

**Regional Radiological  
Associates Incorporated**  
A Medical Group

To whom it may concern:

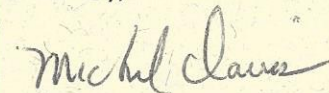
I've known Ed White for 15 years, and I've been a client of his for several months now. I am writing this letter to assure you that Ed is absolutely the best trainer in my eyes. He is a certified trainer, has experience in physical therapy and has extensive training in nutrition and professional body building. Whether you are looking to bulk up or slim down, trying to improve your health or your strength, Ed has the background and the commitment to help you succeed.

I've always done my own workouts because I never saw results with the trainers I tried early on. About eight months ago, I asked Ed for a couple of workout routines because I felt that, as busy as I am, I could never commit to a training "schedule." Ed not only gave me a routine but also gave me a lesson in nutrition. He said that I was underfed! He worked with me on a diet plan and gave me three different workout routines. Once I found out about Ed's plan to relocate, I asked for one more routine. Instead, he asked if he could train me for six weeks. I was hesitant because I've had surgeries on my neck, back and knees and was worried about further injury. Ed told me that if I listened to him, I wouldn't get hurt working out. I was skeptical, but I listened to him, and I've been working out like I did when I was 18. I haven't had any injury, and I've never felt better!

I was also skeptical when Ed told me I would start to see a change in a few weeks. I felt I was already in shape and that it would take more than a few weeks of working out in order to see results. Boy was I wrong! Between Ed's nutrition plan and training, I gained over 20 pounds of muscle in five weeks. Throughout training, every day I saw improvement, and so did everyone else. People at the gym were amazed with the muscle growth. Even with my work clothes on, I've been getting compliments.

Not only will Ed be missed by many at his former gym, Redding will be losing one of the most respected individuals I know. Wherever he goes, he will bring a positive influence and a step up in training.

Sincerely,



Michael Davis, CEO  
MD Imaging, Inc.  
Redding, CA

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