

# MISSION POSSIBLE

## Wall of Fame *Danna Harvey*

**GOAL:** TO LOSE 50 POUNDS BY AGE 50

**HOW JACKIE HELPED:** Determined not to enter my 50s out of shape and heavier than I have ever been, I started the "50 by 50 plan" the day after my 49th birthday. I managed to lose the first 20 pounds on my own without exercise. But to get in great shape and have more energy I knew I needed to get moving and get help. My next door neighbor, Debbie and I were discussing our need to get in shape over our "merlot hour" one Friday night. We had learned about Jackie through the success of my mother-in-law and agreed we'd go in on a duet training session with Jackie. I don't think Debbie or I would have started this alone, we felt it much less intimidating doing it together. We discovered not only could we support and encourage each other but we could laugh and have fun as we learned new exercises, proper techniques, yoga and other stretches. During the week, we would try to get together at least one night for workouts—way healthier than "merlot hours!" I love how our program progressed week by week. I also like how her exercises let you multitask - by working on more than one area of the body at a time. I am now down more than 30lbs and I've lost over 14 inches! I also see how lifestyle is not just how I eat, but it should include exercise and yoga. Now, my husband is even getting into the act and Jackie trains us together too. Thanks, Jackie!

A goal of 50 pounds by the year she turns 50 led Danna (left) to success. She enjoys duets with friend Debbie, (right).

