



**BDO Kendalls**

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4 June 2007

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### **REFERENCE FROM BDO KENDALLS**

Our corporate well-being programme was looking for an initiative which provided not only health and physical benefits to our staff but also allowed them to socially interact and have fun.

This is exactly what we found with 'Fitness 4 U'.

Being 'Mobile Trainers', Ron and Bec were able to meet with our staff at a location convenient to our offices and supply all the equipment required. This meant no disruption from both an employer and employee perspective.

The participants over the 8 weeks we had with 'Fitness 4 U' increased week upon week as word travelled throughout the office of how fun yet beneficial each session was.

What appealed to our staff was that each session was suitable for any level of fitness and ability. It also gave them an opportunity to meet and interact with colleagues who they may not have previously known from different areas of the office. Most importantly was the fact that each weekly session was fun and different.

Ron and Bec developed excellent rapport with each of our staff members who attended the sessions. They were able to identify each person's strengths and weaknesses and were flexible enough to structure each session so that maximum benefit was obtained by each participant.

BDO Kendalls would have no hesitation in using Ron, Bec and 'Fitness 4 U' again because of the positive feedback we received from our staff about the programme and also for their value for money. We are actually looking at scheduling another 8 week block in early summer.

Yours sincerely

**BDO Kendalls (QLD)**

**Scott Brittain**

Supervisor  
On Behalf of the B-Well Committee