



*Embassy of the United States of America
Sofia, Bulgaria*

OFFICE OF THE AMBASSADOR

12 September 2012

To Whom It May Concern:

Valentin Grozev has been my fitness trainer for the past two years, working with me to reach my fitness goals and improve my athletic abilities. Thanks to his great professionalism and experience as strength and conditioning coach I have managed to attain physical fitness that I was only able to imagine in my younger years.

As US Ambassador to Bulgaria I had the opportunity to consult with the highest local authority on sports, the Minister of Physical Education and Sports, to recommend the best fitness trainer. Bulgarian Minister of Physical Education and Sports Svilen Neykov, himself an accomplished athlete and conditioning coach, referred me to Valentin Grozev, a professional sports conditioning trainer with good English language skills.

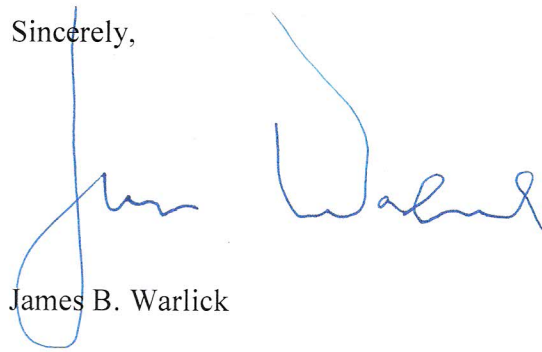
The tailored training program that Valentin prepared for me included physical exercises, and dietary and health guidance especially suited for my age and physical condition. I, myself, was no novice to physical fitness activities. As a result of Valentin's training program, I managed to lose weight, tone and develop my muscle structure, and forge a physical condition I would have aspired to 10 – 15 years ago.

Valentin is one of the foremost fitness professionals I have ever met. His dedication to his clients, his didactic approach, motivational abilities, and accommodating, friendly but no-nonsense character helped me keep up a three-times-a-week fitness routine with him, alongside my standard daily running activities, in spite of an extremely busy working schedule.

Trainer Valentin not only helped me attain my desired physical condition. My training sessions with him also helped me maintain high energy levels to successfully make it through endless days of sedentary meetings and car rides, characteristic for my line of work.

I would unreservedly recommend trainer Valentin to anyone, professional athlete or not, wanting a knowledgeable and inspiring strength and conditioning trainer. I deeply regret that I will not be able to take advantage of his services in the future due to my departure from the country.

Sincerely,

A handwritten signature in blue ink, appearing to read "James B. Warlick". The signature is written in a cursive style with a large initial "J" and "W".

James B. Warlick