



3/20/16

To Whom It May Concern:

My name is Elisabeth Halfpapp, one of the founders of exhale and co creator, with my husband and business partner Fred DeVito, of the exhale core fusion program which incorporates the first barre fitness class, yoga, sport plyometrics, cardio, and HIIT classes. There are currently 29 exhale locations nationwide and internationally with continued growth. I oversee, train, and present exhale Barre and Yoga Teacher Trainings. I have also recently co authored, with Fred, our first book Barre Fitness along with choreographing and performing in 11 exhale Core Fusion DVDs. I have been in the barre fitness industry since 1980 and founded exhale in 2002.

Daniel Diaz has been taking my exhale Core Fusion classes for many years. He exemplifies the true balance of fitness with strength, flexibility, balance, and coordination. Thus making him perform stellar in my challenging barre class. Most women and men need many years in my barre class to achieve the high level of physical and mental strength and flexibility that Daniel had exhibited in his first class with me. His personal training routine prior to taking my barre embodies a well rounded program, and thus I feel confident in his new fitness product STOMP! Teaching fitness and being a prior ballet dancer for over 30 years, I have seen many fitness trends come and go that created imbalance to the body and mind, which then sometimes led to injuries and over developed muscles. STOMP is the ultimate balance of strength, flexibility, balance, and coordination that embodies Daniel. I have always believed in these four fitness components along with proper alignment and teaching in progression, which is why I highly endorse this new fitness product! It is for everyone, very user friendly, and fun! The added incorporation of hand/eye coordination, agility, and rapidity makes this product ideal for sports conditioning. Also the core emphasis is an integral part of body stabilization and prevention of back injuries.

But most important, is that STOMP can be used for all fitness levels from PT patients to professional athletics in a safe and nurturing manner.

I highly endorse STOMP and feel it is an incredible addition to anyone's fitness program!

Sincerely,

  
Elisabeth Halfpapp  
Exhale executive vice president  
Movement Programming



revive. restore. exhale.