

# MISSION POSSIBLE

## Wall of Famer *Ruth Ann Dunton*

**GOAL:** To improve results from prior year's physical, including lower cholesterol, and enjoy health in my retirement.

**HOW JACKIE HELPED:** During my annual physical 3 months ago, I expected the standard question from my doctor, "Are you exercising?" This time she asked if I was "going skinny on her" in my retirement. I was thrilled with her comment and proud to explain the steps I was taking to change my lifestyle, especially training sessions with Jackie. I called Jackie because I wanted to enjoy health and wellbeing in my retirement, and I knew I needed help. Before training with Jackie, my weight and total cholesterol had increased. Not wanting to begin taking medication for cholesterol, I decided to lower those stats the healthy way. Initially, my goals were to lose 10 pounds, to become stronger and healthier, to improve my cholesterol number, and to fit into all of my clothes.

With Jackie's help, I far exceeded my expectations! In less than 3 months, I lost 15 pounds and over 15 inches! My strength, balance, and flexibility vastly improved. I'm now motivated to walk with friends regularly and can now do 5 miles easily. Recent blood work confirmed a 40 point drop in my cholesterol. My clothes fit great too! My doctor, Jackie, and I are thrilled. Jackie's expertise and gentle encouragement instilled in me the consistent motivation I needed. I've recommended her to friends and my husband is now training with her too!

Ruth Ann reduced her cholesterol by 40 points, getting an A+ from her doctor at her last physical, and enjoys a healthy retirement. She fits into clothes she loves, is 15 pounds lighter, 15 inches slimmer, and has energy for her grandkids and other joys in life!

