

Dear Dave,

Just wanted to send you a thank you. My name is Mary Ann Schwartz and I was one of your students this past March in the SMART Program at Dowling College. I enjoyed the course tremendously and found it to be extremely informative. Since March I have been using your diet and have changed my strength training and cardio routine to the one the trainers/instructors suggested in the gym.

In just the past few months my friends, my family and I have noticed a significant change in the way I look. I'm on the thin side to begin with, but the definition in my arms, abs and legs is awesome. In addition, my energy level has increased and I just feel better over all.

My husband was so impressed with my results that he is following your plan and I've been helping him train. In fact, he dropped three waist sizes and is down to a 30" waist and is seeing incredible results!

When I tell friends and family that I received my certification they immediately start asking me all kinds of questions. Even my 41-year-old cousin who has been working out for years and is in good shape was impressed with the way I look and was very eager to find out what I eat and what I do for strength training. It's all very empowering. (Especially since I'm trying to get back into the workforce and change careers at the same time. I was a copywriter in an advertising agency for over 10 years). This is a big switch for me.

Once again, thank you.

Sincerely,  
Mary Ann Schwartz