

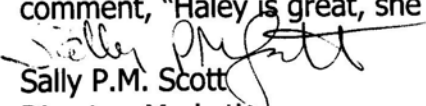
A Testimony for Haley Borden

I have known Haley for over 5 years. We first met at the Badminton & Raquet Club where Haley was my Pilates instructor. I was pregnant with my second child at the time and Haley always augmented the exercises to ensure that I gained maximum benefit. After the birth of my child Haley got me right back into Pilates and I was able to regain my figure very quickly. I was most impressed with the program that she put together for me, using yoga and the resistance band to increase my flexibility. I also really enjoyed the ball. At first I was a bit skeptical but found that the ball really helped my balance, strength and most of all my stomach! I had had a bit of lower back problems after the birth of my child. Haley taught me that a strong stomach equaled a strong lower back and she was so right. I have had no back issues since I began my training with Haley and her Pilatecize program.

I was so impressed with Haley's friendly nature, bubbly personality and keen personal interest in my health and well-being that I thought she would be a perfect fit for an event I organized at Holt Renfrew.

Holt Renfrew is Canada's leading retail store (similar to Barney's). In April 2004 I put together an all day event called "All About You" focusing on health and well-being. I hired Haley as the Pilates instructor. During the event she met and greeted customers and did demonstrations. Her bubbly personality and wealth of knowledge was definitely an asset, our customers loved her. (See attached newspaper layout which was a full page in the Globe & Mail, Canada's national newspaper as well as the hand out for the event).

Haley is truly Toronto's Queen of Pilates. She makes exercising fun and enjoyable. She teaches you to understand your body and work with it, not against it. I have recommended Haley to many people and always here the same comment, "Haley is great, she actually makes me look forward to working out!"


Sally P.M. Scott
Director, Marketing
Holt Renfrew Co Ltd