

Several months ago, I attended an orientation presentation on the fitness equipment at the Brunswick Rec. Center. The young lady putting on the presentation was Meredith.

I was very impressed with her knowledge of the equipment, as well as the enthusiasm she showed regarding the benefits of weight training as part of an overall workout regimen. After getting the specifics of your training options, I decided to sign up for an trial period, and asked if Meredith could be assigned as my trainer.

I am in my third consecutive 20 session program. I have continued to resign because of the benefits I see in working with a personal trainer, especially one as knowledgeable and encouraging as Meredith. She always seems to present a varied and challenging workout, and her knowledge in the area of weight training is not limited to just the equipment. She is clearly aware of the anatomical challenges each machine can provide, and the benefits of certain repetition programs. In addition, she seems to instinctively know when to push the envelope a little further, and when to back off a little.

More importantly, Meredith possesses a key attribute that all good coaches, teachers and trainers seem to have, and that is the ability to motivate. I believe motivation is the basis for not only achieving more than expected, but for having fun in the process.

I'm sure you already know what a valuable employee you have in Meredith, but I hope this confirms your belief. Because of this, I hope you can find a way to recognize Meredith for her performance and attitude.

Sincerely,  
Michael B