



Ron Daniels
Fitness 4U
PO Box 7
Indooroopilly QLD 4068

TMM Group (Consult) Pty Ltd ABN 50 149 312 587
Level 9, 371 Queen Street, Brisbane Qld 4000
GPO Box 399, Brisbane Qld 4001 Australia

P : +61 7 3102 0800

F : +61 7 3337 9839

www.tmmgroup.com.au

Monday, March 12, 2012

REFERENCE FROM TMM GROUP

TMM Group initiated a corporate well-being programme with Fitness 4 U in early 2012 to provide its staff with an opportunity to not only achieve health and physical benefits but to also have fun and social contact in an outdoor setting.

Ron, and more specifically Dena our instructor, have been very successful in establishing a health & wellness programme that caters for all types. No one is left out or made to feel unwelcome – it's about having a go!!

Those who have attended have started on their own personal journey to achieving a greater level of fitness. The camaraderie that group has established is fantastic and lays the platform for friendly banter all week long.

Many thanks to Ron and Dena for making the task of getting fit so much fun.

Yours sincerely

Scott Graham
Managing Director
TMM Group Pty Ltd