

MISSION POSSIBLE Wall of Fame *Alexa Schill*

GOAL: To regain my true health again and lose “baby” fat.

HOW JACKIE HELPED: Jackie helped me in my mission of regaining my true health again! After a miscarriage and then a very healthy pregnancy I had been pregnant for an entire year with the exception of about 4 weeks! With Jackie’s specialized training, constant encouragement and sincere care I have returned to myself again! Physically I feel I am in better shape than I have ever been, and emotionally Jackie was my constant reminder to be kind with myself and my progress! It is wonderful to train with Jackie because I feel that everything I have learned has been completely individualized to my personal needs and goals. Jackie, I could write forever about how much you have done for me!!! **A million thank you's—I've lost 19 inches and 15 lbs in 8 weeks!**



Client Alexa Schill and her beautiful baby Bella practice core exercises at K & K.

WOMEN GO FURTHER...WITH K & K!