

Dear Haley,

I am taking this opportunity to express my sincere appreciation and gratitude for 'changing my life'. I use that term judiciously as you have done so in a number of ways; the first being to 'show me the way'. Having not exercised for a considerable time, I was apprehensive at the outset but you were, above all, professional and equally important, patient.

Secondly, what surprised me and frankly continues to this day, is how simple yet effective 'pilatecize' truly is. I have continued with your lessons and routine on my own; whether at home or on the road and feel so much better physically, mentally and emotionally. In the process, I've lost 10 pounds, changed my diet and even manage to drink 8 glasses, or more, of water a day!

Thank you, Haley, especially for the true beneficiary of my Pilatecize routine: my golf game! My range of motion, strength and flexibility improved measurably and as a result (I bet it's my core!) my golf handicap improved by 4 strokes! Thank you. Thank you. Thank you!

In closing, if at anytime I can be of assistance to you, you need only to call. It would be my pleasure and hopefully, be of as much help to you as you have been to me.

Best Regards,

Brian Seater

President
Seaconsult Enterprises Ltd.