



NORTH SHORE - LONG ISLAND JEWISH HEALTH SYSTEM
SETTING NEW STANDARDS IN HEALTHCARE



NORTH SHORE UNIVERSITY HOSPITAL

100 COMMUNITY DRIVE, MANHASSET, NEW YORK 11030 • (516) 562-4970

May 15, 2005

Dear Sunshine :

I wanted to take the time to write you a heart felt letter of thanks. I am very grateful to you for all that you have done for me and for all that we have accomplished together. With you I know that I will accomplish my goals of health, strength discipline and happiness.

Like many other people who seek personal training, weight loss was my primary goal. Soon after we started to work together I had a major operation on my right knee and leg. I was unable to walk for almost two months. By the time I started working with you again I was out of shape, weak and depressed because I had a lot of limitations when walking. I was very unstable. The muscles in my right leg had all withered away from inactivity. If I was standing for any length of time I had significant swelling and pain. My body had shut down. Furthermore, I was tired of the baby steps that I was making with the doctor assigned physical therapists. The program with them was not set up to meet my particular needs. I am young, healthy and motivated to work hard toward my recovery. However, I always left those physical therapy sessions wanting to be pushed further. I felt as though I was paying for nothing.

It was then I decided to call you. I am so excited about my progress; only a few weeks after I started training with you I have come so far. Within a month of only working two days a week I was walking tall and strong. I have also lost all the weight I gained since the surgery. I am no longer afraid of steps. I can skip down a landing of stairs without hesitation or support. I have more muscle tone in my leg and no longer experience pain or swelling. You trained me safely and diligently so that now I am ready to run and jump!

You are gifted in motivating people. You are a true professional who is knowledgeable about your field and the body's ability to heal itself. Above all, is the special touch you add with a personal approach to every client's specific needs.

Thank you very much for everything. I look forward to our future sessions as I continue to work on achieving my goals.

Sincerely,

A handwritten signature in black ink, appearing to read "Allison B. Burkett".

Allison B. Burkett M.D.



116-50 227TH STREET
CAMBRIA HEIGHTS, NY 11411
TEL: (718) 217-1002
FAX: (718) 528-7248

September 10, 2005

To: Sunshine

Throughout my life, I have heard stories just about anything. Sometimes you wonder whether or not there is any validity to them all. I guess my experience working with a professional trainer, motivator and a prime individual such as Ms. Smadar confirmed, at least to me, that there are, indeed some true stories out there. Well, a year ago I have to bluntly admit that I was about 40 pounds overweight. I used to feel very tired more than the acceptable norm. I remember one day while I was climbing the stairway of an office building for a meeting, I felt so awful that I thought that my heart was about to stop. When I reached that particular office where I had a very important meeting to close on a contract, I had to admit to these people that I needed a glass of water before I began my meeting with the head of this reputable health care institution, located in the heart of the borough of Brooklyn. Since that very day I started thinking about my immediate family, i.e., my wife and my two beautiful children, and of course my mother and the rest of my family. I started exploring massage therapies and other means of alleviating this lamenting pain. I say lamenting pain because it seems to engulf your body at a slow, but steady rate. I had headaches and muscular pains almost regularly. I started developing arthritis in my hands, and my ankles were a bit enflamed from time to time. Needless to say that I started having circulatory issues and sooner would it not have been artery complications that could have led me straight down the path of heart disease or perhaps, God forbid, a heart attack period.

Well, thank God for his amazing grace and his infinite love towards me. I thank him for having made it possible to meet Smadar for she is a true motivator and a conscientious/professional trainer who places her focus more on the well being of her students more than anything else. While you are receiving the physical training, Smadar informs and educates about proper nutrition and spiritual balances. Indeed, it is crucial to armor your mind and spirit with positive thinking in establishing rapport with positive people. Having said that, it is now time to corroborate my comments with some facts that may serve as a true testimony for whomever out there looking to accomplish things and succeed in life.

First, when I started with Smadar I weighted 185 pounds. I enjoyed food, especially eating late at night after a long day of work. Although I was aware of the fact that it was not wise to do so, I could not take control over what I wanted versus what I needed. The calorie contents and the awareness to stay away from fatty food became more evident after I joined smadar's program. Second, my attitude changed altogether because I am no longer moody person that oftentimes I was. I really believe that in making physical training a part of my daily routine, my whole life has shifted gear upwardly. Third, when I started my training with Smadar, waking up in the morning was perhaps the most difficult thing to do, and I tended to look for some kind of excuses to stay in bed. However, my wife was there, thank God, to support me. In addition, daily exercising has

I HAVE LOST 21.5 LBS I FEEL
GREAT, THANKS TO SMADAR FOR
ALL YOUR HELP, MOTIVATION
AND BELIEVING IN ME

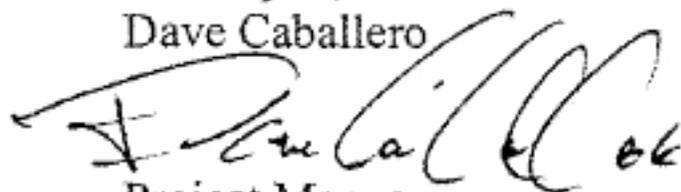
Donna Johnson-Road
6/30/08

229-06 146 Ave
Springfield Gardens
N.Y. 11413
May 16, 2005

Dear Sunshine:

