

MISSION POSSIBLE

Wall of Famer *Audrey Mares*

GOAL: This program was an 80th birthday gift from my daughter. I only exercised using machines in the past and while I was dedicated to doing that three times a week, we both knew I needed more training than what machines could offer and flexibility through yoga.

HOW JACKIE HELPED:

This program has helped me to get stronger and more balanced from head to toe. I have never worked with a trainer before, and Jackie makes me feel safe under her watchful eye. She is always aware of my body alignment and what I am capable of doing as she instructs me. I feel challenged but the after effects are always good.

Jackie's friendly personality makes these workouts fun. The yoga has improved my flexibility and I have finally learned how to breathe properly. This has helped me feel a great sense of calm when I need it, and energy when I need that. I've even taught her breathing techniques to my friends I exercise with at the gym!

This program has been a wonderful gift. I encourage anyone with a parent they want to stay active to consider this for the holidays or a birthday. We all have a lot of things, but this gift helps me to stay healthy and injury free so that I can do all that I want to do, and really enjoy my family and friends as well. Thanks, Jackie!

Audrey learned how a Total Body Training program that keeps her up and moving is key to a long, healthy life at 80 years young!



