

MISSION POSSIBLE

Wall of Fame **Jaime Foss**

GOAL: To increase my motivation and add variety to my workout routine. In the meantime I was hoping to tone up and shed a few extra pounds that were hanging around.

HOW JACKIE HELPED: Jackie's personalized program motivated me to work out at home, which was a missing link in my workout routine. I also began taking one or two yoga classes a week. Suddenly the extra pounds melted off and my body was leaner and stronger. Now I continue to become stronger and more balanced through my yoga practice. I decided to pursue training to become a yoga teacher myself, and was certified in 2010. I only hope that I can inspire other women as much as Jackie has inspired me. Thanks, Jackie!

Jaime found inspiration with Jackie and is inspiring women as a yoga teacher herself!



