

The personal training program Gary Bredehoft and Cindy Benda have orchestrated is the best program we have ever had. The positive and encouraging method of training, and the ability to adapt the exercises to the tenants' abilities have inspired the tenants to be more positive about their lives than I have ever seen them before! They have smiles on their faces! They have committed themselves to this, and they absolutely love Cindy Benda! If these trainers can inspire people the way I have seen, it is a personal testimony to how beneficial their program is. They provide instructions and illustrations for tenants to work on throughout the week and tenants are losing weight and starting to maintain a health lifestyle for the first time in their lives. They are outstanding, and a blessing to our tenants!

Julia Geier, Tenant Services Coordinator