

MISSION POSSIBLE

Wall of Famer *Kris Berglind*

GOAL: A mother with 5 children all under the age of 8 and the last baby just 7 months, I needed a fitness program that would work with a very busy schedule, a plan for a weekly training visit, and an easy to follow home program to help me make time for myself. And of course to lose all those years of “baby” fat, get fit and regain self confidence.

HOW JACKIE HELPED: Jackie is an elite trainer in my eyes. She has the unique talent to motivate you to gradually challenge your intensity to a level that was previously unattainable. After every training session with her, I am astounded on how well she challenged me and how great the experience was. Physical confidence was my primary goal when I started training with Jackie. I felt that if Jackie could assist me to attain that goal, then my secondary goals of weight loss and strength would be achieved. I have had success in all areas: physical confidence, weight loss and strength. Jackie helped me plan using her charts and weekly motivation to keep me progressing, regain my energy, and get great results including a healthy BMI. Thank you Jackie for being a great partner in my achievements and continued success.

Kris lost 13 pounds of “baby” fat and 14 inches including 3 inches off her abdomen with Jackie’s plan, boosting her self esteem in the process. She did this with a weekly visit and a home program designed by Jackie to work with her busy schedule as a mom of 5 children the youngest just 7 months!



