

3/24/14

Manna's Martial Arts  
12285B World Trade Dr  
San Diego, Ca. 92128

Subj: Overall Health

Dear Friends,

I wanted to take a moment to update you on my journey to better health. My journey started in June 2013.

I was diagnosed with High blood pressure and Morbidly obese. I knew I was heavy but Morbidly obese is a very scary thing to hear from your doctor. I kept thinking if I don't do something soon I may not be here to do anything at all.

I saw Manna's Martial Art tent at the RB street fair event and knew when I saw Master Brian Manna, Master Janet Manna and Master Brandt that this was an answer to my prayers. I needed to make life changes but did not know where to start.

I have lost 44 lbs without dieting and have been taken off two medications since I started your workout program. Kickboxing at Manna's is a blessing to me in so many ways. First and foremost it is a BLAST!!! I have never enjoyed working out but I have to say between the friends I have made the encouragement I get and Brian (Sir) dancing around the room has made this work out a must for me.

I am so proud of myself for being committed to the program and because of the confidence I have gained I have started to walk 3 times a week at about 18-20 minutes a mile and I usually clock in about 3 miles. Not only that I have signed up for 10K's as well.

I remember my first class. I was so concerned about being the heaviest person in the class and one of the oldest. I was met with words of encouragement and praise. I have such a great feeling of accomplishment when I finish up the 1 hour class.

Kickboxing is not for sissy workout and I knew when I signed up that I was going to be working out with the best of the best.

I just turned 55 years old and my husband made a special note on my Birthday card that has blessed me. "My Skinny Minnie will never gain weight again. She'll just kick it off. So, true....."

Thank you for the gift of better health.

Sincerely,

Julie Peden