

MISSION POSSIBLE

Wall of Famer *Susan Moody*

GOAL: To create a better workout/fitness routine and stay motivated to lose 40 pounds — the equivalent to these two sacks of potatoes! I'd rather carry them here than the weight all the time!

HOW JACKIE HELPED: My sister Wendy Peniak approached me about being co-trained with her by Jackie. At that time my mind knew what was healthy and nutritious to eat and I was on a good track as far as that was concerned, but my workout/fitness routine was in the dumps. I felt stuck. So I told Wendy “Yes! Let’s see what this Jackie is all about!” And this is what I have learned: Jackie is about **MOTIVATING:** She makes working out **FUN!!** Jackie is about **MODIFYING:** She customizes each and every workout to your body’s limitations – I have a lower back that can be a little “tweaky” at times – Jackie knows that and gives me great alternatives that strengthen, not aggravate it. Jackie is about **TEACHING:** She is a wealth of knowledge about the “**HOW** it works!” and the “**WHY** it works!” of our bodies!! Jackie is about **ENCOURAGING:** She truly cares about me and encourages me continually to be the best I can be – a Healthy **ME!** Also Jackie has become my **FRIEND!** Thanks and love to her I do **SEND!!! P.S.** – Jackie has motivated/modified/taught/encouraged me so much I have lost approximately **40 pounds!!** I used two **TWENTY POUND** sacks of potatoes to show myself just how much that is!! Jackie Kold - the all-around trainer/fitness/friend whiz!!

With Jackie’s help Susan has lost the equivalent to these two large sacks of potatoes. Good-bye to 40 lbs. and hello to a healthier, happier new year!

