

# MISSION POSSIBLE

## Wall of Fame *Corina Mahon*

**GOAL:** To lose weight, tone and build strength. I've had one knee replaced and doctors say I will need to have the other replace at some point but working with Jackie on a personnel program and the Yoga classes; my knee has gotten stronger, with less pain and without the use of any medications! My favorite pastime is country dancing—I've been able to continue with Trainer Jackie Kold's help.

**HOW JACKIE HELPED:** Before Jackie, I spent a lot of time and money at different health clubs. Since working with Jackie on a program she developed with corrective exercises for me and the Yoga classes, I've lost weight, toned and built strength. My knee pain has greatly improved and I'm dancing more regularly and feeling better then I have in a long time! Thanks, Jackie!



Client Corina Mahon poses with the board she created to keep her fitness program on track. Great job, Corina!