I would like to take this time to thank you for all you have done for me. All my life I've been battling with my weight. My size would fluctuate from small to heavy as the seasons changed. The weight range I fell into would be between 200 and 230 pounds. This whole process would always cause me physical and emotional pain, until I started working out under your supervision. The main reason for my condition is my love for food. Much like a lot of people, I love to eat. I don't have to necessarily be hungry to eat. If the right mood hit me at 1 am, the eating binge would begin shortly after. I realize now that this habit is not very healthy. In the past I've worked with different trainers and have had success losing the weight desired. The problem that I have is keeping it off. From the first day I started with you my outlook on life changed. You motivated me as well as educated me on how food is to be used. I've been working with you for over a month now and have lost over 10 pounds. My self-esteem has increased and my energy level has sky rocketed. There is no sight more satisfying as seeing clothing go from tight to loose. I owe that to you. In this day and time there are very few people that genuinely want to help you. I've been blessed with having such a trainer looking out for my physical and mental wellbeing, and for that I am very grateful.

Thank you,
Dave Caballero

A handwritten signature in black ink, appearing to read 'Dave Caballero', written in a cursive style.

Project Manager
Pfizer, Inc.

contact@funcercise.com

From: <NICKYNICKS@aol.com>
To: <NLAFONTA.Flushing@JHMC>; <contact@funcercise.com>
Sent: Thursday, December 16, 2004 12:00 AM
Subject: (letter)

12/10/2004

Dear Sunshine:

Just a few words to express my appreciation for the weight-training program. Since I started working with you last April, my health has tremendously benefited. I no longer have that usual back pain in the morning when I get up. I can attribute that to the back strengthening routine.

I lost fourteen pounds and I am now wearing a size eight instead of a twelve. Quite a few people complimented me on my new look. They wanted to know how I was able to accomplish such progress so rapidly. I told them that it was a combination of diet exercise and being good to myself in other words, Smadar's fitness program. This is the first time that I lost weight and kept it off.

Thank you for your support, your nutritional advices, and your words of encouragement. You are a caring professional and it shows!

thanks,

Nicole

contact@funcercise.com

From: "p.darlee" <suesabi@hotmail.com>
To: <contact@funcercise.com>
Sent: Sunday, February 06, 2005 4:13 PM
Subject: Thanksyou to Sunshine

This is julie I have arthritis on my left leg and could not walk it was so painful I could not waik sometimes I have to use a cane since I have been doing excercise I am pain free I dont take no pain medications and I lost 40 lbs, I am very happy .thanks to you Smadar and you encouragement

Gertude Desere
147-52. 232 St
Rosedale. NY 11413

April, 10, 2005

Dear Sunshine:

I would like to Thank You for what you have Succeeded in doing for me.

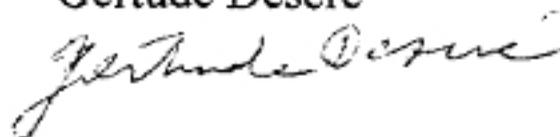
I am 62 years of age, and I had a surgery done on my shoulder. Some therapists that I went to and did Therapy with made me believe that I will never get well and fully recover in my shoulder.

Thank You God for sending me to Smadar thru a friend's recommendation.

In less than a year I can do everything with my shoulder and arm. I want to Thank you for your patience and for customizing an exercise routine specifically for me and for your patience while working with me.

I lost 40 LB in less than a year and feel a lot better, stronger and healthier. I do not have any more pains in my shoulders and arms as before.

Sincerely Yours,
Gertude Desere

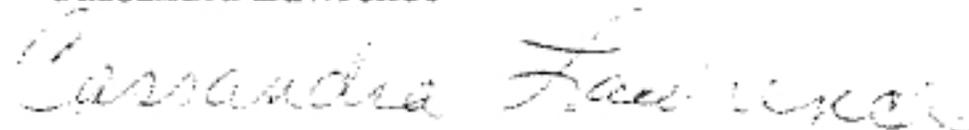


Dear Sunshine

How can you thank someone who has given me what you have? Before I started coming to you I was overweight, depressed, and in physical and mental pain constantly. I would lay on my couch from morning to night, get up only to take my children to school, go to work for 1 hour a day, and if I was up to it make dinner for my family. That was my life, (That was no life, all I felt that was left for me was to die). NOW I'm living AGAIN THANK GOD AND YOU. I can't believe the way I feel now I'm healthy so far I've lost 26.5 pounds and am still losing. I have energy. I can do things now that I haven't been able to do in years. I also forgot to mention when I started with you I was taking 14 or more pain killers a day. NO MORE I'm pain killer free. I'm active all day long. When I finally do sit down at night I fall asleep because I keep going all day. It's amazing I never thought I'd be able to do anything again and now I feel like I've been given a second chance.

Thank You, and God Bless You,

Cassandra Lawrence

A handwritten signature in cursive script that reads "Cassandra Lawrence". The signature is written in dark ink and is positioned below the typed name.