

Testimonial for Jess M. Howland

8 June, 2008

Re: Jess Howland/Personal Trainer.

I have been training under Jess Howland for over two years. I now swear by a good personal trainer!

Let me explain; I have been working out for over 25 years on my own. I played basketball in college so I have always had to be in the gym. I work out now because it makes me feel better about myself mentally. Having said that, we all like the effects that come along with working out hard and eating healthy!

I'm a very intense person and I now work in the very intense world of International Produce sales. However I have never nor can I now, begin to work out with the intensity and efficiency of a Jess Howland workout!

No matter who you are, or how hard you think you work out, you take sets off, and you take days off and months off. That will not happen when you workout with Jess. He brings his "A" game to your workout every day! He is driven by the fact that "You paid for a good workout, you are going to get one"!

You will work harder, be pushed further than you can imagine, and the results will be amazing! He will put you through a workout in 50 -60 minutes that you can not simulate in 2 hours of working out on your own! I guarantee this!!

Now, you might ask; "what about nutrition"? He's your guy! He can and will design a diet for you that is effective and yet will allow you the occasional glass of wine/beer that many of us enjoy!!

You want results? I'm 43 years old; I took 2nd place in the 2007 Gold Gym Contest in Wenatchee Washington, working out under Jess! I dropped 25 lbs of Fat, and brought my weight down to 200 lbs from 225 lbs! Mean while I never lost an ounce of strength!

I've fought through 3 fairly serious injuries over the last 2 years as well. Bad shoulder, Bad elbow, and I-T band issues with both my upper legs and hips. No problem! Jess, simply trains me around these injuries. He Adjusts the workouts to avoid aggravating the injuries at the same time continuing get me the intense workout I desire and need!

He has had to completely change the style in which I lifted legs, specifically squats, as well as all chest and Shoulder exercises. And today at age 43 I tell you, I am now

stronger on every muscle group in my body than I was at age 21-28, the peak years of your physical strength.

So, you want to lose weight? Lose inches around your waist? Gain strength? Gain muscle? Hire Jess Howland! You do what he tells you to on the nutritional side, and his workouts will do the rest! You will meet your goals and feel so much better about yourself.

In closing I would say this; Most of you will say “ I can't afford a personal trainer” and I would say “ You can't afford not to have GOOD PERSONAL TRAINER”.

Best Regards,

Greg Kenyon

(509) 669-2230 (Call me if you have questions)

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