

MISSION POSSIBLE

Wall of Fame

Nicole Yingst

GOAL: To relieve back and other pains and to tone and strengthen muscles.

HOW JACKIE HELPED: I guess my very first goal was to stop my back pain. I had tried everything and was frustrated treating it with pills. With the diagnosis of arthritis, Jackie's eval and Lumbar exercises helped right away. Through Jackie's yoga she helped me gain an awareness of my body, which led me to realize my pain was in my hip. With the new diagnosis of bursitis, she adjusted my program to include hip openers and low impact exercises. I also had my feet evaluated and it was recommended I get orthotics. **I can now get up in the morning pain free. If I'm tight I know what stretches to do to loosen up, no medication needed! Since eliminating my hip pain I have done headstands, triangle pose, push-ups, I stand almost 1/2 inch taller,** and her knowledge of what to and not to eat has all been great. I just can't say enough about how Jackie helped me. I've learned so much and feel so much better! Thanks, Jackie!



Client Nicole Yingst enjoys a favorite yoga pose with Trainer Jackie Kold above and showing her skill as our Boot Camp Obstacle Course Champion below.

