

21<sup>st</sup> March 2011

Fitness Technology  
21 Bishops Ave  
Skye 5072  
S.A Aust.

Hi Ron,

The transitional stages from an ambulatory state to wheelchair reliability is greatly supported and enhanced thanks to the benefits derived by utilising Fitness Technology's 'De-load Frame & Harness' (DLF&H).

Possessing sporting talents in both soccer and tennis at a junior level, and, still at a young age of 16 I was diagnosed with a progressive neuromuscular disease, Friedreich's Ataxia (FA), which essentially translates to a lack of co-ordination and impaired balance (inability to walk). Not looking for sympathy I approached this dilemma head-on and frequented my local gym and became acquainted with your DLF&H.

Now in my 10<sup>th</sup> year of using this device, with numerous benefits derived including:

- Improved co-ordination (less unsteadiness)
- Weight bearing properties I have now retained translates to home 'every-day' activities with transfers from my wheelchair
- Increased muscle tone / definition in legs i.e. no evidence of atrophy.
- No evidence of cardiomyopathy (a common characteristic of FA).
- My weight is robust, which has been a by-product (bonus) of this equipment usage.
- Improved sensation in the lower extremities of my legs i.e. feet region.
- Family and friends (those that often seen me for a few years) say comments like 'How good I look' or 'What good shape I am in'.

If you would like a demonstration of me utilizing the DLF&H please view the link below or feel free to visit Fitness First Wollongong (cnr Burelli & Keira st.) Mon, Tue & Thu from 6pm.

I must thank you and the team at *Fitness Technology* for designing this product, particularly in regards for rehabilitation purposes and highly recommend the DLF&H to any individual who suffers from similar balance problems I am now aged 40 and will hope to derive advantages, in continuing to being as robust as possible, until when medical research identifies a therapy for this condition. In the meantime I will progress with the DLF&H.

Yours Sincerely,

Nick Rousch