

# MISSION POSSIBLE

## Wall of Fame *Falgun Pancholi*

**GOAL:** To lose “baby” weight, help heal my pelvic floor, get toned and to regain flexibility and strengthen my back post-pregnancy.

**HOW JACKIE HELPED:** My husband and I met Jackie at a seminar she led at Elgin Library. I was a new Mom of a 6 month old baby girl, working from home – mainly seated at a desk. I joined with her a few months later, and what a change! She helped me realign my pelvic floor muscles and improve my spinal alignment, core, helped my feet and posture. The flexibility and energy I have is like never before—so needed with a new baby! I’ve even resumed my Indian dancing! Jackie customizes programs to fit my needs and pays such good attention to my needs. She is there every step of the way and motivates you each time. Her yoga classes are excellent with personal attention to all her students. I’ve enjoyed her Psoas Yoga session and special coed training session with my husband too. The ambience, atmosphere and energy present when we meet once a week at her place are exceptional! Exercise has now become part of my daily life. The program really works when you see yourself back in pre-pregnancy clothes so fast. It’s motivated me to push myself to new limits at home. Thanks to Jackie’s program and passion, I’ve lost 22 lbs, over 14 inches and dropped my body fat 8% in just 11 sessions, and I’m in a healthy range body mass index range. My body feels flexible, energetic and well! I’m going back to full time work and I know I can handle it all with good health. Thanks, Jackie!



Having a new baby brings a lot of joy, but it also can put your body through a lot, especially if you are petite. Falgun got herself back on the fitness path, and helped heal issues ranging from pelvic floor and spinal alignment concerns to helping her feet. In just 11 sessions she was back to pre-baby clothes and now is re-entering the workforce confident, energetic and strong!