

MISSION POSSIBLE

Wall of Fame *Sally Amundsen*

GOAL: To stay fit and energetic as I approach the 60s.

HOW JACKIE HELPED: This is my first winter since starting workouts with Jackie. I haven't experienced the mental/physical energy slow down I have in the previous 10 years during the short daylight hours of winter. It's almost like my body is in summertime! It's so exciting to experience the true changes I've had since working out with our talented and skillful Jackie (and her sunny attitude): increased energy, an overall toning of my body, increased balance (I used to trip by stubbing my toes fairly often), improved posture, and enough energy to actually be interested in cooking healthy meals again. She gauges my workouts according to my needs, minding tricky shoulders or challenged lower back, and takes into account my energy levels (I'm almost 60 yrs.) also considering I'm working a demanding job. With Jackie's help, I'm experiencing the joy of movement with a stronger body. This is inspiring me to dust off my skis and hit the trails again! (20 + years ago, I lived in the Rockies and did lots of outdoor sports.) I enthusiastically encourage any woman who has had a difficult time sticking to a workout to get strong and flexible with Jackie in her trainer workouts and yoga classes. Be patient with yourself and the results will come! No gym or classes have ever done for my well-being what training with Jackie has. Thank you, Jackie!

Sally feels like it's summertime even in winter due to renewed energy, even as she approaches age 60.

