

Lori's clients have given their permission to publish testimonials in regard to her coaching:

“I have had the privilege and blessing to walk with Lori since September of 2022. At a time in my life when I needed coaching and mentorship, she has provided such amazing guidance. To get to know her, you quickly see her heart for Jesus and her passion to submit to the Spirit and his work. She has made it less about her and more about journeying to Jesus. Through her guidance and leadership through the Spirit, I have come to a deeper relationship with Jesus and am truly learning what it means to be His disciple.

One particular passage that has become critical in my journey to overall spiritual, emotional and physical health comes from Matthew 16:24-26, specifically the portion “he must deny himself and take up his cross and follow me”. I came to Lori a very broken person, and I was unhealthy in many ways. I have struggled with my weight since I was a little girl, and I have tried almost every weight loss concept, book, program you could think of. I have lost weight quickly put it back on, never really addressing the deeper cause. I have abused food and alcohol to numb out, medicate, soothe, escape my pain and it was wearing on me, in more ways than weight. When I began meeting with Lori, I was in a cycle of putting weight back on after yet another loss on a program. I had begun that program at 213 pounds, got all the way down to 160, and was putting it all back on and fast. My starting weight with Lori was 198 pounds and today I am at 158 pounds! We have set my goal at 150 and will proceed from there. I have learned so much during this journey, including tools and practices and disciplines that I believe will only contribute to a much more healthy way of life.

Lori is passionate about her work and truly is my biggest encourager. Lori is not only authentic and honest, but also, is a great listener and asks thought-provoking questions. She quickly became someone I could trust with her gentle and caring spirit. I am so thankful for Lori!” ~S.C.

“Lori walked with me gently, yet firmly to the places in my own life that needed to be addressed for true transformation to occur. Physically, I have a goal to lose 100 pounds and have embraced this process through worship. This means dealing with the dark places in my life where I have used food and television to self medicate and, instead, learning to eat and exercise as a way of worshiping Jesus; another way of being with and honoring him. She is extremely knowledgeable in both physical and spiritual transformation and clearly lives out and brings out (teaches) how the two are connected. Through my commitment to working with Lori, God has brought measures of healing that I hadn’t seen before, as well as a 60 pound weight loss to date. I am coming into an understanding about myself and my relationship with God as my mindset is changing from DOING to be accepted to BEING because I am loved. This mindset is a daily diligence, one that would not have happened without Lori’s knowledgeable, prayerful, kind and strong counsel. I am eternally (and yes, I use that word on purpose) grateful.” ~CK

“What defines a healthy human being? As a psychotherapist, I consider this question from the perspectives of physical, mental, emotional and spiritual well being but many people just think about the physical. So, when thinking about engaging a personal fitness trainer, most of us simply want to achieve improved physical fitness. Often, if we are training to an elite level, top trainers also help us to enhance our mental strength to help in maximizing our physical fitness goals. Few of us would also think about focussing on our emotional and spiritual health as part of an overall fitness plan.

Lori Bussani’s approach to personal training offers a much more comprehensive fitness program by adding some long-missing pieces to the puzzle of how to achieve outstanding overall health. Her training model originates in the spiritual, then moves to the emotional, the intellectual and, finally, the physical. After working with Lori consistently for several months, I can attest that she has vastly improved my life across all four categories. Lori’s patience, compassion, wisdom, unflagging consistent follow-through, attention to the big and the small details, professionalism, expertise, formidable experience, and integrity comprise a very rare combination of outstanding qualities that rocked my world for the better.

Lori's bespoke program took me on a journey that I didn't even know I had to go on. One of her many gifts is in knowing when to introduce a new concept. Just as importantly, she knows when to wait, based on the client's learning curve, until they are ready to assimilate and start working on the next component. Until working with Lori, I never understood the turbo-charged effects of working with the spiritual, emotional, intellectual and physical synergistically. She has elevated my game across the board in ways I never thought possible. I am eternally grateful.

” ~Dr M.G. PhD

“I was full of grief from the loss of my good friend and I was not in good physical health either. Then I met Lori and she helped guide me through my grief and sort out all my emotions. I had the habit of stuffing my feelings and that led to all sorts of problems. As I began to unstuff with the help of Lori, I began to feel better. She helped me to establish spiritual and physical disciplines and showed me that because I draw close to God and walk with him and use his power I can eat better, I can exercise, I can fast. I can sit quietly with him. Today so far I have lost a total of 33lbs and counting.” ~T.W.