

# MISSION POSSIBLE

## Wall of Fame

### *Jill Dieckhoff*

**GOAL:** To lose weight and shape up and continue to strengthen my back.

#### **HOW JACKIE HELPED:**

Working with Jackie improved my health before surgery, and with the many back issues I have had and currently deal with. She continues to surprise me and my body with fresh and exciting workouts, adapting them to challenge me on the days I feel strong and the modifying them when I have pain so I still get in a great workout. The benefit of working out with my girlfriend Marcia is fun and sometimes competitive, which inspires us to do our best together. Not only is Marcia a great fitness friend but we also check in regularly on nutrition, making sure we eat well or tell each other when to say “no” to temptations! We can remind each other that the weigh in with Jackie is coming so we don't cheat! This has really paid off! I've lost over 25 inches and over 15 lbs since training. Thanks Jackie for all you give and thanks Marcia for being my buddy!! It the best combo!! Duets are the Best!!



Jackie Kold trains Client Jill Dieckhoff in a total body exercise to strengthen her back using a BOSU Ball and weighted stick. Below, Jill and friend Marcia Mann—also her Fitness Friend in duets at the studio—don their new skinny jeans for twin Halloween costumes. Jill has lost over 25 inches and 15 lbs since she started training!

