

September 28, 2000

Tony,

Sometimes God sends people into our lives for a reason. You are one of those special people in my life that has truly made a difference and the effect has carried over into every aspect of my life and the people who are close to me. In fact it has increased my capabilities as a human being to give of myself to others, to love, and finally appreciate myself the way I know I should.

When I first started taking your classes a little over a year ago, I weighed almost 150 lbs. Since I am only 5'4" you can say I was a bit overweight. Add to that the fact that I was out of shape and a smoker. In short, I was not feeling good about life, and had recently been through a divorce to boot. I really needed help.

So I took the first step in what would end up being the most significant journey I had ever taken. I started taking your Touche' classes. Within 8 months I had lost close to 15 pounds! And managed to kick the smoking habit, WITHOUT gaining weight! This in itself was a miracle in my eyes.

I was feeling alot better about myself, and was down to about 135 and really needed to make another change, so I signed up for personal training, twice a week with you for 8 weeks. Because I learned proper nutrition, and was able to focus on specific areas, I am now a very happy, healthy 126 lbs. !!!!! Your constant encouragement and faith in me, made me beleive that I could reach my goal.

Tony, I can honestly tell you that I have never felt or looked better in my entire life! And when you feel good about yourself, there is no end to what you can acheive. Not only that, wonderful things start to happen to you. I have fallen in love and am having the time of my life! I couldn't have dreamed of a better scenario.

Your inner strength, love, and passion for life, is apparent in everything you do. It is a direct reflection of your faith and trust in a higher power, and it radiates from you and into the lives of those around you. You may never know all the lives you have touched, changed, and helped along the way, just by being you. But I wanted you to know just how much you have meant to me and I will never forget how you helped me turn my life around! I thank God for sending you into my life. I am certain he did. Forever Grateful,

*Natalie*