

May 19, 1997

I have been training with Alex Vishnevetsky for 2 ½ months. I have been impressed with every aspect of the training program. Alex attends to every detail of correct posture, form, safety, and nutrition with complete professionalism.

Alex makes a commitment to his clients by reading current research in weight training and nutrition. He customizes a training program for individual clients, taking into consideration activity level, age, health, training experience, and many other factors.

His logo "The Motivator" is fitting for he truly does motivate one to do their best. I would highly recommend Alex as a personal trainer for anyone.

Patricia Heath

A handwritten signature in blue ink that reads "Patricia Heath". The signature is written in a cursive style with a large initial "P".

July 12, 1997

To Mr. Al Vishnevetsky,
(aka: *The Motivator*)

I would like to thank you for your hard work and motivational skills, that have returned me to an excellent workout routine.

In the months that you have trained me I have noticed many changes, both in my work out life and in my personal life. You have motivated me to enjoy exercise again and to be more concentration in my work outs, which has crossed over to my work, where I now concentrate more intensely. For these new skills I thank you.

I am starting to notice more definition in my arms and back. My legs are much stronger than I ever thought they would be. I have lost a total of 5". I know in months to come I will see many more changes.

Thank you,


Marianne McGovern