

# MISSION POSSIBLE

## Wall of Fame

### *Michelle Bancroft*

**GOAL:** TO GET FIT FOR FORTY!

**HOW JACKIE HELPED:** Prior to training with Jackie, I exercised at a health club, strength trained, took Pilates, and trained for my Black Belt in Karate. However, no matter what I did, I wasn't able lose inches from my mid-section. As turning forty was approaching, I really wanted to see those inches go! I knew I was strong, but something was missing in my progress. In addition, the work to achieve my Black Belt led to hip/leg pain. During my initial assessment with Jackie I learned I had overworked my piriformis muscle and had body imbalances. Jackie prescribed a combination of therapeutic exercises for the muscle and developed a total body workout program to address my needs. **In just 6 visits, I lost 4.7 inches from my mid-section, toned my arms by 1.2 inches, and lost 7 inches overall. But best of all, I have a more balanced and flexible body, which healed my piriformis muscle, allowing me to enjoy a strong karate practice as a Black Belt!**



Michelle Bancroft displays her strength ability and coordination with a kettle bell toss (left) and trains on strength and balance with a weighted stick (below) as part of a total body workout during a training session with Jackie Kold.

