

MISSION POSSIBLE

Wall of Fame *Kathy Sheldon*

GOAL: To recover from a serious knee injury and keep getting stronger and healthier; to ski again.

HOW JACKIE HELPED: After working with Jackie since June of 2008, my body was stronger and more balanced. In August 2009, I had an accident and tore my ACL and sprained my MCL. After a few weeks of physical therapy I returned to Jackie for strength training and exercises to benefit my therapy and strengthen the knee with a total body approach. (Even in that short time while away from Jackie's training, my body had compensated for my injured knee.) My physical therapist continued to give treatment to my injured knee. Jackie trained me with exercises to help me balance my body and gain strength in a method that complemented the therapy. I also utilized the FAR Infrared Sauna at Jackie's studio which helped me improve further. I have been able to avoid surgery on my knee and am back to my advanced Power Yoga classes again and have even hit the slopes skiing. Thanks Jackie!

Kathy proves you can bounce back from injuries and get even stronger with total body fitness training.

