

Linda Potter

Linda is a long time resident of Elizabeth. She and her family made the community their family away from family. Linda began her fitness experience over 3 decades ago. Linda is passionate about creating a community feel and place where all feel welcome and embraced.

Linda achieved her IFBB Pro athlete status in 2014 and has loved coaching others in competing and achieve all fitness goals. She has a great passion for nutrition counseling and coaching as well as various methods of personal Training.

Linda Runs and operates a successful business from home in addition to the gym that focuses on enhancing people's lives and empowering people to be in control of their own destiny. She is the founder of the Worldwide team www.stayinhomeandlovinit.com/mom focusing on coaching others to financial wellness. The founder of www.braveitup.com which is a coaching business focused on Adventures, overcoming limiting beliefs, Using nature and health to overcome grief, health concerns and live a vibrant and exciting life. Linda is also the co-founder of www.its-247.com/linda which is a ministry that connects spiritually, emotionally and physically to living and walking in the spirit 24:7.

Linda has 3 amazing children who have all been raised here in the Elizabeth area that are thriving. In her free time she loves to explore, travel, create new relationships and Give back and help others. You can be sure to catch her climbing a mountain, sitting on a beach or soaking in the beauty of nature with a good book and journal.