

ROBERT G. WOOD

28729 Bannockburn  
Farmington Hills, MI 48334  
248.763.1949

March 25, 2011

W.I.T.S. National Headquarters  
206 76<sup>th</sup> Street, Suite A  
Virginia Beach, Virginia 23451-1915

Attn: Jay DelVecchio, President

**Re: W.I.T.S. Personal Fitness Trainer's Course**

Dear Mr. DelVecchio:

The purpose of my letter is to recommend your program and the instructors of the W.I.T.S. Personal Fitness Trainer's Course.

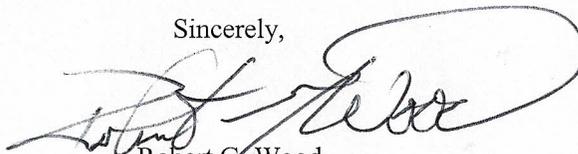
I attended the Course at Schoolcraft College from January 29, 2011 through March 12, 2011. The Course was very informative and the classroom and practical study format made learning the intense subject matter easier.

The classroom instructor, Ericka, was very knowledgeable and her effervescent personality showed a real love for the subject matter. As a former instructor in various law enforcement academies, I am familiar with how hard it can be to keep a class motivated and attentive during hard to grasp subject matters. Ericka, however, was able to move through the subject matter with humor and by achieving classroom participation, the hours raced by. I personally learned more than I thought in the short time the course lasted.

During the practical portion of the course, Shirley and Ericka conducted the class in a hands-on fashion. Again, you could see the knowledge of the subject matter in both Shirley and Ericka. Their urging the class to move through the various fitness machines and devises made understanding how to work the equipment beneficial, and by being able to use the equipment you felt the area of the body the specific devise worked which allowed you to show someone else how to properly use the equipment.

I have been a member of an organized fitness center for more than 25 years. I have learned more in this Course about fitness and proper training techniques than in the total time I have utilized my membership. I took the Course to help in training a high school J.V. hockey team that I assist in coaching. My goal was to make the players stronger and faster, but also make them understand why proper physical activity and fitness knowledge will enhance their overall health both now and as they grow into adulthood. After completing the Course, I feel I may want to move into the personal training workforce.

Sincerely,



Robert G. Wood