

April 25th, 2001

Phoenix Fitness
323 Wilson St. E.,
Ancaster, Ontario

RE: Newspaper Article introducing relocation of Phoenix Fitness to Meadowlands
"Phoenix Fitness IS selling results."

Dear Murray and Rita:

I was pleased to see the Ancaster Newspaper article about your new relocation into Meadowlands. As a family we are excited to join you at your new location and wish you years of future success. Hopefully, Ancaster residents will continue to support your growing and prosperous fitness center.

I want to thank Murray for his personal commitment to Leslie and Katie. With his guidance he developed a personalized weight program for both girls as they play "national level competitive volleyball." Several U.S. schools for a volleyball scholarship are presently scouting our eldest, Leslie. However, much to our disappointment, she had a bad fall at practice a few weeks ago and severely injured her right knee. We were told to expect the worst, possibly a torn ACL that would have required surgery and possibly an end to her volleyball career. A MRI confirmed that she had absolutely no ligament tears and that she had only strained her knee and the surrounding ligaments. Professionals told us, it was evident that her "well developed" hamstrings and quads protected her knee from serious injury and were a major contributing factor in protecting her fall.

Statistically, young female athletes have a higher incidence of serious Anterior Cruciate Ligament tears because many do not strengthen their muscles around the knee area. Hopefully, sharing Leslie's story will encourage other young female athletes to adopt a good preventative fitness regime to decrease their risk of injury.

Your comments are correct in the paper when you say: "We are selling fitness and we are selling results." With your personal attention our daughter followed your weight program and has saved her knee from a serious injury. We are thrilled with the results of her hard work in the gym and Phoenix's personalized service. Our daughters are getting exactly what they are looking for to enhance their volleyball skills and become better players. **Our daughter's incident is a perfect example that Phoenix Fitness is selling results.**

Thank you from the Robertson family.

Sincerely,

A handwritten signature in cursive script that reads "Luame Robertson". The signature is written in black ink and is positioned above the printed name.

Luame Robertson
(former Ancaster Councillor – Ward 5)