



Flood & Flame Restoration

June 13, 2025

To Whom it May Concern:

I needed guidance with my weightlifting routine, so I decided to work with Dr. James—and I'm so glad I did. Over the course of 8 sessions, I gained tremendous value. Dr. James not only understands weight training, but he also brings a deep knowledge of body mechanics and exercise science.

I learned a great deal about proper form, the importance of positioning to prevent injury, and I noticeably gained strength.

If you're looking for a trainer who offers more than just basic instruction—someone who truly understands how to train both effectively and safely—I highly recommend Dr. James. Thank you, Dr. James, for helping me become stronger and safer in my workouts!

Sincerely,

A handwritten signature in blue ink that reads "Paula Charles". The signature is fluid and cursive, with the first name "Paula" being more prominent than the last name "Charles".

Paula Charles