

# MISSION POSSIBLE

## Wall of Famer *Wendy Peniak*

**GOAL:** To lose weight and improve my health. To reduce the problems I had with my joints, including knee pain.

**HOW JACKIE HELPED:** I love Jackie. I met her when she gave a talk about her studio at a local healthcare office. I figured, “what do I have to lose” I made an appointment to really see what she was all about. She is amazing!!! She has since helped me lose over 80 lbs., tone muscles I didn't know I still had, and most of all she has helped me find myself again. I didn't think I could afford a personal trainer but decided that I had to be able to afford it. I couldn't continue to ignore my health.

My knees and shoulder had been problematic to my weight loss and fitness in the past, but thanks to Jackie's guidance this has improved and I continued to lose weight. My sister Susan started exercising with me at Jackie's. It's been a blast and she lost 50 lbs. herself! I love that Jackie can adjust the workout “on the fly” if I am having joint issues even when exercising with other fitness partners. She's also matched me up with two other gals so I could come more often and that's been great too! Jackie also changes things up so that you don't get bored and how her programs continue to build upon each other so I get fitter and improve my joints and alignment week after week. I'm in better shape than I've been in 20 years! Thank you Jackie!

Wendy has continued to reach toward her weight loss goal. She's now 80 lbs. lighter than when she started with Jackie and weighs less than she has in over 20 years accomplishing all this in spite of some joint and other health obstacles.

