

Q&A – Beth Eisele, *Group Fitness Manager*

What does 'Swell' mean to you?

It has proudly been my 2nd home for 18 years and keeps getting better.

How did you get into personal training, and how many years have you been practicing it?

I started teaching 30+ years ago on the East Coast as well as doing group exercise programming and still doing both

Who has been your biggest inspiration?

My kids have been and are my biggest inspiration.

What achievements are you most proud of in your fitness journey?

Recently I wrote a program of self-discovery and fitness called Discover Your Body & Find Yourself for women. It helps them basically hit the reset button, become more confident & learn how exercise can transform their body and mind

How do you balance fitness goals with other aspects of your life?

I like to say that teaching and exercise have always been my drug of choice and as long as I can do that, everything falls into place

Can you share a piece of advice that has helped you stay motivated in your fitness routine?

Exercise is just as good for the mind as it is the body. Keep movin'!