

## **Andrea Strom-Rancourt**

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**From:**  
**To:** <livewell.int@videotron.ca>  
**Sent:** September 19, 2001 8:20 PM  
**Subject:** Testimonial from P Snow  
Andrea, you really made a difference in my life.

Without you I would not have hired a fitness trainer and completely changed my eating habits - now I have lost 29 pounds, I feel strong and most of all, I have energy! This has made a huge difference in my business and in my life. Everyone I know has commented that I am so much more "out there", focused and attractive.

You were such a good listener, always professional and very focused in on what strategies I needed to implement to improve the quality of my life. I totally get your commitment to my personal as well as my professional fulfillment and well-being

I also appreciated the completeness of the lifestyle questionnaire I filled out before our first coaching session. It really helped us to identify clearly the areas of my life needing attention.

Thank you so much for your ongoing inspiration and guidance not to mention the concrete tools you provided that supported me to achieve my wellness goals.

P. Snow