

MISSION POSSIBLE

GOAL: To lose weight, tone up and look great for my son's upcoming wedding. To stay healthy on the job.

HOW JACKIE HELPED: I knew Jackie from when she was a manager and trainer at a club where I used to workout. When she left the club so did some of my motivation. I am self-employed and I noticed one of my clients was looking really fit. When she said she was training with Jackie at her own studio, I was so excited to get back to train with her. Jackie not only helped me look great for the wedding, but she has trained me total body so I can meet the very physical demands of my job. She helped me develop a fitness routine that would address the type of work I do so that I can continue to do it throughout my 50s and 60s. I've learned how to work with better agility and balance and she motivates me to continue to work harder and get stronger every week. I've also learned the importance of flexibility with yoga and utilize new equipment like weighted sticks and medicine balls to keep workouts fun and fresh. I've dropped a high percent of body fat, have a healthy BMI, and I'm proud to show off the pictures from my wedding and feel great about that day!

Kim wanted to look her best for her son's wedding and be strong for years to come at her physical job. She got both!

