



FAMILY & SPORTS CHIROPRACT C

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March 7, 2005

To Whom it May Concern,

I am pleased to provide this reference letter as a testimony for George Nimako. I have been the chiropractor for the Toronto Argonauts football team since 1997 and operate a family practice in Mississauga. I have also worked as a personal fitness consultant at the Granite Club Ltd for the duration of my chiropractic studies.

I first met George when he played for the Argonauts in 1997 and was immediately impressed by his knowledge with regards to training, getting into shape, optimizing performance and maintenance. While all professional athletes have to train regularly, George stood out because he always trained "smart". It was obvious that others had noticed this too and I would often witness him coaching his teammates and motivating them with their training.

As you already know, personal trainers are "a dime a dozen". What sets George apart from the rest is that he has done it at a professional level, for his own health and performance as well as for others. With his experience as a pro athlete, he has gained a very good understanding of injuries and can implement therapeutic exercises as well.

Most importantly, however, George is a very caring and patient person who is soft, gentle, motivating and encouraging when he needs to be, or hard-driving, pushing you to your limits and border line intimidating... all in a good way. I have reviewed his BODY MAINTENANCE program thoroughly and believe that he has put together a fabulous program for those wanting to get fit and stay fit. I whole-heartedly endorse Georges' services and have referred many of my patients to him and will continue to do so.

Yours in Health,

Dr. Victor Pwu, D.C.