

# MISSION POSSIBLE

## Wall of Fame *Dixie Riley*

**GOAL:** To get a strong, healthy body while alleviating significant back and hip pain. To be able to do all the activities I love now and in years to come.

**HOW JACKIE HELPED:** I came to Jackie after hearing about her through a friend, Bonita, who happens to own Prairie Quilt Shop in Batavia. I'd had back problems since 1986, which were impacting my ability to exercise or do activities and hobbies I love, such as quilting and biking. I'd been through multiple physical therapy sessions over the years, but the pain did not improve. Jackie has been such a blessing to me. Her personal training sessions were tailor-fit to correct my pain issues and much more effective than physical therapy because they healed and toned my whole body. In 12 weeks I lost 17 pounds and over 20 inches! I can weight train after years of thinking this would only mean more pain. I quilt pain free and have returned to a more active lifestyle. Jackie's yoga classes and her FAR Infrared Sauna have also helped. She's proven to me all her theories work for toning my body and pain relief. I have worked hard at my fitness and it's paid off!

Dixie wanted to look and feel 69 years young, relieve pain and enjoy hobbies such as quilting and biking again.

