

Don Scott

176 church Street East Brampton, ON L6V 1H1 Telephone / Fax (905) 456-8665

Thursday, February 24, 2005

Re: George Nimako's Body Maintenance

To Whom it may concern,

Over the past 18 months, I have had the pleasure of working with Mr. Nimako and have experienced significant, positive results from his Body Maintenance program.

George's program includes resistance training with both free weights and conventional gym equipment, stretching, cardio and nutrition. George's knowledge and expertise in these areas has enabled me to see significant weight loss, gain in muscle mass and overall strength and superior results with respect to my cardio-vascular fitness. George has tailored his program to overall fitness goals and his attention to detail in his sessions is second to none. George started with realistic goals in mind, allowing me to become comfortable with his program, then adjusted the program to allow steady and continued progress.

At age forty-two I can safely say that I am in the best shape of my life and George's program has allowed me to achieve this level of fitness. I would highly recommend his program to anyone, at any age and current fitness level.

Sincerely,



Don Scott