



January 31, 2015

Ms. Li Si Yang  
Journey to Fitness  
3410 Campbell Avenue  
Honolulu, HI 96815

Dear Li Si,

Thank you for presenting the introductory posture workshop at our Company's annual staff meeting on January 28, 2015. Your workshop helped us emphasize that every employee is important and should promote health and wellness.

This session on the basics of correct posture was well received by all of our staff and really sparked positive sharing and discussions amongst our staff on actions they are now doing and planning to do as a result of their new found knowledge and awareness. The most valuable part of the workshop was providing individual posture evaluation and recommended corrective actions.

Thank you again.

Sincerely,

Michael Y. Ichikawa  
Managing Principal