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June 16, 2000

IDEA  
6190 Cornerstone Court East, Suite 204  
San Diego CA 92121-3773

RE: Personal reference for Sharron McDaniel

Dear IDEA Representative:

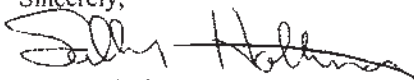
During the past three years, Sharron has been a positive influence in my life and I look forward to our training appointments. She has changed my life in the following ways:

- **Confidence-** I feel good about myself because I have gained a lot of muscle while reducing body fat. I know that I look and feel better thanks to working with Sharron. Whenever I've thought of trying something challenging, Sharron had confidence that I could do it. In fact in 1998 and again in 1999, I completed the Washington DC AIDS Ride, a 330 mile bicycle ride from Raleigh NC to Washington DC.
- **Injury-free fitness-** I have managed to stay healthy and avoided injuries while weight training because Sharron does not accept anything but perfect form on lifting weights. She always insists on staying at a safe lifting amount to ensure that the proper form is maintained.
- **Customized workout-** Sharron customized my workout according to my fitness goals. I've learned that I benefit much more from a workout designed by her according to my needs than from reading all those workout magazines and trying to figure it all out on my own.
- **Nutritional advice-** my diet is much more consistent now. By keeping a food log and allowing Sharron to analyze it, she has given me a number of suggestions that allows me to control my weight and continue on my goal of reducing fat and increasing muscle.
- **Counseling-** Sharron is a good listener, a good counselor and an excellent motivator. Sometimes when I'm feeling frustrated about something unrelated to the gym, Sharron takes the time to listen. She even tries to help if she can.
- **Fitness education-** Sharron taught me the correct way to do a cardio workout that will burn fat by monitoring my heart rate and keeping it in a specific zone. She also taught me the importance of varying my cardio workouts so that I was not just running all the time. By working with Sharron, I learned something very important in regard to weight training: Go slow on your way down when you're releasing the muscle. Prior to working with Sharron, I was lifting weights with my momentum instead of the actual strength of my muscles. As a result, I found that I had to reduce the amount of the weights in order to get through one of her killer workouts.

Quite often, I refer my friends and co-workers to contact Sharron for her training services when they are looking for answers for their own fitness and diet needs. She will always have my highest level of respect and confidence in her abilities.

I hope that IDEA also gives Sharron the proper recognition that she deserves.

Sincerely,



Sally A. Holtzman