

May 23, 1997

When I first decided that I wanted a personal trainer my goal was to get back into shape and be re-educated on proper nutrition. Al "The Motivator" did just that. He designed a personal training program, educated me on eating properly, taking supplements, and with one month of seeing results. I've decided to train competitively and within the year entering body building competitions. With Al's motivation skill, knowledge, and a lot of hard work from both of us. Succeeding my goal is just an arm curl away. Thanks Al for all your support! By the way..... Shut Up And Lift!

Best Regards,

Melissa Zachau