

MISSION POSSIBLE

Wall of Fame

Kathy Purcell

GOAL: To lose weight and gain strength. To get relief from shoulder pain while getting fit.

HOW JACKIE HELPED: She showed me how to work out consistently without getting bored. Her method to organize my workouts into a total body routine are easy to use in a binder format I can pick and choose from. Her DVDs are great too! My arm and shoulder feel great now even with weight training and **I've lost 1-2 lbs/week since starting too!**



Trainer Jackie Kold and Client Kathy Purcell work the shoulders with a weighted stick (above) and she displays the binder she assembled based on Jackie's suggestion to stay on track and organized with her total body program (right).

