



Mr. Tim Hauke
Oakland Personal Training
131 Auburn Road
Rochester Hills, Michigan 48307

Dear Mr. Hauke,

Some time ago, you and your staff from Oakland Personal Training gave a wonderful presentation on exercise and nutrition to SBC employees located on Bethune Street in Detroit. This was a very informative session and I believe it provided employees with some excellent solutions on how to incorporate both fitness and good eating habits into their daily lives.

The tips on preparing nutritional meals without sacrificing taste, and on how to integrate daily exercise throughout employees' personal and professional lives, were great. At the time, I recall many of the employees expressing how much they liked one of your key messages – that exercise and nutrition is about being healthy and fit and that looking good is just an added benefit.

I hope that there are more opportunities in the future for you to share your exercise and nutrition plans with our SBC employees.

Sincerely,

A handwritten signature in blue ink that reads "Ann Marie Boyce". The signature is written in a cursive, flowing style.

Ann Marie Boyce
SBC Director – Human Resources
Detroit, Michigan