

Danielle,

Kate [REDACTED] sent me an email recently stating that the employees of The [REDACTED] Law Firm were interested in having access to a personal trainer. I would very much love to be that person. I hope to meet with you very soon to discuss how I can help the firm.

I have a B.S. degree, and I have studied under The National Academy of Sports Medicine. I have been in the business since 1998, and self-employed since 2000. I have completed well over 30,000 training sessions during this time. You will not find a consistently busier trainer in the state, since I complete 40-60 hour training sessions per week. I was featured in the [REDACTED] newspaper, and I have been published on several occasions.

My workouts and nutritional advise will help everyone reach their health and fitness goals, I **guarantee** it! Every aspect of my philosophy is based on the latest, cutting-edge scientific research, not magazine articles or the latest fad workout or meal plan. I doubt that you can find a more knowledgeable, experienced, or successful trainer than me. This is because I train people of all ages and fitness levels, and my clients train with me for years not days. This is probably the thing that I am most proud of. I get my clients results, and I make it fun so they never want to quit.

Thank you so much for your time Danielle. I will follow up with a call to you in a couple days so we can get together and talk about how I can make sure that the employees at [REDACTED] become healthier and happier. I am looking forward to meeting you. Thanks again.

Sincerely,

Mark Ruehle

Cell # [REDACTED]

mark@personaltrainingbiz.com

