



 **TRAX TRANSFORMATIONS**

Alisa Becker

Garden City, New York

Dear Chris,

I have been meaning to email you regarding Nico Ritirato for quite some time. I joined Healthtrax in September, and after some consideration, decided to try Personal Training. Since Nico was the trainer with whom I had my initial consultation, I felt I should give him a try, as well. Fast forward 6 months. Nico has truly transformed me. Physically and mentally. I've lost a bit of weight and a few inches, and will hopefully continue on this track. Although I still detest exercise, I look forward to seeing him every week. His positive attitude, knowledge, and ability to put up with my sarcasm, earns him points in my book every week. He knows when to push me and when to ease up. What also impresses me, is his ability to ignore everything and everyone else around him, and concentrate solely on his client. I've noticed this with myself as well as with his other clients.

I am a true believer that if one can write to complain, one can certainly write to praise. Thank you for having Nico on your staff. I truly believe he is a tremendous asset to Healthtrax.

Sincerely,

Alisa Becker