

Siegel

INSURANCE

Service with knowledge and experience

May 6th 2024

Tammy Mealy
Next Age Fitness
1610 Lavista Rd NE
Suite 1
Atlanta, GA 30329

Dear Tammy,

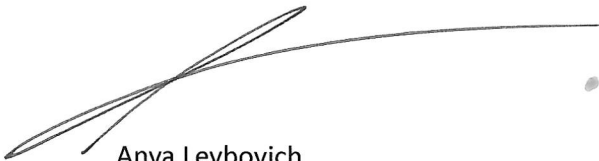
I hate working out. As long as I can remember, the idea of going to a gym, working out, or running on a treadmill sounds as exciting to me as nails on a chalk board. Needless to say, this kept me from moving forward with you and Next Age Fitness for almost 5 years. How much can 20 minutes a week really do anyways, right? Wrong!

Now my biggest regret that it took me this long for me to take the first step. I have never had upper body strength; I have never been able to do a pull up or a "real" push up. After only 5 workouts I have visible muscles; that I have made every single person around me look at and feel!

Having you as my personal cheerleader motivates me to try harder when I want to give up. Your high positive energy makes working out more fun than I could have ever imagined. I find myself disappointed when my 20 minutes are over, even though my muscles cannot handle any more. The guidance you provide and adjustments you make to enhance each workout encourages me to push myself further and further each week.

I am addicted to my 20 minutes with you a week and for the first time in my life, enthusiastic about any form of exercise. Thank you for giving me this new perspective which allows me to live a much healthier life style! I couldn't do it without you by my side!

Sincerely,



Anya Leybovich

Account executive

404-633-6332

anya@siegelinsurance.com

2987 Clairmont Road NE • Suite 425 • Atlanta, GA 30329
(404) 633-6332 • Fax (404) 633-9388
www.siegelinsurance.com

