

MISSION POSSIBLE

Wall of Fame *Noreen Haddox*

GOAL: To help overcome the effects of childhood polio, including issues with gait, posture and hip alignment which were worsening with age. To look and feel my best for my daughter's wedding and walk and stand tall with confidence.

HOW JACKIE HELPED: I am 64 years YOUNG and have lived with the effects of polio for 62 years. The polio damaged my left leg and as I aged it began to affect my entire body. My left leg is a little shorter and thinner and my hips were misaligned, so I tended to drag my left side and thus my posture was poor. Basically I was getting weaker, and I asked a number of doctors and the only response I got was "maybe you need physical therapy". I decided to take my fate in my own hands to lose weight and strengthen my body. I had some success on my own but wasn't sure I was doing the right exercises for my body. That's where Jackie comes in. I met her through a friend who suffered a stroke at a young age. Jackie was able to help her get through that - pretty much saved her as she was so depressed. I had been getting Jackie's newsletter (and I did read them) and decided to make that call. It's the best thing I have EVER done for myself. Within just 5 weeks the changes were amazing. I felt so much stronger, walking into a headwind was no longer an issue for me. My hips came into better alignment and my posture improved — I now stand tall (I tended to bend forward so it was easier for me to walk). My friends and family all noticed the change in me. My husband is thrilled and my adult son and I now connect and talk about a new subject — fitness activities and methods we enjoy! I feel so much better and it doesn't hurt to know that I look so much better as well. Recently, at my daughter's wedding, I had to make an entrance down 2 flights of stairs which I dreaded! After working with Jackie I was able to tackle those stairs with confidence! I've started Jackie's yoga classes with a friend and thoroughly enjoy them. I told Jackie upfront that I wouldn't do yoga because I was limited as to what I could do on my left leg. But she encouraged me and I've learned I can do more than I ever thought possible and everyone in the class is at a different level so there is no uneasiness there. Bottom line - Jackie helped me tremendously both physically and mentally. She taught me the correct way to do exercises, made me aware of bad habits (standing incorrectly), the importance of diet and hydration, recommended I see a podiatrist for an orthotic which I did and what a difference for me! I could go on and on. My only regret is that I waited till age 64 to do this. (On a side note, her FAR Infrared Sauna is amazing. Not only does it burn 700 calories while I relax and helped me feel pain free, but the spray tans I get because I can't be in the sun which never lasted long, now last twice as long because of how the sauna has helped my skin tone!). Thanks so much, Jackie! I'm looking forward to a long lasting relationship with you and your studio!



Noreen learned at 64 years young that even issues from childhood polio don't have to stop you from feeling and looking your best at any time in life. These stairs at her daughter's wedding would have been something she dreaded, but instead they became a beautiful display of her newfound posture and grace. She's down 10 inches overall and in a healthy body fat and BMI range too with Jackie's Steps to Fitness program. Read one of Jackie's favorite and most inspiring stories of triumph!