

MISSION POSSIBLE

Wall of Famer *Kira Gravitt*

GOAL: To get back into a fitness routine after a serious low back injury and lose unwanted pounds from inactivity.

HOW JACKIE HELPED: When I came to Jackie I was in a lot of pain. I could barely walk from a lower lumbar back injury and had put on weight from not being able to exercise. I was depressed and wasn't even sure she could help me. But Jackie was positive that she could get me on the road to recovery and she did! By the time I left her after that very first visit I had a complete change in attitude. I had a goal and a plan. And with her help I exceeded my expectations and just 5 months later I am at my goal weight — I've lost more than 15 inches, reduced my body fat by 6.2% and I feel great!

Jackie's recommendations included using MyFitnessPal on my Smartphone, making sure to log in ALL my food and I learned how to stay within my calorie count for the day. I went back to the gym using her training program, form techniques and other advice and also trained with her once a week. I was dedicated and it paid off. I also warmed up on her Spin Bike (which is not available outside of Spin Class at the gym), and got hooked so much I bought one for at home. It's been great to discover all the exercises and equipment that can work for me even with a back injury. I'm now over 15 inches slimmer including losing 3.4 inches from my hips, 3.6 inches from my abs and 3.5 inches from my waist —not bad for a 41 year old that works full time and has a family! I can't thank Jackie enough! I may have this back injury the rest of my life, but it does not define me. I know that I can be healthy, happy and live life to the fullest regardless! Thanks for everything, Jackie!

Kira went from serious pain to serious results with Jackie and has realized that a back injury doesn't have to define her. This Wall of Famer has now reached her goal weight and learned how proper form, technique and attitude equal triumph.

