

MISSION POSSIBLE

Wall of Fame **Teresa Haish**

GOAL: To lead a healthy life that will honor the one body and life I have been blessed to have.

HOW JACKIE HELPED: Training with Jackie has helped me to become more in tune with my body and I can now feel how less than wise decisions I make effect my overall wellbeing. When I made the decision to work with a trainer, I expected to see improvement in muscle tone, but I did not necessarily expect that balance, flexibility and better food choices would come along with package. I am grateful for the positive impact Jackie has had on my life and my health. As we find ourselves more pressed for time and money, I have simply decided that taking care of my health is the best way to live my life for both myself and my family. God bless and thank you, Jackie!

Teresa now sees how taking care of her health and life is the best investment she can make long-term.

