

Wednesday April 5, 2017

To Whom This May Concern,

I write this note to endorse our trainer Brandon [REDACTED]

He is an absolutely amazing young man with a true passion for what he does. He represents the Walker Family YMCA with utmost class and professionalism.

I entered the Kickstart Program with substantial trepidation, as I was not a person who avidly worked out with confidence, especially in a group setting. Brandon was able to put me at ease almost immediately. We had an extremely diverse group and he managed to cater the workout routines to what seemed like an individual level based on our ages, abilities and personalities.

At the very beginning, Brandon asked us to set three goals that we thought were realistic. My goals were to lose weight, work out more and feel comfortable enough to attend a class at the Y. I'm proud to say that I have lost 24 pounds and 25.75 inches, I work out as often as my hectic schedule will allow and I joined some classes upstairs in the gym!!! I sincerely never thought I would get to that stage and I owe this new healthy lifestyle to Brandon 100%!

Brandon had a way of integrating our manuals into each session where we always took away concrete information to review during the week and make sensible choices with regard to nutrition.

Early in the program, I reached out to Brandon expressing some unease with a fellow classmate. His mature nature and professionalism allowed me to overcome the issues with his reasoning and offer of assistance and he kept staying positive and going to the very end.

Unfortunately a family obligation will prevent us from attending the last class but I sincerely want to thank Brandon for all of his support, the way he pushed us to achieve great satisfaction in our efforts and always being available to answer any questions or help in any way.

He is a valuable asset to the YMCA and will go far in his chosen career.

Thank you for bringing Brandon to us and allowing us to experience a life change in just 12 weeks.

Sincerely,

