

March 21, 2009

To Whom It May Concern:

I first met George Nimako four years ago while attending Lorne Park SS in the 10th grade. I must say that I found him to be rather intimidating at the time. My objective then was to get into better shape for high school and Mississauga Warriors football; however, the program he suggested was so far beyond anything I had seen or imagined that I deemed it impossible. In hindsight I should have listened to George and followed his advice in 10th grade.

My path crossed with George's a second time this past December, when I was looking for a trainer to work with over the Christmas break. This time, I was much more intent on an intense training program as I currently play football for the Cornell University Big Red. I listened more carefully because I had some clearly defined strength objectives. George impressed me with his approach . . . discipline, mental preparation, strength, flexibility and speed; then he scared me again with his ambitious goals. After several "two a day" workouts he convinced me that his approach was right and his goals, while high, were attainable. He always has just the right balance of intense drive and encouragement, and helped me to achieve gains beyond what I ever could have imagined.

The improvement resulting from George's program was readily apparent to others. My chiropractor was amazed to find that my back was in the best shape it had ever been in, and wanted to know the name of my trainer because "he has got to be doing everything right". Also, upon my return to university in January, many of my coaches commented on the marked visible progress that I made over the Christmas break.

I have just completed another week with George during my spring break. Once again, the improvement in just a week is a testament to his skill as a trainer. I can highly recommend George as both a person and a trainer, and I look forward to working with him again in the near future.

Sincerely,

Matt Harrison

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Cornell Football #73