3 very short weeks ago I began my journey with Elizabeth Aylor Fitness. I was terrified, as I was approaching my 50th birthday and a 2nd hip surgery 2 days later. I have always had the mindset…no gym, no food AND no gym, GO CRAZY!! I felt a connection with Elizabeth due to myself having been diagnosed with an eating disorder twice in my life, having many gut issues as a result, and not eating the proper nutrients to benefit from all I was doing in and outside of the gym…..and that UT Alumni status ☺. Elizabeth gave me the confidence that she would walk me through my surgery, my recovery, my mindset and forward. She has done JUST THAT AND MORE!!! I could not ask for a better trainer, cheerleader, encourager, and friend. Elizabeth has helped me to understand that my nutrition would help my body to heal quicker….AND IT HAS!! This surgery has been so much easier than my 1st surgery. I am already 4 days post-surgery walking without crutches, back in the gym with a BEAST MODE 2 plan for upper body only (temporarily) and thrown my doctors and physical therapist into new level with my recovery (they can’t keep up with me ☺). It is because I have put my faith into Elizabeth and followed her lead. I am continuing learn about and find a balance with my macros (a huge struggle for me), using the correct supplements through Elizabeth’s guidance, and crushing it in the gym.

You will not regret taking that leap, joining Team EAFit and making that BEST choice to allow Elizabeth to guide, train, and push you through the process of BEING THE BEST VERSION OF YOU!!!

Thank you Elizabeth!!!

-Ginger Murphy-Liles

Martin, TN