

August 16, 2004

To: Whom it may concern

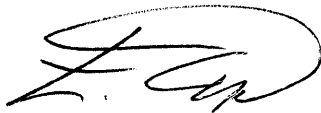
I started working out at Phoenix Fitness in May of this year. Overall I've led an inactive life, so I've never exercised regularly before. I've always been skinny, and quite frankly, weak. I've always wanted to change the way I look and feel, but up until now I was never willing to make the commitment. Since this was the first time I had ever joined a gym I had no idea how to exercise properly. I decided to invest some money into my well-being and got a personal trainer. Since I didn't know anyone I randomly chose **Amanda Chatland**, and the rest is history...

I've now been training with Amanda for 3 ½ months and I love it. She's always willing and able to answer questions I have regarding fitness and nutrition. During a workout session Amanda is always cheerful and encouraging. Her motivation technique is positive reinforcement. We've definitely developed a good rapport over these few months. But that's not to say she goes easy on me during a workout. I find the sessions quite intense, and my muscles are always sore the next day. I've heard that some men think they won't get results if they train with a woman; well allow me to put this to rest right now. Since I started working out with Amanda I've gained 10 lbs. of muscle mass, my chest is 2 inches larger, my arms 1 ½ inches larger, and overall my body has more definition. I've also discovered other improvements: I don't get winded as quickly and easily, and the soreness in my lower back after a long drive has disappeared.

Eventually I'll be working out on my own. But I'm confident that with the help and advice I've received from Amanda I'll be able to maintain a regular, active lifestyle. Thanks a lot Amanda!

Sincerely,

Frank Campanaro



PS – I'd also like to thank the rest of the Phoenix Fitness staff for maintaining a clean and friendly environment in the gym.