

Tammy Mealy
Next Age Fitness
1610 Lavista Road
Suite 1
Atlanta, Georgia 30329



Dear Tammy,

Given my druthers, I would sit, and read. That's it. It never occurs to me to "go for a walk" – so I have cats; they prefer me to sit and read, too.

But my reading tells me that my predilection won't serve me in the long run – doesn't seem like fun not to be able to get out of a chair – so I need to do something.

Next Age Fitness fits George and me because

1. It's only 20 minutes. We can do pretty much anything for 20 minutes.
2. We can come during a work day; don't have to take the time to change into workout cloths, get sweaty, take a shower, and get dressed again.
3. There's no sweat! (I love this part. Is there supposed to be sweat? I hate sweat.)

So once a week we're in your studio, watching the graph to compare how we did last week, then we're done! For a week! How wonderful. *{insert dreamy expression here}*

Thanks for opening your Atlanta studio, for sharing your love of exercise (even if it isn't contagious) and for giving us an option to keep strong that we actually do – instead of making excuses about why we can't do it.

Gratefully,

Wendy Kinney

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