

January 27, 2016

Dear Ms. April

I think Core is fun. It is my favorite place in Sumpter! My favorite rooms are Vortex, jungle gym, and the front office because it is quiet, so I can do my home work. I like doing science experiments. I also like playing dodge ball.

P.S. AA is the best!!!

Your friend, John
John Morgan

312 Flight
Line Road
Shel SC, 12345
Jan. 19. 2016

Dear Mrs. Krystal,

When you teach me
I'm so happy. You help
me with my handwriting
and spelling. Summarizing too.
I like when you help
when I feel like I can't
do it. You push me
forward and then I get it.
You have been by my
side.

Your friend
Rachel
maternick

SHE SC 12345
March 30 2006
312 Frierson Road

Dear Mrs. Cindy,

How are you doing? I hope you are fine.

I like your exercises because they are a lot of fun. They make me have energy when I need it. I love the bicycle, planks, and bands. COPE exercises make lots of students think better. I like the exercises. I also like the crunches.

I wonder when we'll get to do our stretches.

Sincerely,

Crystal Butler

312 Flight Line Road
SHE, SC 12345
March 30, 2006

Dear Mrs. Cindy,

The exercises are great. I like the CORE exercise with the rubber bands. Some of the exercises get my brain to work very hard. Some exercises I miss because I'm getting ready for class. I don't miss the whole exercise program. I exercise at home too. Exercising is a active thing to do

Your friend,
Kelly Wallenberg

312 Flightline Road
SHE SC 12345
March 30, 2006

Dear Mrs. Cindy,
Your exercises are fun. We got to use
the bands today. It was fun. It helps me
be stronger too. I like the band ones
best. The planks are one of my favorites
too. When you do the up, down, up,
down, twist, back it is hard I like
it because it can give me big
muscles

Your freindy
Pierre Julien

312 Flight Line Road
SHE, SC 12345
March, 30 2006

Dear, Ms. Cindy

How are you doing? I'm fine. I like the CORE exercises. It helps our bodies. It also builds up my endurance. Did you try any of these exercises? I did the midrange today. It was kind of hard, but I got the hang of it. The hardest exercise I did was the plank one. I was tired after the planks. Soon, I'm going to do all of the exercises.

Your friend
Malcolm Sutton

312 Flight Line Row

SHE, SC 12345

March 30, 2006

Dear Mrs. Cindy,

The CORE was fun. The best part is watching my teacher do it and acting funny. When she does it I can't stop laughing some times! My favorite part about the CORE is doing the stretchy things. It helps your muscles work out. But I don't think my teacher likes it very much. Some times I miss some of the CORE. But I never miss the stretchy part. It is fun to me.

your friend,

Madison

312 Flight Line Road
SHE. SC 29345
March 30, 2006

Dear Mrs. Lindy,

I like your exercises a lot.

I keep doing them at home.

They're fun. I think I am going
to keep doing them at home.

Do you like doing exercises?

I do. The CORE exercises are great.

I like the exercises so much.

I do well in exercises.

My man does exercises to get

ready for school. My

dad likes to walk.

Your friend,
Brittany Dowling

312 Flight Line Road
SHE SC, 12345
March 30, 2006

Dear Mrs. Cindy,
Your exercises are good for our
bodies. I like doing back exercises.
I like the twist. It is hard.

Your friend
Sammie Green

Testimonial

To: Brent Petersen
Dori Gilbert

From: Nancy Kilgore
Kilgore Marketing Solutions, Inc.

Date: November 8, 2005

RE: CORE

Thank you very much for introducing CORE to my children at The Center for Inquiry. I have seen many advantages to the exercises and concepts taught in this program. My oldest child Grant (9) has had difficulty for years maintaining his weight and losing "baby fat". I took him to the pediatrician on several occasions, and he recommended limiting his food portions. We also limit sweets and starches and do not allow sodas. TV is very limited. Grant plays basketball and baseball, and swims almost every day in the summer. None of these activities helped him lose the bulge and "love handles" around his waist. His coordination in sports was also slower than his peers.

He began CORE at the beginning of the school year. Not only is he excited about doing the exercises, but I feel it has helped his attention and concentration as well. He received his best report card to date 2 weeks ago. His athletic abilities have improved and are more coordinated. He doesn't tire as easily during his games. Grant was even "promoted" from the outfield to first base. Due to CORE's emphasis on the abdominal muscles, he is FINALLY slimming down and can now enjoy an occasional pizza or piece of chocolate. He is also interested in learning about the science behind CORE.

My younger child Andrew (5) recently began CORE. Two years ago we were concerned about his stamina, because he couldn't go on long walks or bike rides with the family, and begged to be carried. Andrew started playing soccer last spring, and just couldn't understand where to kick the ball or what to do. Now Andrew can run further and faster, and his concentration and teamwork have greatly improved the last several weeks. He was able to pass the ball on several occasions so that his team could get into position to score.

Our family is very supportive of this program and encourages other teachers and schools to look into its merits. With childhood obesity and diabetes on the rise, we think CORE would be an asset in our schools.