

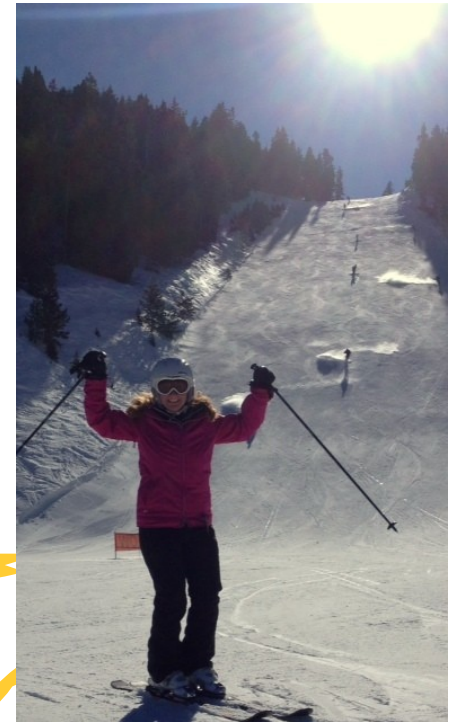
MISSION POSSIBLE

Wall of Fame *Stefanie Nimick*

GOAL: To lose weight and increase my overall fitness in spite of previous injuries so I could fully enjoy my time at the Sundance Film Festival, which included skiing daily and to stay injury free.

HOW JACKIE HELPED: I was feeling the 15 lbs I had slowly gained over the past 3 yrs and wanted to get in shape for the Sundance Film Festival. It was late October and I knew that Thanksgiving, Christmas and New Year's were also on the horizon and would be an additional hill to overcome. At Sundance, we ski every day, and I was dreading having to buy another ski coat and pants! I also had previous back and knee issues including a torn ACL and MCL and I wanted to enjoy the trip and ski feeling great and avoid injury.

Before Jackie, I wasn't focused on fitness and felt bored with my fitness routine. Coach Jackie was just the help I needed! Weekly visits and her holiday boot camp motivated me to stick to my plan. Over 10 weeks I lost 15 lbs., skied every day at Sundance and wasn't even sore!...I also fit easily into my ski gear. My energy level is up tremendously—and I just feel fabulous! Thanks Jackie for training and nutrition guidance to get me to reach this goal!



Stefanie is *Sundance Strong* and 15 pounds lighter in spite of prior injuries, a busy family and work schedule. She's regained motivation and overcome hurdles to soar to success at the finish line!