

August 14, 2018

Ms. Tammy Mealy
Next Age Fitness
1610 Lavista Road, #1
Atlanta, GA 30329

Dear Tammy,

This morning as I was getting ready for work, I remembered how I had given up ever wearing a high heeled shoe. And here I was, slipping into a pair of dress shoes with a 1 ½" heel! For the past 20 years I had only been able to wear flats due to an accident where I had fallen and landed hard on my hip. No chiropractor was able to help me feel better and I had thrown in the towel. Wearing heels aggravated the problem so my pretty shoes had to sit in the closet unused and eventually given away.

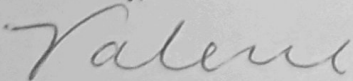
Then I met you at Emory PowerCore and thought, "let's give it a try", I have nothing to lose. With no expectations, I began coming weekly and following your instructions on the machines. Twenty minutes I was in and out. What I soon learned was not only did the workout strengthen my arms but also my back. I could now help my furniture installers lift and move chairs to their designated places and not be down in my back the following day. It also produced confidence in me that I could do anything.

Thank you for the encouragement and motivating instruction that you give each week, you never leave my side or allow me to drift off in thought. Working out has never been something that I enjoyed but you somehow make it fun with noticeable results. My husband even came in to prove it didn't work and was blown away that I did seven reps of each section where he could only do three.

Last week you announced my appointment was my 100th. Never would I have dreamed that I would have seen these results or stayed in this program for this length of time.

Sincerest appreciation and thanks to you and Scott for bringing Next Age Fitness to Atlanta!

Yours Truly,



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