

05/17/2007

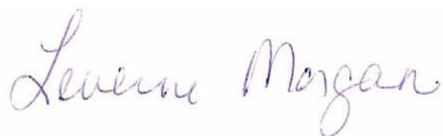
Hi Kristiva,

I do not feel ready to come back for my personal training sessions , unfortunately. However, I have no problem recommending you to friends and family at any time. As a matter of fact I believe that I recommended Kim and we have spoken quite a few times in regards to how happy we both were with your training sessions. I really miss the wonderful feeling I had when I left your home, how fit I was and felt, and how much more energy I had. You know that it was not voluntary for me to leave your classes. Due to the back surgery I had to have it has made it almost impossible for me to move as freely and I am at a point where I am afraid to make the situation any worse. Back pain is so horrible.

I was working out down at the Tipton gym, and while I was seeing results, I wasn't quite sure if it was due to what I was doing on my own as far as changing my eating habits and walking etc., or from the workouts I was doing. There was not a lot of guidance at the gym and I was never really sure whether I was helping or hurting using the machines. Once I started having my private sessions with you is when I saw the drastic results. My clothes fit better, I looked in the mirror and actually started to like the way I looked. I will always be grateful to you for that. I appreciated the way you took the time to find out my personal goals, the areas that I wanted to work on and gave me options as to what type of workouts to do. I felt so lucky to be able to do something for such a short amount of time and see the results I was getting and feeling. I also miss the time that it gave me to spend talking with you and Kellie misses playing with Talya.

Please give me a call at anytime if you-ever need anything or just want to talk. Things are pretty hectic right now at work and at home, however, I will always make the time if you or Talya needed anything. You have always been there for me!

Please feel free to have any potential clients contact me and I will surely let anyone I come in contact with interested in personal training know that you are taking new clients. Thanks again for everything!



Leverne Morgan