

MISSION POSSIBLE

Wall of Famer *Laurie Skutecki*

GOAL: To better deal with stress of caring for my aging mom, and get back in shape, while continuing to address alignment and other issues from past injuries.

HOW JACKIE HELPED: I had been training with Jackie for two years. Over that time span, my workouts targeted different areas for different reasons. Early on, she helped to "nurse me back into shape" after a double foot surgery. After that, she aided me as I came off of a broken foot and then an IT band injury.

A year ago, I left teaching in order to support my elderly mother as she battled several medical issues. As a result of caring for her at home, and then sitting in numerous hospital rooms and therapy waiting rooms, plus eating erratically, I had gotten out of shape and was totally stressed out. Four months ago, I made the decision to start taking care of myself and began seeing Jackie again. Because of her expertise, and with her guidance and patience, I am now back in shape and am stronger than ever. The trials and tribulations of my stressful life continue, but Jackie's workouts, both in and out of the studio, have provided me many of the tools I need to deal with life and to remain as healthy as possible.

Her workouts are never the same twice! She provides total body fitness plans, eating/weight management tips, and friendship too! Jackie is always mindful of one's physical strengths and limitations and tailors her models to fit each person's specific needs. I'm down 10 inches overall, have muscles like never before and feel better than ever! Thanks, Jackie!

In spite of stressful challenges of caring for her aging mom and other life issues, Laurie bounced back fitter than ever — physically and mentally with Jackie's help!

