

MISSION POSSIBLE

Wall of Fame *Kristina Neahring*

GOAL: To lose weight, get toned and be healthier. also wanted to look great and feel comfortable wearing a bikini this summer.

HOW JACKIE HELPED: Jackie's positive, inspirational personality motivated me to eat healthier and exercise more. She understands how busy our schedules can be and gives great advice to stay healthy in our everyday life. Jackie pushed me to try new healthier food options. She has also been very supportive and conscientious of my neck and back injuries throughout the process. I really enjoy power yoga because of its fast-paced, upbeat atmosphere. I also love relaxing in Jackie's sauna after an intense workout or stressful week. Overall, I have lost 10 pounds and 4 inches off EACH thigh, which is where I wanted it the most! More importantly my BMI and Body Fat went down 3% to place me in the healthy target zone. Thanks, Jackie!

Kristina wanted to look great in a bikini this summer, and she got that and so much more with Jackie's help.

