

MISSION POSSIBLE

Wall of Fame **Tonya Virtue**

GOAL: To lose 15 pounds and build endurance as I return to work from a serious injury.

HOW JACKIE HELPED: Thanks to Jackie's help, for the first time in a long while, I feel I will be able to lose the weight that I've been trying to lose in past years and become a healthier "me." Her planned workouts and targeted therapeutic exercises Jackie developed have helped my body and mind respond back from a serious injury. It's great to know I can get fit as well as recover beyond what physical therapy alone could offer me. In just five visits I lost between ½ - 1 inches in every targeted area of my body. I feel like more than I've survived — in spite of my accident, I've thrived!

Tonya was able to more than recover from an injury—she thrived and got fit in the process.

