

113 Norma Cres.,
Ancaster, Ont.
August 31, 1999

Phoenix Fitness,
323 Wilson St. East,
Ancaster, Ont.


Attn: Murray Middlemost

Dear Murray

I would like to thank you for training me this past summer. I found that your expertise was most helpful, especially in the areas of nutrition, training form, the training schedule and motivation. I feel that without your guidance I would not have been able to achieve my goal of overall weight loss and gain in strength.

I think back to the way I looked and felt in May, 1999 when I started seriously training. My body fat percentage of 23% was surprising as I never really felt that I was overweight. My measurement of 14% body fat was quite an improvement in the 3 months that we trained. This change in body fat percentage meant that I lost 18 lbs. of fat while actually gaining 10 lbs. of lean muscle.

Again, thank you for your time and effort. I appreciate all you have done. I feel that I have completed the first phase of a continuing programme.


Gary Wignall