

Hi Dave:

*Just a quick note to tell you how much I enjoyed the course over the weekend. You were a great speaker and kept the course very lively and informative in addition to being so knowledgeable about basic health in general. Plus, you are a great role model and inspiration being in such great shape. You obviously practice what you preach. I feel very enlightened and much more educated in subjects that I thought I already knew about. I know I can now enter the world of personal training with a lot more confidence and have all the tools to succeed. Best of luck to you and the future of SMART. I hear you will be branching out and constantly improving and upgrading your course. Looking forward to taking future courses with you guys to better myself as a trainer and also to be able to call on you for support if I need it. Thanks again and happy holidays*

Sincerely:

Karen Buonpane