



Melissa DeChellis

Melissa DeChellis sustained an elective below-the-knee amputation in 2013 following years of limb salvage surgeries from a softball sliding injury. Melissa is the Founder and President of Adaptively Abled, a 501(c)3 that provides support, social activities, education, advocacy, fitness, and wellness for individuals with physical disabilities. She is the Founder and Director of Adaptively Abled Fitness, Boston's first comprehensive functional fitness and wellness program for individuals with physical disabilities.

Melissa is a graduate of the College of the Holy Cross and is an adaptive sports, fitness, and wellness enthusiast, a certified Adaptive and Inclusive personal trainer, a CrossFit Coach, and recently a Team USA Paracanoe Sprint Kayak Team member competing in the World Championships and Pan American Games in 2022. Melissa was honored to become the first plus-sized amputee Ambassador for Lululemon 2022-2024. She began a lifelong love of yoga when she was introduced to it in college. As her ankle began to fail and her athletics slowed down, she gravitated to it even more, for it could be adapted to her at any given moment. When she finally lost her leg below the knee, she met her soon-to-be friend and mentor Marsha Danzig, Founder of Yoga 4 Amputees, at an Amputee Coalition Conference, who taught her how to adapt basic asanas with her new prosthesis. Melissa credits a consistent yoga practice helping with her gait, balance, and healing journey.

Melissa is a graduate of the Yoga 4 Amputees, Accessible Yoga, and Accessible Restorative Yoga trainings and is finishing her 200 YTT. Melissa is passionate about and has dedicated her career to providing enhanced support, resources, adaptive recreation, fitness, and wellness opportunities for the greater adaptive community. You can find her walking her new puppy with her husband during her downtime.