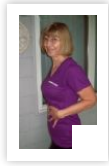


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My HERO - Head Over Heels Over Head (literally)

Monday, May 29, 2017

Check out and congratulate this Sparker
Age 50+ lost 85 pounds, 3 years in maintenance, recovered from pelvic fracture and now can do CARTWHEELS!

"Cartwheel Evidence" (Jeanknee)
www.sparkpeople.com/mypublicjournalindividual.asp?blog_id=6367846

What a demonstration of patience, persistence, research and the application of Spark principles! I wish the whole Spark Universe could see this.

Maybe "Heels Over Head" would be a more accurate title? I LOVE it!
I hope you "LIKE" it too.

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



NUMD97

This is simply amazing! Thanks for posting it, B_B.
1468 days ago





INCH_BY_INCH

   **KEEP SPARKING!**
1468 days ago



RAZZOZLE

  **YAY!**
1468 days ago



LINDA!

I will check it out. Thanks.





1469 days ago



MARYJEANSL

Thank you for the link - what a wonderful success story! Loved it!
1469 days ago



SOPHIEDO13

Unfortunately my Fire Kindle won't show it, but I'm sure she did cartwheels!! That's awesome !!



I've lost the weight but cartwheels are not in my future ...Blessings to her.
1469 days ago



PATRICIAANN46

Thank You.....What an amazing video of an amazing woman.



1469 days ago



BLUEJAY1969

Great shout out!
1470 days ago



BECCABOO127

Great shout out!
1470 days ago



LOSEDAPOUNDS

Very inspiring!
1470 days ago



NANASUEH

Great shout out!
1470 days ago



PHEBESS

I know - so impressive!!!!!!
1471 days ago



WATERMELLEN

What a lovely shout out to a great Sparkie!!
1471 days ago



SKYDRAKE

This is awesome. Thanks for sharing.
1471 days ago



GLORIAZ

Now she's an inspiration!!! Thank you!!!
1471 days ago



MBPP50

Great shout out!
1471 days ago



MTN_KITTEN

Always BELIEVE in yourself.




1471 days ago



JEANNETTE59



Never forget the price they paid 
1471 days ago



SMILINGEYES2



1471 days ago



LIVEDAILY



Yippee!!
1472 days ago



SUSIEMT



Thank you Brooklyn for bringing this to my attention!!! What an inspiration!
1472 days ago



MORTICIAADDAMS

She did great! Made it look easy!
1472 days ago



MCJULIEO

I was athletic as a child, but I never COULD do a cartwheel! Good for her!
1472 days ago



52BINCE

Thanks for sharing this amazing blog and video!
1472 days ago



JEANKNEE

Thanks for the shout out. This community inspires me every day. So many wonderful people striving to better themselves. And ... WE DO IT!!!



1472 days ago



HOLLYM48

Wow, great form and great cartwheels by our cohort! Thanks for sharing!
1472 days ago



WILSONWR

That is incredible! Thanks for sharing.
1472 days ago



SLIMMERJESSE

Totally amazing.
1472 days ago



2BDYNAMIC

"Head over Heels"Yes most definitely Amazing!! Love this and so glad



a video was included so we can see Thanks for sharing!
1472 days ago





CD17462428



Awesome work on her part.
1472 days ago



1DAY-ATA-TIME



Jeanne is my new hero too!! She's amazing
1472 days ago



AZMOMXTWO



wow I am impressed
1472 days ago



1CRAZYDOG



Isn't she awesome!!!!
1472 days ago



50YEARSAWIFE



Thanks for sharing.
1472 days ago



GINIEMIE



Thanks for sharing. It made me think of my dad, who up to the age of 70 was doing cartwheels at every event. As a young child I would run and pick up everything that fell out of daddy's pockets.

One of the last times I saw him do cartwheels was at my Daughter's wedding in 1995.

THANK YOU!



1472 days ago



POLSKARENIA



Thanks for sharing!
1472 days ago



JBDTRI



Wow!
1472 days ago



CD4114015



Yep, agreed, Jeanne is AMAZING!!!!
1472 days ago



ONEKIDSMOM



Jinx! I saw the title & thought "Hmmm... heels over head?" So thrilled to see Jeanne's success!

AWESOME

1472 days ago



GRANDMA524DAR



1472 days ago



MARTHA324



Really motivating!
1472 days ago



KEERAKYRAM



Oops this was supposed to say awesome. Finding a person like that to motivate you helps a lot
1472 days ago




KEERAKYRAM
Congratulations
1472 days ago



CD15029098
THANK YOU!
for sharing this - how inspiring!
1472 days ago




NEPTUNE1939

1472 days ago




P61763
Awesome
1472 days ago



MSLZZY

1472 days ago



ROSSYFLOSSY

1472 days ago



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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.