

MISSION POSSIBLE Wall of Fame

Jen Young

GOAL: To tone muscle and improve muscle definition, improve balance and help hip pain.

HOW JACKIE HELPED: I only wanted to lose 5-10 pounds, but Jackie's program did way more than that. I loved all the interval training. She understood how to work my problem areas and taught me how to work different muscles together with the correct form. My hip pain left and when an accident hurt my elbow she knew what and what not to do so it healed and I kept getting stronger. I also love the meal replacement shakes, they are great when I am on the run and feed my muscles before and/or after workouts training great. **Body fat down 2.8% in 8 visits!**



Trainer Jackie Kold teaches Client Jen Young a balance/core training Bosu ball exercise.