

# MISSION POSSIBLE

## Wall of Fame *Barb Salinas*

**GOAL:** Lose weight, gain muscle and just feel better overall about myself physically and mentally; look great for my daughter's upcoming wedding.

**HOW JACKIE HELPED:** After 20 years of a non-exercise lifestyle, Jackie has safely gotten me motivated to get going again. She teaches me how to get the most effective workout each time, which makes each session more worthwhile. Jackie introduced me to power yoga, which is so amazing. I also love the strength training and know it will keep osteoporosis away. My duet sessions with my daughter are always a good time! I've lost 45 pounds training with Jackie and my entire family is getting healthier too! I'm excited to see how much I'll have lost by my daughter's upcoming wedding. Thanks for everything Jackie, you are an amazing person, not to mention motivator.

Barb enjoys workouts with her daughter and a love of fitness after years of not exercising.

