

# MISSION POSSIBLE

## Wall of Fame *Beth Jacobs*

**GOAL:** To improve my physical disability of a previously broken back, including better posture, stronger core and arms safely.

**HOW JACKIE HELPED:** Jackie has been my personal trainer for about a year. I have a physical disability and she has worked with me to overcome some of my handicaps. To the naked eye one might not think anything is wrong with me, except for a slightly gimping leg but I do have various issues from a previously broken back and working as a hairdresser. Now that I have been with Jackie a lot of my clients and friends are noticing that I am standing so much straighter, walking better and my belly is getting more toned. Go to Jackie. She will make a difference in you physically as well as mentally. She pays attention to YOU and doesn't lump you in to someone else's routine. She's Awesome! Thanks, Jackie!



Beth Jacobs strengthens her shoulders, spine and core (top photo), and consults on her progress with Jackie Kold, (bottom photo).