

Patti Johnson
Fitness Personalized LLC
PO Box 1794
Suwanee, GA 30024

Dear Patti,

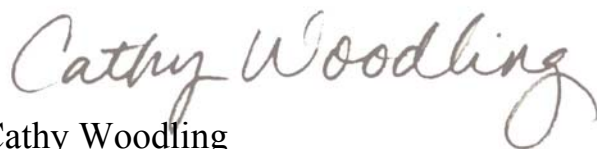
It's only been 2 weeks since you started working with me as my Personal Trainer, but I feel compelled to write you this note. I can't tell you how much better I feel already.

I'm a mother of two who also works outside the home; I'm very busy. Needless to say, I don't have a lot of time for myself. Recently, I realized I need to do something for me. Hence, I've decided to become serious again about exercise. I know that this is going to be a long haul, but I already know that it's going to be worth it.

I've worked out in the past and thought I knew what I was doing. Wrong! You are careful to show me the right way to perform exercises so that I don't injure myself. You are so very thorough. Plus, you always bring new ideas on how to use different pieces of workout equipment. It's never boring.

I get a full workout in fifty minutes and feel fantastic afterwards. More importantly, in two short weeks, I have gained more confidence in my approach to exercise. Thank You Patti!

Cordially,

A handwritten signature in cursive script that reads "Cathy Woodling". The signature is written in a dark ink and is positioned above the printed name.

Cathy Woodling