



February 2, 2018

Dear Jen,

I wanted to thank you for all you have done for me during our last several months working together! First off- you are an inspiration. You run 100 mile races like it's a 5k, all the while raising a child and working to improve the fitness of your clients in several different locations.

Given my recent career change, as well as my relocation to Atlanta, I hadn't worked out with a trainer in over a year. The longer I went, the further away I felt from actually being able to start again. You were so nice, open, and non-judgmental when we first started working together. You tailored, and continue to tailor, each workout to meet me where I was physically and mentally. Your hawk-like attention to form makes me feel so confident that I can push myself, but avoid injury, in your capable hands. Working out with you is fun and there is always something new to try.

In addition to your amazing training skills, I also appreciate your flexibility and your affordability. I have no hesitation referring friends and clients to you, because I know they will be in the highly skilled hands of someone who truly cares about their fitness goals.

Thanks for being a highlight of my week! I look forward to our workouts, and can't wait to continue my fitness journey with you.

Warmest regards,

Jill Wener