



April 30, 2006

To Whom It May Concern:

I lost 40 pounds by doing the *STRESSERCISE™ for Life Weight Loss and Life Enhancement Program*. What I'm even more excited about and proud of is that I have maintained that 40-pound loss within our 3-5 lb. agreed-upon window for **over four years** now.

The *STRESSERCISE™ for Life Weight Loss and Life Enhancement Program* is an education. It is also unlike any other weight loss program you have experienced. It has many different components and is sound, well researched, and proven. If you are ready and willing to change, I assure you that you **will** lose your goal weight. Rachel will not let you fail.

I had been trying to lose weight ever since childhood and had spent thousands of dollars in the process, on many different programs.

Some of the components of the program that were particularly helpful to me were:

- The blood-type information
- The ongoing emotional support
- The accountability
- The supplement suggestions
- The exercise components
- The *STRESSERCISE* stretches
- The awareness, food and exercise logs
- The financial commitment
- The built-in rewards system
- Rachel's ongoing positive encouragement and reinforcement

In closing, in the past with other weight loss programs, I've always been afraid I would regain the weight. I am now convinced the *STRESSERCISE™ for Life Weight Loss and Life Enhancement Program* is one I can live for the rest of my life. The compliments I have and continue to get daily confirm it.

Take your time, make the investment, and do it right.

Sincerely,

Myrna Corsentino