



Reference for: Ron Daniels (Personal and Group Trainer)

Dear Sir or Madam

Ron Daniels was engaged by the Faculty of Law in March 2006 to conduct a series of fitness sessions as part of our Active and Fit for Life Wellness Program.

Ron was engaged on recommendations from two members of staff who spoke highly of his skills as a trainer and which we thought could be utilised to provide staff of the Law Faculty with a stress-relieving and more balanced environment within which to work.

Ron Daniels devised two completely different exercise routines: cardio and flexibility which were then adapted and reinforced through a series of fun exercises and routines. Ron was able to adapt to the diverse levels of fitness within the group. He chose different routines and movements depending on participants' capabilities and limitations. He provided music and incorporated recreational and athletic activities within each routine. His skills as a personal trainer were also evident as he was able to monitor participant's progress, adapt programs as needed, and devise alternatives to all exercises for individuals with particular health limitations and disabilities.

Ron has an easy going nature and fun approach to exercise, as well as excellent communication and time management skills. In short, Ron Daniels continues to provide the Faculty with an essential service to a program which focuses on improving the health and wellbeing of individual staff members through the provision of a fitness program.

I would recommend Ron Daniels highly to any individual or corporation.

Regards

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