

Maria Krick  
Libra Health & Fitness

Dear Maria,

**Thank you!**

I feel compelled to write to thank you personally for your help. As you know I had back surgery some years ago. I have since enjoyed good health, but constantly battling the dilemma that I should do something positive to protect that situation, whilst being extremely concerned that the positive move could set me back – a considerable risk to myself and my family.

Thanks to your honesty, thoroughness and demonstrable care, I have had the confidence to start the journey of using Pilates to achieve my goal. I genuinely appreciate your support, and incredibly I am already feeling the benefits, not just physically, but also in confidence for the future.

I am of course actively recommending you to my friends and colleagues, and without question would be willing to offer a testimonial to your approach should anyone thinking of benefiting from your services wish to contact me.

Yours sincerely

**John Williams**  
0121 445 3268  
crondace@gmail.com