

MISSION POSSIBLE

Wall of Fame *Lynn Peloquin*

GOAL: To regain my fitness level and body after having my daughter at age 40. To improve my golf game with greater flexibility and strength.

HOW JACKIE HELPED: For my 40th birthday I gave birth to my daughter! Most of my friends were taking cruises or going to Vegas. I was buying diapers and onesies...and I loved it! Now, 5 years later, she is off to kindergarten and I want ME back! I have been a member of various gyms. I always thought I had to do classes at the gym because I didn't know enough to workout on my own. Classes were good, until you have to schedule in life. "Can't make a class today? Oh, looks like I don't have to workout today!" Now I'm my own workout boss thanks to Jackie! Workout is almost everyday...anytime, anywhere. Jackie has helped me pinpoint areas I need to work on and the workouts I do are my own – for me. Focusing on eating right and listening to the mind, body and spirit are leading me to the healthy lifestyle I was looking for. Love the sauna too! I've found her yoga classes really help my flexibility and strength and improve my focus not only with golf but with life. I started with a regular class but have moved into the Power Yoga on Fridays and it's fun and challenging. Jackie is a great motivator. I am feeling stronger and more fit. I've got my Body Mass Index—a main indicator for heart disease and health—into a healthy range and I'm down approximately 10 pounds and lost 13 inches overall. Not to mention a stroke or two off my golf game! Thanks, Jackie it was a stroke of luck I've found you!



Lynn found that hiring Jackie as her trainer was just what she needed to regain her fitness and motivation. But she continues to be excited by how Jackie's total body techniques and yoga help her form, focus and drive no matter what the challenge.