

STEPHEN K. SCHER, PH.D.

1185 Park Avenue, apt. 9-B

New York, NY 10128

Tel: 212-831-7106

Fax: 1-800-207-9601

e-mail: skscher56@aya.yale.edu

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To Whom It May Concern:

I have known the people at Practical Fitness and Wellness for over three years in our fitness center at 1185 Park Avenue. They have done a superlative job, giving us the personal service that only a small, tightly managed company can give. Their staff is knowledgeable and experienced, and extremely careful in handling clients on an individual basis. Their understanding of equipment, a wide range of fitness procedures, and their deep knowledge of human anatomy as it pertains to all phases of fitness and wellness and as they apply such knowledge to the welfare of their clients have never ceased to impress me.

I would give the highest recommendation to Practical Fitness and Wellness's application to service any building. They provide a full range of services and an efficient program of management, which ensures the strictest quality control in any facility.

If you have any questions regarding this recommendation, please do not hesitate to contact me.

Very truly yours,

Stephen K. Scher