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To prospective Bodiglyphix clients:

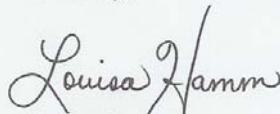
It is my pleasure to write a recommendation for the best personal trainer in the industry. I have been working with Trevor Pace, CEO of Bodiglyphix, for almost a year now, and for the first time in my life, I have lost weight, lost fat, gained muscle and maintained it due to Trevor's help in revolutionizing the way I live my life. Trevor's philosophy and training methods extend beyond the normal practices of exercise, and into an overall healthy lifestyle – as Trevor puts it, "Body Fitness Enhancement". His entire approach to fitness, exercise and eating has changed my life!

When Trevor first approached me about training with him, I thought, "I'm reasonably fit...I exercise a couple times a week and do an occasional aerobics class." But I also knew that I wasn't in the shape I wanted to be in. And I had grown tired of the monotonous routine of exercise that I had been doing for the past several years. In my initial consultation with Trevor, I realized just how valuable his services would be for me. Trevor's assistance in establishing physical goals, and his nutritional guidelines (in consultation with a licensed nurse and nutritionist) really helped to focus my activities and eating outside of our personal training sessions.

And when I started training with him –wow!—is all I can say to describe it. I thought I knew every exercise there was to know, when I really had no idea! While Trevor encourages working out often, he never allows exercise to become "routine" in the sense that every work out session is a completely new, fun, and interactive session, designed to peak your interest, avoid burn out and increase your metabolism while shaping and transforming your body. Trevor is constantly ahead of the latest fitness trends, and stays on the cutting edge of new techniques, new exercises, and new approaches to fitness.

Most importantly, in addition to his enthusiasm for fitness, his extensive knowledge and his certifications in the field, Trevor's success with his clients is complimented by his passion for people. Trevor truly cares about the lives of his clients and in making a significant positive impact on their mental, spiritual and emotional well-being, in addition to transforming their bodies. Whether you are a fitness buff, or just a beginner wanting to learn more about health and fitness and its benefits, I highly recommend Trevor and Bodiglyphix – and you'll quickly watch your body and your life take shape!

Sincerely,


Louisa Hamm
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