

March 31, 2014

I am writing to express my gratitude for the Cardio Kickboxing class at Manna's Martial Arts Studio. I have been physically active on my own but I also know how hard it is to stay active. Because I am a type 2 diabetic I also know the importance of activity in helping to maintain my blood sugar. Before I started Kickboxing I was doing a fairly good job managing my levels. However, when I started Cardio Kickboxing it took my health maintenance to a new level I never expected. I really didn't expect to get the results that I have experienced. Better sugar control and my physical fitness level.

Not only is the class incredibly fun, you will get a great work out. The best part is everyone goes at their own pace. Yes you will be encouraged to try harder but that's what makes it such a great place to workout. Plus you make new like minded friends.

I strongly encourage anyone looking for better fitness and health to check out Cardio Kickboxing at Manna's Martial Arts Studio. You deserve to feel and look better.

You won't be disappointed.

Larry P.