**Litsu**



**Fitness Philosophy:**

Train to live. Enjoy whatever fitness activities you choose because life is too short to be sweating AND miserable.

**Why are you an instructor:**

It gives me the opportunity to help others take ownership of their well-being with practices that have helped me with my own health challenges.

**Biggest guilty pleasure:**

Anything and everything chocolate (but not white chocolate!)

**Specialties:**

Yoga, Aquatics