

304 Brookview Court
Ancaster, Ontario
L9G 1J8

December 9, 1997

TO WHOM IT MAY CONCERN:

RE: Murray Middlemost

I am pleased to be able to provide a letter of reference on behalf of Murray Middlemost.

I have known Murray for the past two years and for all of this time I have been immensely impressed by his qualities as a personal trainer. I have always found him to be conscientious, helpful, reliable and sensitive to the individual exercise needs of his clients. He has an excellent understanding of the principles of weight training and, perhaps even more importantly, he has the ability to apply these principles in the design and implementation of safe and effective exercise programs. Moreover, he is an excellent teacher who takes a special interest in his clients' progress. He is always up-to-date with developments not only in weight training but also in more general health promotion; and he obviously finds it challenging and enjoyable to introduce new techniques into existing programs.

In his day to day dealings with people, Murray has well-developed interpersonal skills: he is pleasant, communicates well, and is able to motivate both beginners and more accomplished exercisers to strive for higher levels of achievement.

Murray has helped me enormously in the planning of my own weight training and conditioning routines and I am more than satisfied by the results to date. He has always made the effort to ensure that my techniques are correct and that I am meeting my program objectives.

I would have no hesitation in recommending Murray as a personal trainer.

Lawrence Hart

Lawrence E. Hart, M.D., FRCPC, FACP, Dip. Sport Med.