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**To Whom It May Concern:**

For the past three months, I have enlisted Al Vishnevetsky, a member of the National Federation of Professional Trainers who is also an Advanced IFPA Certified Personal Trainer as my personal trainer to administer the proper strength training as I overcome my disability.

In 1996 I was diagnosed with arthritis and osteoporosis and was unable to do any strength exercises since the bone density in my hips and lower back was below the accepted range. During that time I was on a prescription entitled fosmax and in April 1999 a new bone density indicated that I had rebuilt sufficient density in the lower back and hips to warrant my beginning an exercise and strength training program to build the muscles, etc. in my upper and lower back as well as my legs.

I have seen significant improvement with my three times a week program to warrant my affirmation that working with Al as my personal trainer will enable me to overcome this physical disability by strengthening the areas surrounding this weakness.

Al's expertise' and the facilities at Body Parts are an integral part of the preventive process needed to alleviate additional medical problems that might result in my future if proper strengthening and conditioning via a certified personal trainer are not utilized.

  
Barbara J. Klink