

Scott and Julia,

Well how's it feel to have a quiet house? It's probably a little boring without Graham around. Maybe not. Maybe you are relieved! Ha ha! I'm so proud that I was able to work with Graham for so long. He was a joy to train. Thank you for allowing me to train him.

As you both already know I don't just train athletes. I train many adults as well. I'm sure your stress levels get pretty high sometimes with both of your important leadership role type jobs. Working out helps with that more than you can imagine. I'm self-employed so my stress level gets to be quite high too, but working out 4-5 days a week helps me so much. I know that it's my job to workout, but I seriously look forward to that hour of my day, because I get to focus on ME for once.

Fantastic things will happen when training with me. You will become stronger, leaner, more flexible, and your metabolic rate will speed up. Your stamina, energy level, and your mood will also change for the better, and I bet you will sleep better too. Your golf game will also get a lot better. I GUARANTEE that you will get the results that you are looking for if you have me train you. Plus you will feel cool being around me!!! HA

Alright, give me a call and let's get started! You will very much enjoy working with me, because great things will happen to you physically and mentally. Talk to you soon! By the way, if you know anyone, kids or adults, looking for a trainer, please send them my way!

Thank you,

Mark Ruehle

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