

MISSION POSSIBLE

Wall of Fame *Brandon Lach*

GOAL: To increase flexibility and strength in order to improve success for Cross County and stay injury free.

HOW JACKIE HELPED: Working with Jackie has helped me obtain better body alignment by improving my flexibility which enhanced my running form. Jackie introduced me to Yoga and Pilates which has positively impacted my strength, flexibility and everyday life habits.

Training with Jackie's Total Body techniques along with the Yoga and Pilates has allowed me to stay injury free during my last Cross Country season and has improved my running time greatly. I will continue to follow the training provided by Jackie in order to achieve further success while staying injury free!

I was introduced to Jackie by my mom. The healthy lifestyle my mom lives due to training with Jackie has carried over into my life, and has resulted in family values of staying strong and healthy now and in the future.

Brandon finished in 1st place for his team which placed 10th in the state. He's ranked at 40 overall in state!



Brandon is pictured with his mom, Diana. She's this year's winner of the Forearm Plank Challenge (6 minutes!) She's trained with Jackie for years and wanted Brandon to experience the benefit of Total Body Training, Yoga and Pilates with Jackie's method to help him reach his best time (he has!) and stay injury free. They also found a great way to connect with fitness in the process.