

# MISSION POSSIBLE

## Wall of Fame *Maria Warner*

**GOAL:** To become more active so that as I age I remain active. To lose weight and gain strength to feel better about myself.

**HOW JACKIE HELPED:** I have spent the better part of the last 10 years seated at a desk. I was putting on weight and moving less and less. Although I was regularly attending classes at a gym, it didn't really seem to be making a difference. I wanted to be sure that as I aged I didn't continue to get larger and lose mobility. Although I live 2 1/2 hours away, I knew from my sister Nicole and her husband Lonnie's results it was worth the trip. Due to the distance, I started seeing Jackie every two weeks at first and now she has me on a program here I work out on my own and see her monthly. The results have been amazing. I've lost over 30 pounds in just 7 sessions in 6 months and gone from a size 14 to a size 6. I've gained strength and energy, and the yoga has given me unbelievable flexibility to do even advanced postures. It's well worth the drive and I can't wait to swimsuit shop! Thanks, Jackie!

Maria says the 2 1/2 hour drive to K & K is worth it — a 30 lb. weight loss in just 7 visits over 6 months! She follows her home program and has found new vitality for family and work.

