

Dr. Douglas Grace

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Body Maintenance,

Re: George Nimako

It is with great pleasure that I write this reference letter for George Nimako. As a member of the Ontario Racquet Club (ORC), I was immediately impressed with the breadth of research and understanding of basic science that was involved in the development of his BODY MAINTENANCE program and quickly enlisted his unique services.

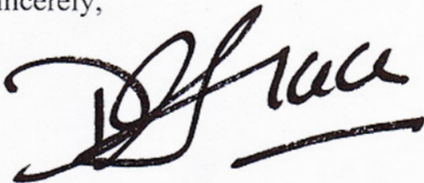
George's program revolves around "core body" strength, flexibility and endurance. Through proper nutrition and his diverse use of cardio, weight, and balance training George has helped me to attain a fitness level that I have not reached since my high school days.

George's continued dedication to the Body Maintenance program provide a level of leadership and coaching that other trainers just can't deliver. George is now using his outstanding motivational and coaching skills to work with the high performance competitive athletes in the club

Not only am I a regular trainee with George but, I often recommend George's BODY MAINTENANCE program to my patients. As a Plastic Surgeon, I commonly see patients looking for cosmetic procedures particularly related to weight loss. In many cases, prior to recommending any form of surgery I strongly recommend they participate in the Body Maintenance Program with George for at least one year.

I have found both personally and through my patients that George's program provides invaluable and outstanding results. I would highly recommend George's program for anyone who wants to obtain outstanding physical and mental results.

Sincerely,



Dr. Douglas Grace

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