

The purpose of this letter is to provide a recommendation for Kristiva Smith as a personal trainer.

I have been a competitive runner for most of my life beginning in middle school and progressing through high school and college where I competed at the Division 1 level. Upon graduation I stayed fit and was able to win my age group in many local races as well as a few overall titles. Upon turning 40 I was one of the top Masters runners in the state. Unfortunately, while I was training at a high level and was in great racing shape I took my overall training for granted. Thinking that my running would be sufficient, I mostly neglected strength training

It wasn't until I sustained a succession of injuries that severely limited my training to a couple miles every few days and ultimately lead to 20 extra pounds that I heeded the advice of a fellow runner who lauded the benefits of strength training. Since most of my injuries were basically caused by a lack of overall strength, I decided to add strength training to my regimen. While I've been a member of a local gym for the last 12 years I never fully utilized my membership for a number of reasons, mainly that I really didn't know what I was doing when it came to lifting.

I first met Kristiva when she was working for a local chiropractor as an exercise therapist. I was immediately impressed not only with her knowledge and skill level, but also with her caring attitude. I could tell that she was fully committed to my improvement. With that in mind I decided to hire Kristiva as my personal trainer.

In the year that I've been working with her what has impressed me the most is Kristiva's professionalism, commitment, and passion for excellence. She is a very driven person, not only for her own advancement, but for the improvement in her clients.

While I'm not winning races – yet, my training is improving. My overall strength has increased dramatically and my injuries seemed to have subsided. I am confident that through Kristiva's guidance it's only a matter of time.

Sincerely,

Gary Jewell