



May 9, 2011

Jeff Ehrike  
JET Functional Fitness  
716 Oregon Street  
Oshkosh, WI 54902

Jeff,

Please feel free to distribute this letter to anyone who needs further justification to hire you as their Personal Trainer or to participate in the classes at JET Functional Fitness.

I hired you as my Personal Trainer in 2009. I have had numerous surgeries and injuries including a dislocated knee that, due to the nerve damage, has left me with a drop foot and numbness in my left leg. Many years of a sedentary lifestyle resulted in my weight reaching 345 pounds.

Immediately, you prepared a training program that day-by-day allowed me to reach my current weight of 215 pounds or a **weight loss of 130 pounds!** With the intense workouts and improved diet, I am much more fit than ever before and my muscle mass is dramatically greater.

Jeff has the expertise to modify the program based on my physical abilities and the goals that we set together. The training program changes constantly and is never boring or routine. This variety makes it exciting to get to the next workout to see if I'm up to the challenge.

I highly recommend Jeff Ehrike and the services provided at JET Functional Fitness. **Do not hesitate – take action now and hire Jeff!**

Sincerely,

Christopher R. Cochrane  
Vice President - Investments