



23rd January 2007-01-23

Mr. Ron Daniels
Fitness for U
P.O. Box 7
INDOORROOPILLY, QLD, 4068

Dear Ron,

On behalf of the participants in the recent group training sessions I would like to thank you for assisting the Austrex team with their exercise training programme.

We found the 10 week program catered to all levels of fitness and the individual requirements of each participant and was conducted in manner to ensure everyone had fun benefited from these sessions.

We have found the group training sessions to be of valuable to help with team building and team moral, the participants have continually express there enjoyment and the continual benefit they get from these sessions and always looked forward to Tuesday afternoons.

Austrex has enjoyed the experience so much we are about to continue our group training sessions which is a testament to the great sessions that are run by Fitness For U.

We would highly recommend Ron Daniels to any company or individual.

We would like to thank Ron for all his hard work and for making these sessions so enjoyable and beneficial to all participants.

Best regards,

Justin Slaughter
General Manager
Australian Rural Exports