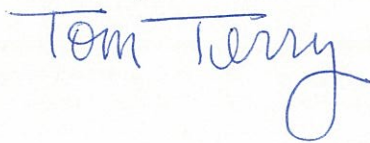


May 18, 1997

I have been very active all of my life. Then, in January of 1995 I underwent by-pass surgery. I was 65. Two months ago I contacted Alex and asked if he would show me how to begin a fitness program to meet my specific needs. He was very helpful, knowledgeable, and professional. His program has met my needs.

Tom Terry

A handwritten signature in blue ink that reads "Tom Terry". The signature is written in a cursive style with a large, looped "T" and "y".

November 5, 1997

I first met Al Vishnevetsky at Iron Mountain Gym. I had no intention of hiring a personal trainer and thought I could train myself. After two free sessions with Al, I realized that I was lifting wrong. He stressed proper form with weight being secondary. I was impressed by his knowledge and strict attention to detail.

I have been training with him for the past two months and am pleased with the results. I am stronger and firmer. Without his help it will take me a much longer to reach my goals. There is an added bonus to working with Al. He has a great sense of humor and his workouts are varied and challenging.

I highly recommend him as a personal trainer.

Sincerely,

A handwritten signature in cursive script that reads "Elizabeth O. Hastings". The signature is written in dark ink and is positioned to the right of the word "Sincerely,".

*Elizabeth O. Hastings*