

October 18, 2007

To Whom It May Concern:

Recently, I attended a safety workshop where Mr. Marty Mercer was a guest speaker on the topic "*Everyday is an Athletic Event.*" This topic hit home for me as I am an athlete playing in various power volleyball leagues and tournaments throughout the year.

However, I was uncertain how this topic would pertain to my everyday "at work" style. Once I got seated and Marty began he immediately grabbed my attention with a personal story of a weight loss/fitness battle. I thought to myself who doesn't go through this everyday?

Over the course of his presentation I learned how running through your day without being healthy can wear you down and completely out. He spoke about the cost of being obese/overweight affecting not only your lifestyle but your business. The draw back on your business is the cost of lost productivity from your employees. I never realized the dollar impact on a business until Marty brought it to my attention.

His main focus was the workplace affects along with a focus on how you the employee(or) should not focus so much on time but energy by giving workout tips for travel/busy days along with some great food choices.

I am fortunate to work for a company that is proactive for wellness at the workplace. By sitting in on Marty's presentation I have a wealth of information to give back to our Wellness Committee who in turn will share that with its employees.


Marty was very captivating and held his presentation in the upmost professional manner. If you get a chance, I would highly recommend having him speak to a panel of your employees, if not only for starting healthy choices at work, but outside the home.

Should have any questions or concerns please do not hesitate to contact me at the number listed below.

Sincerely,



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