

MISSION POSSIBLE

Wall of Fame

Dianne Nero

GOAL: Sitting at a desk all day over the years took its toll on my body. I decided this month would be “my time.” My aging father and father in-law and their homes were requiring not just my time and energy but also physical strength and endurance. I wanted to do all I could to help without injuring myself. I knew I needed to tone up, improve my posture and form.

HOW JACKIE HELPED: I’ve truly been impressed by Jackie’s evaluation. From assessing my fitness and ability level, to posture, body alignment to my gait, she developed a plan to action to correct and tone my body — and all I had was a few weeks of time to accomplish these goals! Jackie really has a knack at training — she knows how to direct and motivate you but in a caring way. Her studio is a very nurturing environment as well. I was able to incorporate her Steps to Fitness Method into a daily plan and even participate in some of her summer boot camp sessions. The end result: I’ve lost almost 5 inches overall in three weeks, dropped a whopping 5% of my body fat and most importantly, I am standing tall, strong and have an aligned body that will serve me well no matter what challenges come my way!. Thanks, Jackie — I can’t wait to return from my trip for more training sessions!

Dianne’s summer schedule required her to soar through her steps to fitness in order to help aging family members. She accomplished her goals with flying colors thanks to her dedication and Jackie’s plan!

