



General Services Administration
Office of FTS2000
13221 Woodland Park Road
Herndon, VA 22071-3022

APR 4 1996

Fitness That Works, Inc.
P.O. Box 223528
Chantilly, VA 22022-3528

To Whom It May Concern:

I would like to express my appreciation for the outstanding presentation that the representatives of Fitness That Works provided to the General Services Administration and Sprint employees in Herndon, Virginia, April 3, 1996, during one of our Lunch and Learn programs.

The information provided to our employees on fitness and nutrition was extremely valuable. I could tell, by the questions that were asked, that a number of people were thinking seriously about making lifestyle changes that could result in increased levels of physical fitness. I personally believe that healthier employees are more productive employees, so I enthusiastically endorse any effort that results in better nutrition and health.

A number of people have expressed interest in having Fitness That Works return for a follow-up session. I share their interest, and I plan to have my staff contact you to make the arrangements. As discussed with your representatives we would appreciate receiving information about your rates and the structure of group sessions.

Again, I thank you for sharing your expertise with us. I can truly say this was one of the most informative, and enjoyable Lunch and Learn sessions we have had.

Sincerely,

Ronald G. Milam
Director

