



## CENTRAL ONTARIO MUSICIANS

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LOCAL 226

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To Whom It May Concern,

Mr. Ross Daly has been an active professional musician/agent in our community since 1990 and has been a member of our executive board in the capacity of Vice President since 2001.

Recently Mr. Daly informed us that he had also become a Certified Personal Trainer and offered his services in the form of a presentation at our upcoming general membership meeting entitled, "Injury Prevention On and Off the Gig."

At the conclusion of the formal portion of our meeting Mr. Daly gave his presentation. The consensus in the room was that Ross had a great deal of information for us and he was not only able to field every question with comprehensive answers but he punctuated the majority of them with physical examples made possible by his lovely assistant Mrs. Angela Cox-Daly. His presentation included everything from a well-balanced diet to low impact aerobics, yoga, stretching and weight training. He had all of us in attendance doing some of these exercises with him. I should say that his grasp of the big picture make him an ideal choice for a personal trainer as he gave us information and exercises perfect for all age demographics.

I am certain I can easily speak for everyone there when I say, "Ross gave us a ton of information and we came away motivated to get ourselves in better shape moving forward so we could better handle every situation whether it be on or off the stage."

I would recommend Mr. Ross Daly to either head up a corporate employee fitness program, to lead or work as a fitness team in any capacity or as a personal trainer to an individual of any age or fitness level.

Respectfully,

Paul Mitchell  
President  
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