

**FIT. HEALTHY.
STRONG.**



PIVOT
PERFORMANCE

Meet Elizabeth Porter

Elizabeth Porter has been a member of Pivot Performance since 2013. Liz joined Pivot to lose weight and gain strength and while she has accomplished both, we have gained so much more from her! She brings an infectious energy and enthusiasm with her every time she walks through the door. She has become a friend and inspiration to her coaches! Elizabeth has accomplished every goal she has set for herself and we at Pivot are so proud of her.

Liz competed at the Pennsylvania state Special Olympics as a swimmer in 2017 and walked away with the following medals:

Gold: 50-meter butterfly

Gold: 100-meter butterfly

Silver: 800-meter freestyle

Liz was selected to compete at Nationals in Seattle in 2018 where she will show just how FIT.HEALTHY.STRONG. she is!

On top of her long list of accomplishments, Liz has a heart of gold and is always willing to go that extra mile for someone in need and in this case, swim the extra mile. Liz is participating in "Women Swimmin'" a mile and a half community swim across Cayuga Lake to raise money for hospice care!

"I've known Elizabeth for a long time. She's such a caring person who brightens up the gym when she walks in! It's great to see her in here giving it her all and I am excited to see her take her passion for fitness to new heights as she competes in swimming!"

-Jenna

"She always puts a smile on my face. I've seen her progress so much. She's getting stronger every day. Coaching Liz is always the highlight of my day!"

-Coach Nick

Thank you Elizabeth Porter, for being a friend and inspiration to your Pivot Family!