

4274 Summertree Drive  
Tallahassee, FL 32311

September 2, 2009

To Whom It May Concern:

This letter is to formally recommend Jeremy Hovan as a personal fitness trainer. My son and I have both trained with him. Jeremy is a very professional, ethical and talented man. He is the only trainer I have chosen and trusted to spend time with my young son without my presence due to his high ethics and morals.

I had done weight training before, but Jeremy taught me combination exercises that I had never done before. He focuses on core and balance and that is definitely what I needed. It was great to learn new exercises, but even better to learn them with a trainer who did not make me feel uncomfortable or inferior. He was always pleasant and an absolute joy to work with.

It goes without saying that I would not hesitate to recommend Jeremy Hovan to any individual needing a personal trainer. If you have any questions, please do not hesitate to contact me at 850-556-0996 or ask him to provide my email address.

Sincerely,

Pam Murphy