

Friday 16th May

To whom it may concern,

I Matt Boardman have been a student of Tony Attridge at the College of Health and Fitness for the past 3 years. I have completed the Cert III in fitness and I am currently completing the Cert IV Fitness. He has created a safe and supporting learning environment for such a broad range of course and learning opportunities, his vision is mesmerizing.

During this time, I have been working along side Tony Attridge as a student and friend. He has mentored me through my studies step by step. He has had a positive and motivating impact on my life to continue to learn, grow and to become the best version of myself.

Over this time, I have also seen the positive impact he has had on so many other students. He has a great approach to teaching and helping people complete all their studies and better our selves. Not only does he help with that, he also reaches out as friend and offers a great support network that I feel continues for a lifetime. He has great hands on approach no matter the circumstances; he is all in 120 percent.

Tony has helped me change my life, when I first met with Tony I was in incarcerated at Palen Creek Correctional Centre. He has motivated me, supported me, he has continued to assist me in all ways possible upon release. This has kept me current and helped maintain my mental health and gave me worth.

I am so grateful for the opportunities he has created for myself and can only imagine what he has done for so many others over the course of his journey in the fitness industry. Thanks Tony for the privilege to have worked with you. You are one of a kind.

You're sincerely,

Matty Boardman