

# MISSION POSSIBLE

## Wall of Fame

### *Kathy Evans*

**GOAL:** To lose fat, increase muscle and improve overall health.

**HOW JACKIE HELPED:** I have been working out for years and had most of the techniques down to reach my goals but it wasn't working once I hit my 40s. It was much harder to do on my own; I would lose 5 lbs and put 10 back on. Then I met Jackie. Although I was frustrated, she was so positive she could help me I decided I'd try her briefly and if it didn't work out, at least I'd tried. I lost weight quickly and kept it off until I fell on the ice this winter and hurt my back. But with Jackie's advice and workout recovery training, I healed, regained my motivation and lost more weight.

Jackie tailored a program just for me including workout training models to do without a gym, which is great since I travel a lot. She also taught me about yoga and about body alignment, which I've incorporated into my daily life -- I feel this is very important -- no other trainer has worked with me on this before or given me these results.

Jackie is a great cheerleader for my successes and always there with words of wisdom when I slip into bad habits on how to get back in the game. She reminds me when I want to stop too soon how good I always feel afterwards and how I am creating a healthy lifestyle and not just weight loss. I've lost over 16 inches and 18 pounds and have a healthy BMI. I've gotten my blood pressure under control and know I will get to my ideal weight with Jackie's help. I feel strong and confident this swimsuit season. *Thanks, Jackie!*

Kathy found her 40s to be a challenging time for weight loss until she tried Jackie's special combo of energy, balance and strength training. Even an unexpected injury didn't hamper her fitness success — she easily lifts this 15 lb. kettle bell (below)!

