



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

To the reader of this letter,

Doesn't next age sound better than middle aged? The truth is though, Tammy's fitness protocol is suitable for any age.

At first, I thought, do I really want to drive across town to go to a fitness studio? Then I discovered that the 20-minute workout is so effective it makes the drive totally worthwhile. All up, I am only using one hour of my time to gain muscle tone and strength, without going to a noisy gym and with the focused attention of Tammy herself guiding me through the process.

I had been noticing for some time that my upper body strength was declining. A keen gardener, I found it frustrating when it was hard to move bags of soil and pebbles from the trunk of my car to their destination. I also didn't enjoy that sweaty feeling that hit when I struggled to put my bags in the overhead locker on the plane. Now I can move things around the yard with ease and confidently stow my carry on.

The ARX equipment Tammy has in her studio makes it easy to monitor performance and to make progress quickly. And Tammy is your biggest cheerleader! Oh, and you don't even have to wear gym clothes, so you can move right on to your next meeting.

If you want to stay strong and value your time, I highly recommend Tammy Mealy and Next Age Fitness.

Warmly,

Meredith Sims

heartstrongwealthplanning.com | 678.805.0072 | Sustainable Investing | Financial Planning | Wealth Management

Securities offered through Cabot Lodge Securities (CLS) Member FINRA/SIPC/MSRB. Home Office: 200 Vesey Street, 24th Fl. New York, NY 10281. Phone 888.992.2268. Advisory Services offered through CL Wealth Management LLC (CLW), SEC Registered. New York, NY 10281. Heart Strong Wealth Planning (HSWP) is not a subsidiary of or controlled by CLS or CLW.