

Michael J. Leeser

2529 Twain Dr.
Tallahassee, FL 32311
850-294-4601

July 19, 2009

To Whom It May Concern:

I am happy to write a letter of recommendation for Jeremy Hovan for a position as a personal trainer. I have known Jeremy since 2006, when I began training with him at the Tallahassee YMCA in Southwood. Before I go into Jeremy's specific qualities as a trainer, it may be worth mentioning why I decided to begin working with him. I had been a competitive athlete for 13 years and was an NCAA All-American swimmer in college. However, like many former college athletes, I was unsuccessful at maintaining any sort of regular exercise program in the (too many) years following organized training with a team, and I had fallen into some unhealthy habits. In 2006, shortly after moving to Tallahassee for a teaching position at Florida State University, I decided to commit to living a healthier lifestyle and to start exercising again. Because I knew my previous individual attempts at exercising had lasted only a few weeks, I decided to work with a trainer at the local YMCA, which is how I met Jeremy, and have been training with him until the end of June 2009.

Encouraging, creative, and professional are the words that immediately come to mind to describe Jeremy as a trainer. His encouragement took on various forms, such as his always enthusiastic greetings, the genuine interest he showed in me as a person, and most importantly, the way in which he would guide me through his well-designed workouts. Jeremy seemed to intuitively know how to push me beyond what I thought I could do without going overboard or getting in my face. He showed creativity in the workouts by including both traditional types of exercises (bench press, lunges, curls, etc.) along with newer exercises (at least to me) that engaged various muscle groups. The exercises themselves were often varied, and during my three years with him, the workouts *never* seemed routine or boring. Jeremy was also extremely professional. He always had a plan written in a notebook and was diligent about recording my performance. Furthermore, in my experience and in seeing him work with others, he was always focused on his clients and tried to maximize the time he spent with each one.

As a result of my training with Jeremy, I became interested in other types of exercise, such as taking 3-4 Spinning classes per week and even starting to swim again. In fact, I recently completed the Spinning Instructor orientation program. I can honestly say that I am in better physical shape now than I have been in the 15 years since I left competitive swimming, and I know that Jeremy has played an instrumental role in my getting back to living a much healthier lifestyle.

I hope this brief letter paints the picture I intended—one of an encouraging, creative, and professional trainer who is dedicated to helping people make positive changes in their lives. Should you need any more information about Jeremy Hovan, please do not hesitate to contact me. I would be happy to help Jeremy in any way that I can. He has my highest recommendation as a trainer and my full support.

Sincerely,

Michael J. Leeser