

## Mark Foster

"The fact that Maki takes my training seriously, is paramount in reaching my goals. He is always prepared, has a vast network of related specialists and that he genuinely cares, are just some of the reasons why I continue to train with him.

Add to that, changing work out programs, tips on diet, tips on working out in general and a good natured, positive attitude have always been things I can look forward to in my training sessions. Training with Maki keeps me on track and usually goal oriented - at all times. Always a very enjoyable experience (even the days that remind me that 25 was a few years ago) and have not hesitated in referring Maki to friends and associates."

- Mark Foster - Foster First Solutions Corp