dealing with major disasters, I and those who worked for me were acquainted with stress on so many levels. I personally have always known that the expertise, talents and techniques taught, shared, developed and demonstrated in my personal and professional life from Ms. Rolfes dynamic presence not only served to significantly reduce stress immediately, but most importantly over the long term. Although retired, I still draw on the principles and practices I garnered from Stressercise of Life. I highly recommend it!!!

Norm Winterowd