

MISSION POSSIBLE

Wall of Fame

Jennifer Thiel

GOAL: To be healthy and fit so I can continue to be the best mom for my daughter, wife for my husband and nurse for my patients.

HOW JACKIE HELPED: As a nurse I know what is important to stay healthy, but I haven't always followed through with advice I give my own patients. I'd been searching for something to help keep me healthy and make me feel better. Jackie's a great motivator and her exercise programs change so it's always fun and a great workout. Her yoga helped me feel more flexible, decreased back pain, and provided stress relief and relaxation. Jackie taught me about holistic and natural products and helped me to choose better meal options. Best of all, in just 10 sessions I lost 8 inches and 5 lbs of stubborn baby weight, including over 2 inches from my abs, and lowered my body fat 3.7%. Thanks, so much Jackie!

Jennifer wanted to be healthy and fit for her daughter, husband and patients.

