

MISSION POSSIBLE

Wall of Fame

Heather Stevenson

GOAL: My home workouts had stopped giving me the results I wanted. I also wanted to get my body more toned and proportionate and improve my balance.

HOW JACKIE HELPED: I have developed a great body awareness now as I workout to continue to improve balance, and train correctly while at home. The total body workouts are very efficient as well as effective. **After just five sessions, my left and right side of my body were more proportionate and I lost about an inch from my ab!** Jackie's workouts keep me from being bored too as they are always challenging me. With a toning goal, rather than weight loss, it's great to see the results this quick. **I also appreciate all her great women's health information, from newsletters to handouts. Jackie educates as well as trains.** I've learned so much about my body, how to train myself properly, and **a move like this Step Up to Balance was not possible on my left side before due to imbalances. Five sessions later, it's a breeze!** Thanks, Jackie!



Heather Stevenson demonstrates better balance and skill she achieved training with Jackie Kold.