

Hello Fred,



I am writing this letter to recommend anyone that is in the fitness industry and especially gym owners to attend Fred's sessions and read his books. As gym owners you will greatly benefit by bringing Fred in to talk to all your trainers.

I recently attended the annual Canfitpro conference in Toronto with which you spoke at. Your workshop was one of the most entertaining classes I have attended. I truly enjoyed the group participation during the workshop. Your witty sense of humour is a sure plus in keeping the participants active during the seminar.

As a member of the fitness industry it is always important for me to keep on top of current trends and learn new ways of achieving growth. Your workshop truly opened my eyes to building a profitable fitness studio. Your personality session made me realize how better to communicate and connect with my clients and in turn create more referrals.

I read your book after the conference. I took so much away from it that I had to read it the second time. Your book has given me a deeper sense of awareness of myself and what it truly means to build authentic relationships in our business. As an employer it has allowed me to get to the core of what it takes to be a great leader and achieve the results I desire for my business.

You are truly a motivating and entertaining and most of all an influential public speaker!!

I look forward to your next book and course.

Thanks again Fred!!

Sincerely,

Mara Ciampa - Studio Owner  
Evolution Pro-Fitness Studio