

Walnut Hills High School
3250 Victory Parkway
Cincinnati, Ohio 45207

Anthony Reed
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Cincinnati, Ohio

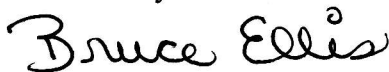
Tony

We would like to take this opportunity to thank you for coming to Walnut Hills High School and speaking to the 7th grade health students about your story. Your personal story of your struggles and successes taught the students to focus on the big picture of life and how it is important to start now on the road to wellness.

Your interactions with the students keeps the students focused. The power-point presentation as well as the activities you had the students do helps the students understand several things from **peer pressure, shopping for food, understanding the layout of a grocery store, exercise and how to manage and develop a food plan.** The demonstration of sugar in soda's really hits home with the students as they understand the amount of sugar in a single 12oz soda. Last, the most eye catching part of the presentation is when you show the students your clothes you wore as an obese individual, this is the point at which the students get the whole picture of wellness and nutrition and how a person's life can spiral out of control into obesity if they don't manage their meals and snacks properly.

Once again from the 7th grade health classes of Walnut Hills High School would like to thank you for sharing your story with us and keep up the good work.

Sincerely

A handwritten signature in cursive script that reads "Bruce Ellis". The signature is written in dark ink and is positioned above the printed name.

Coach Ellis