

MISSION POSSIBLE

Wall of Fame *Donna Drawbridge*

GOAL: An avid tennis player, I want to improve my game and my overall fitness. I would like to be able to continue to play competitive tennis for many years to come.

HOW JACKIE HELPED: I am 53 years old and have always been in relatively good shape and health. I had never played sports until 20 years ago when I took a beginner's tennis lesson. I loved it! For the past 18 years I have been playing tennis, about three times a week, and competing on a ladies' travel team.

After the milestone of 50 years of age, I noticed it was harder to keep my weight where I wanted it to be. I knew it was time to change or add to my current routine to maintain my health and level of tennis play. A friend asked me to sign up to train with her and I went there with a goal to lose five pounds (you gotta start somewhere!) and work on strengthening and toning my overall body; especially my core. My legs and arms always get a good work out with tennis (and now I am playing golf too), but I knew there were other muscles I wasn't working for overall fitness.

Injuries and nagging muscles come with the territory of playing sports, being active and aging, especially in your 50s. Jackie has given me therapeutic routines to help my "nagging" shoulder from all the activity it gets. I have also enjoyed her weekly yoga classes to help with stretching, toning and peace of mind.

Jackie helped me reach my goal weight, and I'm in the best shape now! I've lost over 20 inches, reduced my body fat and BMI into an excellent range, and my clothes fit great. But more importantly, she's helped me be aware of proper form and alignment to get the maximum benefit from each exercise. This will help me avoid injury on and off the court.

The hardest part of an exercise routine is getting started. That first tennis lesson 20 years ago had me hooked on a sport that I hope to play for a life time. The same is true for a good fitness program. After the first few sessions, I knew her training was key to the longevity of my tennis game, and more importantly, my overall good health. Training total body is the best! Thanks, Jackie!



Donna came to Jackie wanting to tone up her body, improve her tennis game and keep playing a sport she loved in spite of a nagging shoulder injury. With Jackie's help she learned techniques to keep her in the game for years to come and the true value of training mind, body and spirit for both on and off the court! The 20 inches she lost and her now excellent body fat and body mass ratings are a winning combo too!