



July 7, 2017

This is an endorsement from a client I referred to Jen for personal fitness training:

"I have been training with Jen for a little over two months now and I can already see and feel the results of my workouts with her. Every time I meet with Jen she has new exercises planned for me, which keeps my workouts interesting and challenging. Each week she writes out a daily workout plan for me to follow, which helps me stay on track with my workouts even on the days I don't meet with her. Jen is also a great listener and creates workouts for me with my specific goals and areas of improvement in mind. Finally, my favorite thing about Jen is how supportive she is while still being firm about working hard—she encourages me to push myself a little harder than I might want to, but she never sounds like a drill sergeant."

– Lauren Roberts, Atlanta, GA

Jen,

It is a relief to know when I refer someone that they will enjoy exercising and treating themselves better, rather than feel like I've referred them as punishment.

Thank you for making personal training a positive experience for our clients.

Sincerely,

A handwritten signature in black ink, appearing to read 'Michael Kuperman', written over a light grey circular stamp.

Michael Kuperman
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