

## **PRESS RELEASE**

For Immediate Release

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### **Fierce Fitness Nutrition Open to Everyone**

Portage, IN – On Tuesday, January 2, 2018, Fierce Fitness Nutrition held their grand opening inside of the Portage Township YMCA. Fierce Fitness is owned and operated by Danielle Paetsch, Portage YMCA Group Fitness Instructor & Personal Trainer as well as a Power Nutrition Ambassador. Soy and whey-based protein shakes using Herbalife and Power Nutrition products are available for purchase by YMCA Members and Non-Members.

Danielle has her B.S. in Family & Consumer Science from Ball State University and is a NESTA Certified Group Fitness Instructor, ISSA Certified Fitness Trainer, NESTA Certified Nutrition Coach, and Certified in Silver Sneakers Cardio Fit as well as First Aid/CPR/AED. In 2014, Danielle was diagnosed with Obstructive Lung Disease and began treatment, fearing she would never be able to step foot in the gym again. After participation in the research clinic at the University of Chicago Medical Center, she had been given another chance to live life to the fullest. The idea of opening her own shake shop began back in early Fall 2017 when a couple YMCA Board Members started using Danielle's Power Nutrition products and suggested she offer them at the Y. The rest is history.

Danielle's expertise comes not only from her long list of credentials, but her own experiences. "For me, I shoot high. I started out subbing for classes and fitness just took over. A lot of clients were happy with their services and encouraged me to do more." And do more is exactly what Danielle did. She resigned from her day job and put all her focus into improving the health and quality of the life for others. You can follow her daily tips, advice and personal progress on her Facebook and Twitter pages @daniellepaetsch.

Fierce Fitness Nutrition is open Monday-Friday with operating hours from early morning to late evening. Their products complement fitness seekers on their journey to wellness. To learn more about Fierce Fitness Nutrition at the Portage Township YMCA, please visit their facebook page at [www.facebook.com/fiercefithnessnutrition](http://www.facebook.com/fiercefithnessnutrition)

