

June 8, 2009

To Whom It May Concern:

This letter attests to my unqualified support of and confidence in Jeremy Hovan's abilities as a Personal Trainer.

Jeremy has been my primary Personal Trainer for over three years at the Southwood YMCA in Tallahassee, Florida. He is creative, very competent, punctual and reliable with excellent interpersonal skills. Workout routines are interesting and constantly changed to challenge different muscle groups. Balance and core strength are emphasized with special attention paid to proper technique to prevent any workout related injuries. He is also very good at designing workout routines that address weaknesses and injuries that occur from time-to-time as a result of my occasional extracurricular athletic excesses. In short, I will have a difficult time replacing Jeremy with another trainer of his quality.

I am a sixty-year-old male who retired as a Senior Legislative Analyst for the Florida Legislature at the end of 2005. I am a former high school athlete (football and tennis) who played rugby in undergraduate and graduate school. I decided to start resistance training shortly after retirement as a result of being diagnosed as pre-diabetic and in the hope of enjoying a long and active retirement. Jeremy has been instrumental in assisting me in staying healthy and enjoying a very physically active and fun retirement.

I hope my loss becomes someone else's gain in California. If further information is needed, I may be reached at my home phone 850-877-3568.

Sincerely,

Dick Drennon  
6405 Fitz Ln  
Tallahassee, FL 32311-9327