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3/9/2023

Ronnie Kenyatta
RK Strength Training
4012 Nine McFarland Dr
Alpharetta, GA 30004

Dear Ronnie,

As someone who has never put much faith in trainers to help with personal fitness, I have to admit that you have made me a believer. Not all trainers are created equal, but the right trainer can really make a difference and you've made such a difference for me.

My approach to fitness before working with you was to walk/jog outside for an hour at a time during the warmer months of the year. Before that, I would sometimes dance in the basement for about an hour or make an attempt to do P90X. I changed no eating habits and fed what could really be considered an addiction to sugar that had me weighing as high as 330 lbs at one point in my life. Multiple prior lower back surgeries also had me convinced to take it easy in order to avoid causing trouble in that area.

As you might expect, my weight would fluctuate up and down depending on the time of the year and how dedicated I was to the physical activity that I had selected for that time period. With my desire to look my best with about 7 months until my wedding, I was intrigued when I was introduced to you through PowerCore. You helped me change my diet, something I hadn't really been willing to do for anyone else before. The workout routines and even the warm up routines that you started me on really kicked my butt in the beginning, but you knew what was necessary to get my body to adjust slowly without causing major pain or soreness in the areas of concern for me.

With the combination of diet change, workout routines with you, and a desire to not get in the way of the results that you could bring, I was even able to survive a family cruise without losing a battle with the all you can eat buffets as would have been the case in the past. I was able to eat the things that mattered and replicate some of the workout routines that you showed me which allowed me to come back home from the cruise without having gained more than 1 or 2 pounds of weight, an accomplishment in itself.

As of today, I'm down to 283 lbs and you're continuing to push me in our workout routines so that my body is building strength in multiple areas going forward. I want to thank you for the guidance and support you've given throughout this process and I would recommend you to anyone who is looking to make real progress in their weight loss and strength building journey. I look forward to continuing my workout sessions with you in the future.

Thanks,

A handwritten signature in blue ink that reads "Tunji Ajigbeda".

Tunji Ajigbeda, President