

# MISSION POSSIBLE

## Wall of Fame *Sue Thomas*

**GOAL:** To gain upper body strength, and full rotation after 5 years of bilateral frozen shoulder.

**HOW JACKIE HELPED:** I only wanted to be able to move my arms and lift things over my head again when I started training with Jackie. I never dreamed I'd eventually be able to lift 10 lb weights in strength workouts! I went from gaining back full range of shoulder motion and increasing upper body strength to taking on a 10 K challenge. I only hoped to finish the race, but actually took 2nd place in my division! I'm so motivated now, I've signed up for another 10K. Jackie's patient encouragement and understanding allowed me to move at my own pace without feeling defeated. Small, incremental successes enabled me to keep going and take on greater challenges. Jackie's individualized workout plan targeted exactly what I needed and weekly power yoga continues to increase my flexibility and strength. My body feels 10 years younger as a result of Jackie's training, coaching and encouragement. Thanks, Jackie!

Sue shows off her medal from a 10 K Run in Batavia (top) and crosses the finish line 2nd in her division (below)!

