

LETTER OF RECCOMENDATION

To: Whom it may concern.
From: Bruce Quimby
Date: 8/28/2009
Re: Al Vishnevetsky, Personal Trainer

This letter concerns my experience with Al as a personal trainer.

I have been training with Al over the past 18 months. In that time, I have lost significant bodyfat, increased my fitness, and rehabilitated some injuries.

Regarding injuries, I injured my shoulder while traveling in the Spring of 2009. My injury was first diagnosed (incorrectly) as a rotator cuff tear. The later, correct diagnosis was adhesive capsulitis.

Al designed a workout program that prevented further injury to my shoulder, and promoted healing. Using the exercises he recommended, over time, my pain level decreased and my flexibility increased. I am now improving rapidly. I am very pleased with the customized workout programs he designed.

In addition to the above medical condition I have a prosthesis installed in my abdomen. Al designs workouts that allow me to stay fit without damage to this prosthesis.

Compared to other personal trainers I have used, I find Al to be a much more inquisitive, independent thinker. He is expert at selection of appropriate weight to achieve muscle fatigue without overloading the joints and risking injury.. He also emphasizes good form, which promotes flexibility. Finally, he designs workouts with enough variety to prevent boredom. This is critical to insure continued training.

Al provides guidance on diet as a significant component of fitness. It is his diet recommendations than allowed me to drop my bodyweight from 180 to 153 lbs over a 6 month period, without hunger.

I highly recommend Al as a personal trainer for people with specific needs, such as injuries or post surgery. I think customers and medical providers will be very pleased with his approach.

If you have any questions or would like to talk with me I'll be happy to do so. My local number is 520 629 3325.



Bruce Quimby

Tucson, Arizona