

MISSION POSSIBLE

Wall of Fame

Teresa Alvarado

GOAL: To go into my 40s stronger than ever, whether I want to compete in marathons or just with myself.

HOW JACKIE HELPED: My training sessions with Jackie have been inspiring, motivating and fun! I learned about Jackie through a friend of mine and decided to train with her because she specifically focused on training women. I needed a change from doing the same exercises all the time at the gym—I needed motivation. Jackie gave me that and really changed my workouts for the better. I've added yoga and many unique and fun exercises in the performance model she's designed for me. Along with motivation, it's given me the courage to 'just do it'. I am so happy with my results – I dropped almost 2% of body fat in just 5 sessions – I can't wait to see what the future brings. brings. Thanks Jackie!

Teresa Alvarado has something to smile about — a 'Just Do It' attitude and great results!

