



To Whom It May Concern:

My name is Terenzo Bozzone, I was born in 1985 and am a Professional Triathlete. I won my first World Title in 2001 at the World Junior Duathlon Championships, in 2002 I defended that title and also won the World Junior Triathlon Championships, in 2003 the World Triathlon Championships were in our own Queenstown and that bumped my record up to 4 world titles. Since then I have been competing in the open men and have had a range of results including 7th at the 2007 ITU world Championships, 1st in record time at the Wildflower Half Ironman in 2006 and this year I have won 3 international Half Ironman races and finished off 2008 by winning my first Elite World Title in Florida at the World Half Ironman Championships.

As a Professional Athlete I am always looking at ways which I can improve my performance and at the beginning of 2006 I met Raewyn Hing at her studio, IQ Pilates in Mairangi Bay. I had heard great things about Pilates, about how it can improve your core strength and flexibility, but what Raewyn offers is much more specific. I don't waste time doing any old Pilates movements instead all the stretches and exercises I do are specific to my needs. They are specifically based around triathlon movements and improving my weaknesses. I started doing Pilates for a small advantage over my competitors, the amount that I have gained in the past 2 years is anything but small. I don't know how my body would have survived all the stress I put on it without the help of Pilates and I honestly don't know if I would have achieved my recent results, especially at such a young age without the expertise of Raewyn Hing.

Raewyn is an amazing person, she loves to help others and it is very seldom she comes across a problem that she cannot fix. Pilates is for everyone, Pro Athletes to pregnant ladies to people with back aches. I know you will find it to have a large impact on your life.

Yours Sincerely

A handwritten signature in black ink, appearing to read 'Bozzone', with a long horizontal flourish underneath.

Terenzo Bozzone
5 times World Champion