

U.S. DEPARTMENT OF HOMELAND SECURITY  
Mobile Emergency Response Support Detachment  
P.O. Box 261424  
Lakewood, CO 80226-9424



April 30, 2004

Ms Rachel Rolfes  
710 Harlan Street, Suite E-47  
Lakewood, CO 80214

Dear Rachel,

I thought it time I brought you up to date on my progress. It has been two years since I attended my first **STRESSERCISE for Life** workshop that you presented for FEMA Region VIII.

Your presentation and personal follow through are largely responsible for some major changes in my life goals and physical well being. I thank you for that.

You introduced me to a book, *Live Right 4 Your Type* and your presentation pointed out the food we eat has a major impact on how your body processes the food. I have stopped eating most processed wheat products, orange juice, bananas and processed foods with a high sugar, fat and chemical content. You made me aware that blood type has a relationship to your personality. That helps me deal more effectively with the people around me.

I feel great. I lost over 50 pounds the first year and kept it off. I could not have done that without your recommendations, support, diet and exercise. I have more energy, am more productive and have the stamina to withstand considerable amounts of daily stress. I am now playing tennis in local tournaments and leagues with the energy to compete very well.

I want to thank you for the follow up phone calls and checks to see how I am doing and giving me the latest information you have. I know of no other company or person that provides that degree of positive, caring reinforcement.

Sincerely,

A handwritten signature in black ink that reads "Joseph L. Platko". The signature is written in a cursive style with a large, prominent "J" and "P".

Joe Platko  
FEMA MERS Security Manager