

Dear Body Zone staff and management:

Recently, our 11-person architectural firm was evaluated by your capable staff for our collective health and wellness. As proponents of sustainable design and 'green' architecture, we figured that since we design environmentally healthy buildings, we should personally match what our corporate culture demands!

The testing and follow-up were painless, to say the least. Many of us kinda knew the prognosis we would be getting, i.e. Eat better, exercise, lose weight, go to the Doctor, etc...but beyond the obvious, your evaluation gave our staff critical statistics about the benefits of a healthy lifestyle and the downside of not practicing good nutrition. Suddenly, more people are taking 'laps around the office' wearing funny little pedometeres ... The kitchen table now sports fresh fruit, on the house! ... People are going to work out, at Body Zone!!

Needless to say, you have made an impact on Olsen Design Group Architects with the value of all that you promote and instill in anyone willing to take their health and wellness seriously.

Thank you for your investment in us. As a result, we are now investing in ourselves to not only be better Employees, but healthier ones!

**Lee C. Olsen AIA, NCARB
President/CEO
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