

Margie,

Hey how are you? I thought I would check in to see how you and Dr. [REDACTED] were doing. Hopefully you both aren't too sad that Tanner is off to college and out of the house! Ha Ha! I of course still text him often. I very much enjoyed training him, so thank you! You guys did a great job raising him, and believe me I should know! I've trained a lot of bad kids that's for sure.

Since Tanner is no longer training with me, I was thinking that it would be a good idea if you did. I know that you are pretty active and I would love to help you any way that I could. 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 and overall sense of well-being will sky rocket, I **GUARANTEE** it! This then leads to a lot more confidence. If you do what I say you will get great results! **I PROMISE!!!**

I have been in this 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've been published on several occasions. I've 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'll 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.

Think it over and just give me a call. I know that you will be very happy choosing to have me train you. You will absolutely get the results that you are looking for, and you will have a lot of fun doing it. Talk to you soon!

Thank you,

Mark Ruehle

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