



Name: Lonni Van Diest

Tell us about yourself: 42 years old, single father, business owner, active fitness freak

What year did you dance? 2014 & 2015

What was your style of dance and why did you choose that one? 2014- Disco- wanted a fast paced, fun theme, and Carley Bailey could do some awesome choreography to it. 2015- 2 Step, my partner, Mel Schmidt picked this, (fun and different too, country theme hadn't been done before as a dance)

How did you first learn about Swinging with the Stars? Crissy Rea (former dancer)

What is your favourite memory from your performance? The energy of the crowd was incredible.

Are you still dancing today? I dance in the gym sometimes.

What backstage moments stand out to you today? Dancing in my tight uniform in the carpeted hallways of The Grand, then the shirt ripped, and Carley Bailey used safety pins to pin the shirt.....

Has this experience inspired you to do other life changing things? The experience made me realize my potential to do things out of my comfort zone. Also, how much support I had in Kelowna...my friends really came through. Sounds cliché but it's true! I may have found the meaning of life during the experience.

Is there anything else you'd like to share? COHA was amazing to work with, a very professional, fun experience. It was an awesome night, felt like the TV show, really well done! To anyone out there that wants to push themselves in their life, do it! Life moves pretty fast, if you don't stop and look around once and awhile, you might just miss it.