

# Heartland

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**Payroll - HR - Merchant Services - POS Systems - ECommerce - Lending**

May 25, 2017

To: Tammy Mealy  
Nextage Fitness

From: Rachel Schwartz

Dear Tammy,

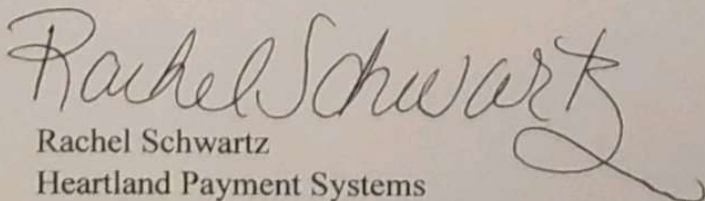
I am so happy that we met at our Powercore orientation over a year ago. I was really looking for a workout that I could fit into my work week where I could see results in a short amount of time. As you know I am a working mom and have a limited amount of time to exercise. Nextage Fitness has given me the discipline of having a 20-minute appointment each week where I can tone all my major muscles in just 20 minutes.

I noticed very early on after about 3 weeks of consistently exercising that I had more energy and did not feel completely drained after my work day. Then I really started to notice the difference in my arms. My arms are super strong, feel and look solid. I knew it was working when my 14-year-old son said; "Wow mom, I can see your muscles! Where is this place you are working out? Can I come? I want strong arms in 20 minutes."

I'm looking forward to summer so I can show off my tone arms and I know I will never have to worry about saggy arms. Every chance I get I mention Next Age Fitness and how happy I have been with the results.

I even enjoy our time together, you make me laugh, especially when you encourage my "Incredible Hulk" sounds that keep me in the green.

Thank you for starting this business! It is truly an enjoyable and effective workout!



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