

To whom it may concern,

I have known Kristiva Smith professionally for nearly three years and when she asked if I would submit a letter of recommendation I was more than happy to do so.

I represent the middle age, or more accurately, the on-the-far-side of middle age group. I had encountered some health problems some years ago, and although I had always taken pretty good care of myself, this experience brought home to me that I just wasn't doing enough. Now why don't we take care of ourselves, eat properly, get enough exercise, etc.? Usually comes down to one reason, motivation, or more accurately, *lack* of motivation. I needed someone to teach me, inspire me, and make sure that I didn't give up when exercising became tedious or inconvenient. Enter Kristiva Smith.

I first had contact with Ms Smith at a low cost Yoga class provided by my employer. I was impressed by her knowledge and attitude and so decided to attend more and additional classes that she instructed, including a weight training class. From that beginning she began providing me with personal training.

I have now been a client of Ms Smith's for nearly three years. Simply put, she has given me the knowledge, skill, and motivation to improve and maintain my state of health. She has developed and constantly improves an exercise program personalized for me. She has given me sound advice regarding nutrition and other aspects of health. I can state with confidence that if I was not her client, my health would not be as good as it is today.

I would recommend her to anyone who has need of improvement in their health. She is very patient and teaches and trains in a relaxed atmosphere while motivating you to do your best. You will find her knowledgeable, enthusiastic and generally well equipped to help guide you to a higher state of health.

Sincerely,

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