

MISSION POSSIBLE

Wall of Fame *Nancy Gambrel*

GOAL: To increase my motivation and keep my body young and healthy into my 60s. To avoid pharmaceutical options to deal with osteopenia and strengthen my joints and improve my posture and balance.

HOW JACKIE HELPED: When my physician told me I had osteoporosis it was a real wake up call that it was time to do more weight lifting to strengthen my joints. Plus, I had found that my current workouts at the gym were growing stale. A friend recommended Jackie. Training with Jackie has rebooted my commitment and enthusiasm, and helped me to improve my strength and balance. Jackie is a stickler for proper form and alignment and she is always adding new moves which keeps me challenged and interested and her workouts are more fun and productive. Meanwhile, it turns out that doctor had misread my chart, I only have osteopenia, but it's been an important wake up call for the importance of Jackie's Total Body Training! Thanks, Jackie for keeping me fit and feeling young!



When Nancy's doctor gave her a diagnosis of osteoporosis, it was a wake up call to make a better effort to weight lift. The end result was stronger joints, lean muscle and the ability to do complex moves like this at 60! Her new doctor concurs:

As a clinician there's nothing better than "Wellness Mindset" clients. Nancy exemplifies what it means to be vibrant, active and eager to continue self improvement. Her integrated approach of Yoga, chiropractic and strength training is why she looks so young and is so easy to work with. It's apparent she's worked with Jackie as her trainer. She is a great example for her family and friends on how to honor the gift that is our body." — Dr. Curt Buss D.C., Harmony Chiropractic