



*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



"Rachel's LIFE JumpStart Program has helped me in so many ways to improve the quality of my life. She gave me timely tips to energize, supplement suggestions to calm me and more bring about a needed sound night's sleep. Her qualifications keep her ahead of her time and her limitless amount of energy will benefit you significantly. She will motivate and uplift you at each session. Most importantly, she will leave you each time with a special piece of mind to cope & communicate more calmly with others. Give yourself the opportunity to work with Rachel. You will not regret it & you will benefit much."

Karen Schaller
Palm Springs, CA