

February 18, 2011


To Whom It May Concern:

Horizon Health and Fitness has taught onsite fitness classes at our organization for 2 ½ years. In particular, TJ Miller teaches a functional circuit training class every Tuesday and Thursday. The cost per class is very affordable and the value far exceeds the cost.

TJ promotes a 'go at your own pace' mentality and as a result, we continue to have participants at all levels, from beginner to advanced. Participants have commented how they are stronger and healthier overall. Participants speak very highly of TJ. He has offered his coaching and guidance to employees around fitness and nutrition and is a valued and respected resource to participants, even outside of class.

I recommend Horizon Health and Fitness and TJ Miller without reservation. Please feel free to contact me directly with any questions or concerns. I can be reached at 608-410-8061 or at lreiter@cogdell.com.

Sincerely,



Lisa Reiter
Human Resources
Cogdell Spencer ERDMAN

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Strategy. Capital. Delivery. Management.