

From: Rex [REDACTED]
Subject: Thanks David
Date: May 1, 2020 at 10:33:08 PM
To: Dave Hall davehall@cellercise.com

Dear David,

I hope you are well. In some ways my Cellerciser journey began over 45 years ago when my Aunt was with a company that sold rebounders and she gave me one. I used it for a while, and enjoyed it, but I was young and "macho" so I eventually gave it up for miles of running, other excessive types of training, and crash dieting. I carried this regiment on through the years and I now have an artificial hip, and two artificial knees. I am not complaining....I think the Lord for good Doctors, and the technology, that allows me not to be a total cripple. I retired from teaching and coaching a few years ago (42 year career) and I realized I had given more concern to my athletes and students than myself. Almost a year ago I finally had that moment where I had a very serious conversation with the man in the mirror. I had a physical. I weighed 411 pounds. My A1c was almost 10. My blood Pressure was 170/95. My Cholesterol was through the roof as well. I was taking medication for all of these things already and my physician wanted me to take more including adding shots of insulin. I simply said I was not going to do that and that I would take care of the problem. Actually that was not that bright, but I was finally fed up. I would not recommend anyone do that, but I knew myself, and my problem has never been not knowing what to do, but rather simply doing it. That evening I went home and I prayed that the Lord would give me strength to proceed and be with me as I went. The next day, I began doing it. I started slowly. I made the decision that initially I would set a goal of working out four times per week. I could work out more days, but the baseline was four. I figured that if I said I was doing it every day I was setting myself up to fail because sometimes cares of life get in the way. The foorst day I did fifteen easy minutes on a treadmill and fifteen easy minutes on a bike. The next day I did that again and added a few rounds of 3-5 exercises with light weights I have at home and a TRX. I would do the walking and riding at least four times a week and on at least two of those days I would add the other exercises. I also tried to cut down on sugar and other "bad" carbs, but I did not just deny myself everything. I would also sauna 3-4 times per week. I did all of this for a month and was under 400 pounds and feeling better. I was ready to work a bit harder so I alternated days of biking and walking with two of my biking days including some intervals, and one of my walks being a longer one. I started going to our local club

and began a reasonable lifting program twice a week. I began some bouts of intermittent fasting and watch my carbs a bit closer. I was feeling better and better. I also added one thing.....a Rebounder. I still had the one my Aunt gave me stored in my garage. Each day after my workout I would bounce (not all that hard) for 5-10 minutes and I found that it made me recover better. I also began revisiting the benefits of rebounding and I discovered your material on Youtube. As I watched, and studied, I decided that a Cellerciser would be much better than the unit I had. I noticed that the suggested maximum weight for the Cellerciser was 350 pounds so I kept working with the goal of getting to the point where I could use the Cellerciser. Finally, when I got to September I was near 350 pounds and I ordered a Cellerciser. When it came the unit was even better than I imagined. I started using it after my workouts, but then I decided I would get on it every morning, and so I began playing on the Cellerciser for 5-10 minutes every morning. It only took a few sessions before I was looking forward to getting on the unit each morning because I felt so good after I did it. If I felt stiff when I got out of bed the Cellerciser took care of that. I can tell you that I have done a lot of physical things over the years that have damaged my body and I have a lot of orthopedic issues, but 100% of the time when I get off the Cellerciser I feel better, even when I hit it hard. Since I received the Cellerciser I have continued to workout . I have replaced one walking session with Cellerciser and added another Cellerciser session. These are in addition to my morning ritual. I am now down to 300 pounds and maintaining that while I am stuck in the house due to Covid19. I am on the Cellerciser every day. It not only helps me physically, but the mental benefits are huge. I plan to let my body lose some more weight once this lock-in is over. Right before the lockdown I had a Doctor's appointment. My A1c is at 5.2, my cholesterol and other blood markers are all excellent, and my blood pressure has been in the 120/75 range for 2-3 months now. The benefits I have gotten from rebounding, and a healthier lifestyle, are simply phenomenal. If I was still coaching I would have several Cellercisers in my wrestling room for warm-up, recovery, and conditioning as well as for training around injuries. I have worked with a lot of young athletes and one group that I think would benefit immensely from the Cellersider is the female athlete. They have an inordinate number of ACL tears and I think working on the Cellerciser would strengthen the muscular and ligamental structure of their knees in ways

that traditional weight training cannot touch. If I could go back in time I would base my fitness program on rebounding which is what I am moving towards as I approach my post work life. Cellerciser has helped me get healthy. You have helped me as well Dave. I have watched your Youtube videos and, learned a great deal from you. Plus the motivation you provide in your presentations is priceless. Thanks for your help. I am so sorry this was so long. There is actually much more because God has really transformed me, and blessed me, along the way in this journey.... but another time maybe. By the way, I am 63 years old.

Sinceraly,

Rex

New Castle, Indiana