

SEELEY'S BAY



ATHLETICS

A Division of Seeley's Bay Family Medicine Clinic
106 Drynan Way, Seeley's Bay, ON K0H 2N0
613-387-3120
613-387-2842 fax
www.seeleysbayathletics.ca

August 7, 2015

To Whom This May Concern;

I am the founder and Chair of Seeley's Bay Athletics, a not for profit corporation which promotes inter-generational fitness free of charge in the Leeds and Thousand Island Township. I also promote the concept of fitness and physical activity as part of my family practice as a Nurse Practitioner at Seeley's Bay Family Medicine.

I have recently had the privilege of trying the EX.303 exercise machine as developed by Mary McMaster of Seeley's Bay. I was drawn to find more about the EX.303 after hearing the testimonial from Mary regarding her improved health and fitness after using the unit for a few short months. Mary has lost a substantial amount of weight in the past 3 months and established increased strength, balance and arm definition with her use of the EX.303. She has achieved this at an age when people typically lose rather than gain muscle mass.

I recently had the opportunity to personally test the EX.303 at my home. I found it easy to use, lightweight and found that it afforded me a comprehensive isometric work out for my entire body. I especially felt the effect in my core and arms.

I am impressed with the ease and safety of use with this product, rendering it appealing for all ages and abilities. An added bonus was the inherent feeling of playfulness I felt during the workout. I particularly enjoyed using the EX.303 on a coffee table where I was able to effortlessly utilize body mechanics to swing to and fro and achieve release of lower back tension as an adjunct to my core and arm work out.

The EX. 303 has incredible potential. I understand through Mary that she plans to promote its' use through schools and Homes for the aged as well as on an individual basis. She has a clear strategy in mind as she navigates the manufacturing and the marketing of her product.

I wholeheartedly endorse this product. I am pleased to support Mary in whatever means I am able to as she promotes and expands this product line. It is exciting to see a simple yet effective product being developed which has the potential to reach so many. In today's sedentary world, this product has the potential to reach those who may spend far too much time in front of a screen. Easy affordable access to a product which is fun and safe to use is precisely what is needed, now more than ever.

Sincerely,

Tatanya Abrams RN(EC) BSCN PHCNP Nurse Practitioner and Chair of Seeley's Bay Athletics