

FITNESS & STRENGTH

IT'S WHO I AM.

I'm a marketing manager, the mom of two amazing, energetic kids and a woman who likes to be fit. I don't take "rest days." For my family, my job and for myself, my life *demands* that I prioritize fitness and strength.

This is **WHO I AM...** It's **WHO** I want to be.
I make every second count.

JAMIE NIELSEN,
SUPER MOM

BECAUSE MyLife DEMANDS IT.

DYNAMIC
FITNESS & STRENGTH

844-678-RIGS

www.MyDynamicFitness.com

[f](#) [t](#) [@](#) #MyDynamicFitness

PROUDLY MADE IN EAU CLAIRE  WISCONSIN, U.S.A.