

# MISSION POSSIBLE

## Wall of Fame

### *Jeanne and Laura Johnson*



Jeanne and Laura enjoy fitness together and have found motivation to exercise amidst a busy work and school life.

**GOAL:** To develop a fitness plan I could continue even with a busy life and to continue to instill good health habits in my daughter in years to come.

**HOW JACKIE HELPED:** “Wow! What a great experience challenging my limits while participating in a duet exercise program with my twenty-one-year-old daughter,” stated Jeanne. “Fitness has always been important to us and learning new options for stretching was a lot of fun too. We had each other to remind us to keep on the program. We both felt stronger and healthier. Now that Laura is back at college, she enjoys showing her sorority sisters her new fitness model and sees Jackie when she is back home on break. I’ve found a friend from work as a teacher to enjoy duets with and love the Power Yoga classes with Jackie too. It’s just become a healthy way of life we plan to continue in years to come. Thanks so much, Jackie!”

