

MISSION POSSIBLE

Wall of Fame *Natalie Salinas*

GOAL: I wanted to lose weight and feel healthier in my everyday life; also to look “smoking hot” in my bridesmaid dress for my sister’s wedding!

HOW JACKIE HELPED: Jackie is a motivator and a non-judgmental person. She understands what we women go through and is there to help every step of the way. Jackie pushed me to try new things and helped me discover that I LOVE yoga! I have increased my flexibility and my abdominal strength. Not to mention that I have dropped 40 pounds. I feel amazing! Oh, and it’s also been great to get my mom coming to train with Jackie. We do private sessions for the individualized attention and duets to have fitness fun together. Mom has lost 45 pounds and I know I’ve helped her be healthier and look great for the upcoming wedding too! Thanks, Jackie!

Natalie has found a fun way to lose weight and discovered a love of yoga she now shares with her mom.

