

Fitness by Hillarie

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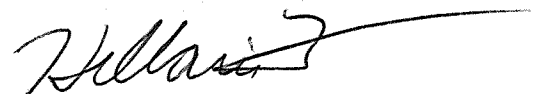
TO: W.I.T.S.

I am sending in my home study exam on *Nutritional Concepts for Success* to be graded for CEC's, but wanted to provide a cover letter . . . I can't say enough about the content in this 6-hour lecture. I am really passionate about nutrition and as a trainer, I work with a lot people who are trying to eat healthier to get fit – and also work with a lot of athletes. I truly understand the need to “fuel” your body properly but am often disappointed with the content of some of the courses I take. Many of the nutrition certifications from other organizations are really simple and they don't get into the real “meat” or the science behind nutrition. There were specifics in this presentation I had never been exposed to before. I thoroughly enjoyed the presentation on these CD's, and I would watch it again as a way to refresh myself every now and again.

The lecturer was well-educated and gave a lot of great examples of how we can better serve our personal training clients.

Just had to drop a line – thanks very much for offering this course.

Sincerely,



Hillarie Z. Scannelli

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