



St. Louis Cardinals L.L.C.

700 Clark Street • St. Louis, MO • 63102-1727

October 5, 2010

Charles D'Angelo
Team Charles
7435 Watson Road
St. Louis, MO 63119

Dear Charles:

I want to personally thank you for helping empower me to improve my health and loose over sixty pounds since I began your program in mid May.

In a nutshell, your program works. You took the guess work out of what I needed to do on a daily basis. You devised a program that I could stay on despite my baseball schedule and with food available at a ballpark.

Your nutrition and training advice have been life changing. Thanks to your program, I not only look and feel better, but my health is improved - - as evidenced by my most recent blood work.

What is most remarkable about your program is that it helped me change my relationship to food and exercise. You have taught me to enjoy healthy food and really enjoy working out! Thank you again for your help. I look forward to continuing to work with you to take my health and fitness to a new level.

Sincerely,

Ron Watermon
Director of Public Relations & Civic Affairs

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