



FEMA

August 12, 2005

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

Dear Rachel,

Thank you so much for the four "Change, Stress and Nutrition" workshops and follow up sessions you conducted in 2002 for the Federal Emergency Management Agency in Denver, Colorado. These workshops were very well received and are proving to be a positive influence now, even more over three years later.

Understanding more fully the importance of effective stress management, we are now experiencing first hand, the relevance in our more focused interactions with one another and increased on-the-job productivity. Your comprehensive mastery of the subject, your enthusiasm and the practical suggestions you shared, are truly making a difference for us. The ongoing personal follow-up you provide has proven helpful to many.

We are all personally grateful for the benefits we gained from this training experience. There have been many cases of significant weight loss, improved health conditions, as well as, overall increased workplace efficiency and enhanced day-to-day communication. Thank you again for extending yourself to us in providing this valuable service.

Sincerely,

A handwritten signature in black ink, appearing to read "Douglas A. Gore", with a long horizontal flourish extending to the right.

Douglas A. Gore
Deputy Regional Director



FEMA

RSLG-MOS-DV

May 12, 2004

To Whom It May Concern:

I have recently been thinking back to a little over two years ago, in April 2002, of a very convincing Stress Management Training Program I had the good fortune to attend – “**STRESSERCISE™ for Life,**” presented by Rachel Rolfes. I had been involved in an extremely stressful period of my life in responding to and working in New York City in response to the 9/11 attacks, as well as having just returned from supporting the 2002 Winter Olympic Games in Salt Lake City, Utah. The stress-rating scale offered during the workshop showed me over 50% above the acceptable threshold. I was very likely to suffer a major physical or emotional illness.

I needed help.

Ms. Rolfes’ presentation proved to be not only timely then, but has proven to have had a lasting benefit on life even now. My stress rating has dropped over 35% to a now-moderate risk. I seem to be more focused on what is within me rather than what is around me, which promotes a very calming feeling. This in turn seems to have had a calming affect on those around me. Another significant benefit in my life was the loss of over 40 pounds within eight months of receiving this program.

I’ve spoken to several of my employees, as well as other folks who were in the April 2002 presentation – their lives have been permanently changed for the better as well. Some have experienced permanent weight loss; virtually all have permanently changed their eating habits; virtually all feel that they can better deal with both situations that they feel are particularly stressful, as well as daily mundane situations that unwittingly lead to stress; and, virtually all feel much better about themselves for having attended **STRESSERCISE™ for Life**. The ongoing personal follow-up Ms. Rolfes offers has been much appreciated and a key contributing factor to our high success rate.

Speaking very personally, **STRESSERCISE™ for Life** proved to be a truly life changing experience for me at a time when I really needed a relief from the stress I had been under, and was continuing to feel. I fully expect the long-term effects to continue to remind me that I really am in control of my life. I would highly recommend the **STRESSERCISE™ for Life** initial program and follow-up sessions. I feel that the tangible lasting benefits are tremendous!

Most sincerely,

A handwritten signature in black ink that reads "Norman W. Winterowd". The signature is stylized and cursive.

Norman W. Winterowd
Chief Program Officer

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