

MISSION POSSIBLE

Wall of Fame *Marcia Mann*

GOAL: To put me first after years of taking a back seat to my own health and fitness, and learn proper exercise form to avoid injury and lose weight.

JACKIE HELPED: I had suffered with pain in my hip and down my leg for years. Jackie's therapeutics and yoga instruction taught me better posture and I learned how to counteract years of holding kids on my hip and how to strengthen myself "total body." Jackie is awesome, making me work hard to tone my muscles and gain strength I never knew I had. She encouraged me to do more and use heavier weights (when I didn't think I could), and training with my friend, Jill, made it even more fun. I love the flexibility I now have and the confidence these workouts have given me. I highly recommend working out with a friend. It gives you motivation to try harder and we have lots of laughs too! Best of all I've lost 15 inches and 8 lbs and brought symmetry to my body. Thanks, Jackie!

Marcia decided it was time to put herself first and enjoys the benefits of extra motivation and cost savings of her Fitness Friend Duets with buddy Jill Dieckhoff!

