

# MISSION POSSIBLE

## Wall of Famer *Carol Cummins*

**GOAL:** To approach 60 empowered and strong!

**HOW JACKIE HELPED:** Along the path of life, we are lucky to have a few people that have invested in our well being, I count Jackie as one of those. Her background working along with physical therapists was impressive. I liked her wholistic approach to fitness. Her commitment to both strength training and cardio and then her love of Yoga was a bonus. Jackie has professionalism, and her step program and her tools for accountability and support assisted my results.

Being close to 60 years old, I knew I needed someone I could trust to meet my body where it was, and gradually and safely challenge it. She was careful and attentive to my weak spots until they became stronger and are no longer issues. I appreciate getting stronger and having more balance. I've improved my posture and have a stronger back. What a great thing, when I stand taller, I feel more confident. My "inner" backbone has been empowered. Thanks from the bottom of my heart...and spine!

**Carol lost 13 inches overall in just 5 sessions including 3 1/2 inches from her abs! She's approaching 60 with better balance, strength and confidence!**

