

MISSION POSSIBLE

Wall of Fame

Heidi Biederman

GOAL: My immediate goal was to look great for my 50th High School Reunion, but my main goal is to live a long and healthy life. My father always said, "It's not how old you are, it's how well you age".

HOW JACKIE HELPED: I've learned what exercises to do for my specific needs. I want to be able to see my grandchildren grow up and to have the energy and physicality to keep up with them! Now I know how to exercise safely and correctly. **I am stronger and my balance has improved. I even grew 1/2 inch!** Jackie is a knowledgeable and caring trainer. She makes exercise fun (even when you're sweating!) and has truly inspired me. I know it is important to stay active, and Jackie is unique in her ability to motivate you to achieve your wellness goals at any age. Thanks Jackie!



Client Heidi Biederman strength trains with Trainer Jackie Kold (above) and enjoys outdoor playtime—and lots of movement!— with her beautiful grandchildren.