



TRICARE
MANAGEMENT ACTIVITY

OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE
HEALTH AFFAIRS

16401 EAST CENTRETECH PARKWAY
AURORA, COLORADO 80011-9066

HR Support

January 22, 2010

Rachel Rolfes
STRESSERCISE™ for Life
701 Harlan Street, Suite E-47
Lakewood, CO 80214

Dear Rachel:

I want to extend my personal thanks for bringing your highly effective *STRESSERCISE™ for Life (SLF)* programs on-site to our TMA Aurora staff. Like you, they share a very similar commitment to health, but in a slightly different realm. Our employees are committed to improving military healthcare medicine for TRICARE beneficiaries. We provide servicing and delivery of those services to our men and women in uniform, their families and retired service members.

My association with you and the SLF programs has spanned over a 13 year working relationship which I embrace and offer both my personal and professional endorsement of your courses. Simply said, they work. Your programs inspire individuals who realize taking time and fortifying themselves yields in a "take-charge attitude". It has motivated an environment of change bringing positive, life-changing results. This is not just another stress management or dietary program. It is rather a program that presents a platform to challenge each participant to explore their body's bio-individual differences, aging changes that occur and life-altering results that can follow. SLF positive outcomes confirm, decisions to make simple steps of change, bring powerful pay-offs, in both personal health and workplace performance.

Workshop attendees became hooked after sitting in your presentation for just a 1-2 hour period. They found themselves clearing their schedules for the entire 2-day training event which normally requires they step out to attend a meeting or complete a tasking. The positive feedback received after a SFL program presentation, results in other personnel asking, "When is another program going to be presented?" Their interest is peaked, from other participants who have shared exciting news about personal changes and results, or from other colleagues' recommendations to attend. This type of positive word of mouth advertising is what any trainer/supplier could only hope for when offering any type of product or service. It is always the best form of advertisement!

The SFL programs have been so successful at the Aurora location, that other TMA locations have requested presentations to their staffs at MMSO in Great Lakes, IL, our headquarters in Fall Church, VA, and TRO-West in San Diego, CA. The expanded course offerings are due in large part by the number of personnel requests to bring the program on-site and workshop feedback which have had immediate and long-term results and results tracked through on-going communication and follow-up.

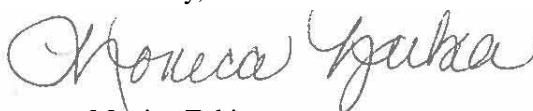
The personal and genuine concern you have for every participant, makes them feel like you are their personal coach. Your time-tested teaching techniques and tips have culminated into an effective interactive presentation style and common-sense approach.

It has resulted in the following specific results:

- weight losses of 10 lbs. and more after following some common-sense approaches
- increased job performance from step-by-step sleep solutions, effective stress-reduction strategies, tools and at-the-desk stressercises
- better food choices and snacks
- SFL protein shakes for lunch, resulting in less fatigue in afternoon work hours
- increase physical activity and exercise workouts to improve alertness
- support and ongoing use of post-workshop aids - CSN workshop syllabi, handbook and resource books
- increased on-the-job cohesiveness due to individual health gains
- share results contributing to other family members and friends jumping on the band wagon to make changes in their lifestyle
- eating right for your blood type, that offers explanations to why certain food anomalies affect the way they feel

Your SFL programs are comprehensive, time-proven programs that indeed change lives and workplaces! I am personally grateful to know you and want to thank you for your dedication to this vitally important work. I want to wish you continued success in your business in 2010, especially your workshops throughout TMA.

Sincerely,



Monica Zubia
Human Resources Specialist