

November 4, 2020

Dear Dr. Eickhoff-Shemek,

On behalf of Healthbreak Inc., I want to thank you for the consistent and credible information that you continue to offer to professionals in our field. As we've spoken, many times our organization, particularly in the corporate fitness space, is forced to navigate many unique risk and liability scenarios as we operate facilities.

In order to mitigate our risk in all thing's fitness management, we utilize the Fitness Law Academy quarterly newsletters to stay abreast of legalities, risk and liability cases and as learning tools for our team of fitness center professionals. Every team member that works in the brick and mortar sites is required to read the information and then as a team discuss application of the information in our weekly meetings. Using the newsletters as a discussion tool allows our team to have a deeper understanding of the most current research and legal decisions as it relates to how we handle situations in any of our facilities and in working with a 20 – 70 year old demographic in the workplace. This allows for a broader approach in how it may apply to the Fitness Center wing of our business and helps prepare our team for best response.

In addition, we utilize your newsletters as learning tools when hiring employees, training our staff, screening new clients, providing clients safe instruction and supervision, injury prevention, responding to media stories and maintaining compliance with safety practices within our programming. The fitness world is always changing and while we work to stay attuned by maintaining continuing education and certifications in the field, information continues to expand and is challenging to stay ahead on to protect the participant, protect our client and protect ourselves both practitioner and Healthbreak. Most recently this spring, our fitness center team due to the pandemic shifted efforts to virtual class instruction and with that came an entirely different liability upon our company and instructors. Our team was successfully able to navigate this quickly and effectively, as many of our questions were addressed in Volume 3, Issue 2 (April 2020). The Fitness Law Academy newsletter has allowed our staff to read and study real-world scenarios, responses and legal repercussions as an educational tool which we believe prepares us and protects us to respond in the proper manner if ever faced with one of these situations.

At Healthbreak, we value on-going education, complying with safe and legal practices, and providing top quality services to our clients, especially as our industry grows and changes. We thank you for allowing our staff the opportunity to learn from you through your newsletters in order to do this.

Sincerely,

Dawn Obermiller

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