



5/31/2007

Re: Letter of Recommendation - Dr. Jay Villella, DC

To Whom It May Concern:

The purpose of this letter is to inform you of Dr. Villella's affiliation with our organization, Maximized Living. Dr. Villella has been mentored and coached by both Dr. Greg Loman and Dr. Ben Lerner, best-selling authors of *Body by God: The Owner's Manual for Maximized Living* and *One Minute Wellness: The Natural Health & Happiness System that Never Fails*. Dr. Lerner and Dr. Loman founded Maximized Living after seeing the need for an authentic and effective total wellness program in churches, schools, gyms/fitness centers, companies, etc.

Dr. Villella is authorized and certified to teach our Life Management Programs which cover the areas of nutrition, exercise, stress management and time management. The programs he will be teaching at your facility will give the participants that attend the weekly workshops the tools to develop long-term, healthy habits for Maximized Living. Participants that have gone through our various programs, the Extreme Makeover Challenge for example, have improved their lives not only physically, but also spiritually and emotionally as well. Our programs address the whole person in mind, body, and spirit. To date, our life management programs have been in hundreds of churches, YMCAs and companies which have found that their organizations have benefited in the following three ways:

1. Retention of existing clients/customers/members
2. Attraction of new clients/customers/members
3. Happier, healthier and more productive employees/volunteers

I am confident that your organization will benefit from implementing our programs with the assistance of Dr. Villella's passion and commitment to his community.

If I can be of any assistance in making our Life Management Programs a success in your organization and community, please do not hesitate to contact me.

Sincerely,

A handwritten signature in black ink, appearing to read 'B. Bhogal'.

Bailey Bhogal
Life Management Programs Director