

Linda M Loud
Mary Kay Beauty Consultant

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DeWitte Thompson III
HLF Consulting, LLC

Dear DeWitte,

Thank you so much for your assistance as my Personal Trainer. I engaged your services to be better physically prepared for backpacking with my husband on the Appalachian Trail. Although I have been consistent with fitting my Silver Sneakers classes into my busy life, I wanted to improve my core strength as well as increase my leg and upper body strength. Having you come to my house, rather than having to drive somewhere else, and your flexibility in scheduling was an added bonus.

For the initial consultation you had me fill out two forms, which made me feel confident in your abilities to assess my situation and to listen and respond to my needs and goals. Instead of having to purchase other equipment, you taught me to use what I already had on hand: exercise bands, hand weights, and yes, even my furniture! Your encouragement and guidance in correcting my positioning as I worked through the various exercises assured me you were actually watching and evaluating my performance.

Even before I had this personal experience with you, I felt confident in your knowledge and expertise. I can highly recommend HLF Consulting to anyone, anywhere needing a personal trainer who literally goes the extra mile... in more ways than one!

Sincerely,

Linda M Loud