**Fitness Matters**

111 Stewart Street

Richmond, VA 23060

October 12, 2022

Mary Slater

1234 River Edge Lane

Charlottesville, VA 22901

Dear: Mary Slater

You did it! As a valued participant of the Fitness Matters Weight Loss Club, you set a goal and are well on your way to seeing it through. The first six weeks of a weight loss program are often the most difficult, but you are one of a select few who have actually lost at least 10 pounds. In fact, you have lost 12 pounds. We hope you are as pleased as we are with your success!

As further incentive, the more weight you lose, the more payback we want to give you. Check out the following weight loss steps:

|  |  |
| --- | --- |
| Fitness Matters! | |
| Pounds Lost | Step Prize |
| 5-9 | One free fitness class |
| 10-15 | One free gym week |
| 16-20 | $100 gift card |
| >20 | Trail bike from Spinning Spoke |

Please stop by the club office to pick up a certificate entitling you to one week of free gym time. It’s a small token recognizing your success at setting and achieving a major goal. We celebrate you and look forward to working with you during the upcoming weeks of this weight loss journey.

# **Meet Our Top Losers for the Month**

|  |  |
| --- | --- |
| Tops at Weight Loss! | |
| Hans Groh | 24 |
| Amanda Hill | 17 |
| Total | 41 |

**Fitness Matters**

111 Stewart Street

Richmond, VA 23060

October 12, 2022

Victoria Crawford

3903 Hollywood Drive

Midlothian, VA 23112

Dear: Victoria Crawford

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| Total | 41 |

**Fitness Matters**

111 Stewart Street

Richmond, VA 23060

October 12, 2022

Ashley Dugan

14301 Sommerville Court

Midlothian, VA 23113

Dear: Ashley Dugan

You did it! As a valued participant of the Fitness Matters Weight Loss Club, you set a goal and are well on your way to seeing it through. The first six weeks of a weight loss program are often the most difficult, but you are one of a select few who have actually lost at least 10 pounds. In fact, you have lost 11 pounds. We hope you are as pleased as we are with your success!

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**Fitness Matters**

111 Stewart Street

Richmond, VA 23060

October 12, 2022

Michael Carden

101 West Cary Street

Richmond, VA 23219

Dear: Michael Carden

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**Fitness Matters**

111 Stewart Street

Richmond, VA 23060

October 12, 2022

Anthony Finnegan

27912 Pump Court

Richmond, VA 23233

Dear: Anthony Finnegan

You did it! As a valued participant of the Fitness Matters Weight Loss Club, you set a goal and are well on your way to seeing it through. The first six weeks of a weight loss program are often the most difficult, but you are one of a select few who have actually lost at least 10 pounds. In fact, you have lost 15 pounds. We hope you are as pleased as we are with your success!

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| --- | --- |
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