

## Testimonials

Dear Public Officials,

My name is Steven Grant and I am a student at the Catholic University of America where I am pursuing a master's degree. I have known Greg Raleigh for the past two years. I first met him when he came to the athletic department here at the university to speak about nutrition and exercise. I do not know how I came to be at the athletic center that day, but I am very glad that I was there. Greg Raleigh's speech made me understand the science behind nutrition and why it is as important to eat right as it is to exercise. Greg Raleigh spoke in words that I could easily understand. After his speech I chose to speak with Mr. Raleigh one on one to ask him a few questions about nutrition and diabetes.

In spring 1998 I was diagnosed with type 2 diabetes and I was having a hard time dealing with the mental and physical struggles of diabetes. Greg understood exactly the turmoil I was going through diabetes has plagued his family for many years. About a year ago I started working regularly with Greg Raleigh to finally take control on my life and my health. Since then I have lost 30 pounds and I feel a great deal better about my situation. Greg not only helped me to control my diabetes and nutrition, but with his help I have also began a weight training regiment that with time will bring me that much closer to the man I that I should be, closely monitored by Greg. Greg Raleigh has been a very positive influence on my life and I owe a great deal of my physical success to Mr. Raleigh.

Sincerely,

Steven D. Grant

Dear Public Officials,

My name is Kevin Jacobsen and throughout the past three years I've used the nutritional advice Greg Raleigh has given me to change my body from a 230-pound body to a 170-pound body. When I was 14 I wanted to play sports but I knew that I was vastly out of shape and any effort to be an athlete would be useless if my eating habits weren't drastically changed. Only athletes at school are taught about nutrition by coaches and those students who can't play sports are left to figure out nutrition on their own. This system clearly makes no sense because those students capable of playing a sport already have a way of improving their body's conditioning and those who need the most help are left without any help.

At this time my dad took me to Greg because he had known Greg through the University Club and knew that he could help me become more physically fit. I worked out with Greg for much of the summer before sophomore year and throughout sophomore and junior year. With Greg's advice in nutrition and working out I noticed changes in my body. Before I met Greg I never really went by the three meals a day routine and eating fruits or vegetables. I ate at just

about any time I felt like it and never ate anything healthy. By taking out all the sodas and starches and unnecessary calories in my diet and replacing that with water and Gatorade and eating vegetables and fruits the way I went through everyday changed. I had more energy, which didn't just help me become a better athlete, but helped me in other parts of everyday life. I was able to play JV football and Varsity football sophomore through senior year and Varsity rugby junior and senior year at Gonzaga High School because of the way Greg taught me to condition my body and eat the right foods.

I intend to play rugby in college as well which I never dreamed possible without Greg's help. Schools don't teach their students how to eat right unless they are under the supervision of a coach, so if there were a program to help students improve their eating habits and lose weight it would help an enormous amount of children. More and more people are become overweight and obese in America and the problem starts in schools with young people eating whatever they want without really knowing the consequences. With a more educated understanding of how to eat the right foods and when it's ok to indulge in more high calorie foods many students would be better off and young people as a whole would be healthier. I've lost 60 pounds with the simple knowledge of what foods will help your body perform and knowing which will slow you down, without the time I spent with Greg and the things he taught me about nutrition and working out my body would still be 230 pounds or even larger.

Thank you



THOMAS S. FOLEY

To Whom It May Concern:

I have known Greg Raleigh for a number of years and consider him to be not only an individual of outstanding character, integrity, and ability but also one of the most knowledgeable experts in the area of sports, training and fitness education. Greg's wealth of personal experience, his engaging personality and his carefully thought out approach to all aspects of athletics and physical conditioning set him apart from others in this area of expertise.

I fully recommend Greg Raleigh to anyone who values a combination of experience, ability and a capacity to motivate. He can produce efforts and bring about results that are truly impressive. In addition to fitness training, he has the knowledge and ability to make a very positive contribution to organizations and individuals active in the broader world of sports.

Greg is someone that I would highly recommend as an individual of ability, character and integrity.

Sincerely,

A handwritten signature in black ink that reads "Thomas S. Foley". The signature is written in a cursive, flowing style.

Thomas S. Foley  
Former Speaker