

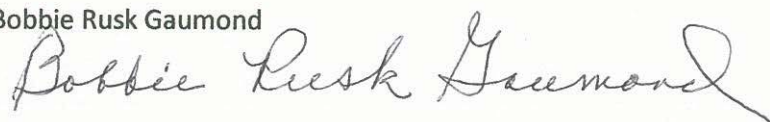
I have been a client of Al Vishnevetsky for over 10 years, and have found him to be invaluable to my lifestyle. With my love of dancing, travel, and just being on-the-go, Al has kept me "fine-tuned" and in great shape when some others my age have been noticeably slowing down.

When I had my knee replacement surgery 5 years ago, Al did hours of research on his own to develop exercises that would heal my knee quickly. And it certainly worked! I was up and back in action in just a couple of weeks, with his expert guidance and motivation.

Speaking of motivation, Al is called "The Motivator" for good reasons. He does not allow his clients to sit in self-pity and whine. He motivates them to work hard, for their own benefit. When his clients see the results of his motivation, they are very happy that Al did get them to work harder than they would have normally.

The investment I make in my health every month with Al is worth every penny, and then some. It is money very well spent. If you are not sure about signing up with Al, don't hesitate! You'll be very glad that you did.

Bobbie Rusk Gaumont

A handwritten signature in cursive script that reads "Bobbie Rusk Gaumont". The signature is written in black ink and is positioned below the printed name.