

February 25, 2005

Letter of Recommendation

Elisa Trombello is an energetic, encouraging trainer. I, Stephanie DeMarchi, am eighteen years old and have just finished approximately fifteen sessions at the Phoenix Fitness in Ancaster. I looked forward to these meetings, where she pushed me to my limits, and helped me reach my goals. Elisa made me feel extremely comfortable, and is a truly warm person. She listened to my goals, and used her own opinion to help me attain the maximum results possible. She was able to make me do things I didn't think I could do. With her help, I have progressed in achieving overall conditioning. I was amazed at her ability to modify each new session according to how I was feeling, without compensating the workout. Elisa's inspiration is definitely contagious. She is someone that I highly recommend to anyone who is looking for someone to aid through a workout.

Sincerely,

Stephanie DeMarchi

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