

# MISSION POSSIBLE

## Wall of Fame *Jen Smith*



**GOAL:** To fit in a regular airline seat as I travel for work a lot, to be able to wear tall boots as I had leg symmetry issues, and to not get out of breath walking upstairs! But most importantly to learn for the first time how to correctly nourish and exercise my body to be healthy.

**HOW JACKIE HELPED:** Having been overweight my entire life, I was completely clueless and somewhat afraid of fitness and exercise. I assumed I couldn't do it. At the onset of my journey, my doctor recommended I focus on diet to get my weight down to a safer level before starting an intense exercise program. Even though my doctor supervised my original weight loss program, I didn't really feel much healthier until I started working with Jackie. Since that time, Jackie has helped to show me I can do so much more than I ever thought possible. I was hesitant about issues with my knees but Jackie's custom training has given me so much strength that I'm doing things I never thought possible without any knee pain. Her advice on technique and encouragement and suggested knee braces have helped me to reach my latest goal of running a 5k safely and pain free! I've also learned that Jackie's yoga is the best stress relief I can find and her Power Yoga classes really helped me burn a lot of calories and tone up fast. To date, I have lost over 139 pounds and I'm wearing a size 8 — I haven't been in that size since middle school! I have gained an understanding that fitness does not need to be intimidating and impossible, but instead can become a part of your life that provides satisfaction, contentment and stress relief in more ways than one. Jackie showed me how to use technology to monitor my eating while traveling and at home. I'm still working on my final weight loss goal but the finish line is in sight and I'm "flying high" on a great journey to it. Thanks, Jackie!



*Jen lost over 139 lbs so far and is down to a size 8 in spite of a hectic travel job and previous knee issues. Now she now enjoys Power Yoga and weekly training sessions with Jackie and has started running 5Ks pain free. And best of all she's at a healthy weight for the first time in her life.*

