

# MISSION POSSIBLE

## Wall of Fame

### *Bonita Deering*

**GOAL:** To Make Turning 40 Fabulous and Regain A Youthful Body and the Energy to Be A Better Mom and Business Owner!

**HOW JACKIE HELPED:** Just over a year ago, I looked in the mirror and decided enough was enough. Over the past 3 years I had packed on an extra 40 pounds. I felt run down, totally unmotivated and knew I had to make a change. So I went on a diet and began to exercise. It took a long time but the weight did come off. No sooner than I stopped the dieting, though, the weight started to creep right back up. It was then I met Jackie and my whole world changed. I went from dieting to living! Jackie is so motivating and the results have been incredible. My arms are toned (I can't wait to wear tank tops this summer!), my stomach is flatter than ever and I FEEL Great! My whole outlook on life has changed.

As a small business owner and Mom, I'm constantly on the go. Now, I have the energy to keep up and still enjoy life. I get complements all the time—how can that not make you feel good about yourself?! I also love the fact that my success has motivated others to start to take care of themselves, too.

I still don't like to exercise but when you see and feel the results, it makes you want to keep it up. I'm fitting into dresses I wore (and LOVED) 15 years ago including the green gown in the photo, (right). This February, as I turned 40, instead of feeling old and depressed, I looked better than I did at age 30 (or even 20). I have the energy of a teenager and a new lease on life!

**Thanks Jackie! You made turning 40 Fabulous!**

**Bonita wanted to stop endless dieting and make turning 40 fabulous. She's now 40 pounds lighter at age 40 and motivating other women to regain their health and vitality too!**

