

MISSION POSSIBLE

Wall of Fame *Kim Snyder*

GOAL: To lose those last stubborn 15 pounds, while juggling a busy job as a school principal and dealing with Crohn's disease, which can make staying healthy a challenge.

HOW JACKIE HELPED: Jackie has been my motivation on my journey to live a healthier lifestyle. I started training with Jackie after participating in one of her summer boot camps. When I signed up for the camp, I was at my heaviest weight and had a goal to lose 15 pounds. I had been attending a Crossfit gym, and while it gave me a jumpstart, even though I attended several Crossfit sessions per week, I wasn't seeing the results I had wanted and I was also concerned it was putting my body through a lot of undue stress during workouts. After her boot camp, I felt Jackie's instruction and combinations of strength, core, cardio and yoga was what might be missing. And I was right! Eventually I realized all I needed was Jackie's total body training program and Power yoga. I also learned that losing inches is even more important than dropping pounds, but I lost the weight too and became lean and strong! Between my Crohn's Disease and position as an elementary school principal, scheduling workouts can be difficult. At times, I just wanted to give up, but working out with Jackie was all the motivation I needed to be successful! Those 15 pounds are gone, I'm down 16 inches overall and my body fat and body mass index are now in a very healthy range. I can't wait to try her Jingle Bell Boot Camp. I know I will go into this new year even more healthy and happy. Thanks Jackie for making this journey successful and FUN!



Kim learned how to balance her career as a school principal and the challenge of Crohn's Disease with a fitness regimen she could also do at home. She said goodbye to numerous Crossfit sessions and hello to Jackie's Total Body Method and lost those stubborn last 15 pounds with just one training session and a Power Yoga class a week. Kim learned how to heal her body and get results with workouts that left her feeling good all week and better balanced in and out of the gym!