

MISSION POSSIBLE

Wall of Famer *Marcia Mann*

GOAL: To put me first after years of taking a backseat to my own health and fitness, and get serious about combining diet and exercise for total body health and wellness.

HOW JACKIE HELPED: I started coming to Jackie when I decided to put myself first and at the urging of my friend, Jill, who recommended her. It's fun and motivating to have a friend as a partner and I worked hard and lost weight and inches. But life happens and I had a few setbacks. That was when Jackie suggested MyFitnessPal, an app I could put on my Smartphone and track what I eat and my workouts. It was a struggle in the beginning, but as I was journaling on a daily basis I was able to see how what I eat goes hand in hand with my results when combined with exercising. You truly think you are eating less than you ever are, and the choices you do make have a lot to do with how you feel. This includes what causes and quells hunger and how you need to workout harder if you want to reach your required calorie allotment to drop those two pounds each week. Jackie's recommendation was just what I needed! February 1, 2013 marked the beginning of my use of the app, and I have lost 21 pounds! I still would like to lose another 5 lbs. or so, but I feel so much better then I did before and confident I can keep it off because between Jackie and MyFitnessPal I have made it a lifestyle change. Jackie's workouts and yoga keep me fit, and my Smartphone app keep me on track! **Thank you Jackie for all you do!**

Marcia got serious about fitness with Jackie's training and advice, including using technology to track her workouts and eating using her Smartphone, losing over 21 pounds!

