



3/29/05

To Whom It May Concern:

In what is my fourth month of working with George, I think it ironic that I had originally overlooked him as my personal trainer. I had observed how he worked with some of his clients in the gym and was always impressed with the hard work they put into their workouts. In my evaluation of my own conditioning and my lack of experience with weights I believed that I couldn't keep up with that kind of work load. However, in a conversation with two of my tennis partners about their evaluation (praise) of his programme, I was persuaded to ask him to work with me.

Sometime in my second week I was elated to find that I could do this! George's assessment of where I am on any given day is always accurate and he never leaves a set without offering to me the next challenge up. In this way I'm always working within my confidence level and yet my competitive nature is tweaked to do that little extra. At the same time, he will cut a set short if my technique falters. This gives me the confidence to push myself during my sessions because I know that his instruction and motivation is based on a foundation of knowledge and safety.

Originally I had my own goals in starting this programme but somewhere down the road, the programme became a goal in itself. I am now immersed in the Total Body Maintenance Programme. I try every week to come to our sessions with an attitude that will maximize my workout and accept the challenges that George offers. I also know that the programme can be customized depending on the questions I ask and where I want to put my attention that week. Right now I am aware that I've changed the way I walk and move. I've also developed an interest in running and have decided to try a run this summer.

I highly recommend George as someone that I trust to help me to reach my goals as well as to be considerate of my well being.

Regards,

A handwritten signature in black ink, appearing to read "C. Joyce".

Cathie Joyce