

Dr. [REDACTED]

Hey how are you? Have you ridden your motorcycle a lot this summer? It's sad to say, but I've only had my bike out 5 or 6 times this summer. It's hard to get out when you have a young child. I'm sure you remember those days. I talk to Matt and Jason every once in a while, and it reminded me of the fact that I've never asked you if you would be interested in having me train you. I know you have always been a very active guy and your boys had said that your wife had a trainer. What about you? Have you ever thought about working with a trainer?

In working with me you can absolutely expect to become stronger, leaner, more flexible, have better balance, and obtain an unbelievably fast metabolism. Your energy level and your overall sense of well being will sky rocket, I guarantee it! I promise to get you the results that you are looking for.

I have been in business since 1998 where I have completed well over 30,000 training sessions. I have a B.S. degree, and I have studied under the National Academy of Sports Medicine. I was featured in the [REDACTED] newspaper, and I have been published on several occasions. I have also performed many speaking engagements. I know that you probably don't need to hear all this, but I just want you to trust that I will take care of you. My workouts will allow you to have the body you want and the ability to feel physically and mentally better than you've ever dreamed. This is because I base my workouts on the latest, cutting-edge scientific research, not magazine articles or the latest fad workout.

I know that you will be very happy in choosing me to train you. You will absolutely reach your health and fitness goals, and you will have a lot of fun doing it! Talk to you soon!

Thank you,

Mark Ruehle

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