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3/14/16

To Who it May Concern,

My name is David Endres and I am the co-founder of SPEAR Physical Therapy, established 1998. With seven locations in the borough of Manhattan, SPEAR is New York City's first choices for 5 star customer service and patient satisfaction.

Daniel Diaz was a former patient of mine and I have had the pleasure of knowing him for close to ten years. Through his personal journey as a fitness and health expert, he has shown an extraordinary amount of knowledge in the physiological systems of the human body. Along with knowledge, Daniel also has a keen sense of how muscle needs to be challenged for maximum optimization. His depth of knowledge and passion for health and fitness is the reason I took interest in his product and creation, The "STOMP" fitness mat.

I have been in the physical therapy field for close to 20 years and have seen and used many products in that time. The "STOMP" fitness mat adds a new dimension of possibilities in the treatment of all age groups, from the young athlete to the elderly balance patient. I have been using Daniel's mat in my offices for over two months and find it to be very beneficial in helping my patients not only recover from orthopedic issues, but in improving agility, flexibility, stamina, core stabilization and functional ability. The "STOMP" fitness mat allows athletes and patients to perform in all planes of motion and helps to promote a coordination of many physiologic systems. My patients have been able to re-develop simple skills lost from injury such as reaching, lunging, hopping, stepping and simply walking without fear of falling. They leave their treatments with an overall improved sense of total body awareness.

In agreement with Daniel, The "STOMP" fitness mat is the perfect device for developing gross and fine motor skills, fast and slow twitch muscle fiber recruitment and promoting greater stability and proprioceptive awareness. I fully endorse Daniel and his product and will continue to use it on a daily basis within my practice.

Sincerely,



David Endres P.T.



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3/20/16

To Whom It May Concern:

My name is Elisabeth Halfpapp, one of the founders of exhale and co creator, with my husband and business partner Fred DeVito, of the exhale core fusion program which incorporates the first barre fitness class, yoga, sport plyometrics, cardio, and HIIT classes. There are currently 29 exhale locations nationwide and internationally with continued growth. I oversee, train, and present exhale Barre and Yoga Teacher Trainings. I have also recently co authored, with Fred, our first book Barre Fitness along with choreographing and performing in 11 exhale Core Fusion DVDs. I have been in the barre fitness industry since 1980 and founded exhale in 2002.

Daniel Diaz has been taking my exhale Core Fusion classes for many years. He exemplifies the true balance of fitness with strength, flexibility, balance, and coordination. Thus making him perform stellar in my challenging barre class. Most women and men need many years in my barre class to achieve the high level of physical and mental strength and flexibility that Daniel had exhibited in his first class with me. His personal training routine prior to taking my barre embodies a well rounded program, and thus I feel confident in his new fitness product STOMP! Teaching fitness and being a prior ballet dancer for over 30 years, I have seen many fitness trends come and go that created imbalance to the body and mind, which then sometimes led to injuries and over developed muscles. STOMP is the ultimate balance of strength, flexibility, balance, and coordination that embodies Daniel. I have always believed in these four fitness components along with proper alignment and teaching in progression, which is why I highly endorse this new fitness product! It is for everyone, very user friendly, and fun! The added incorporation of hand/eye coordination, agility, and rapidity makes this product ideal for sports conditioning. Also the core emphasis is an integral part of body stabilization and prevention of back injuries.

But most important, is that STOMP can be used for all fitness levels from PT patients to professional athletics in a safe and nurturing manner.

I highly endorse STOMP and feel it is an incredible addition to anyone's fitness program!

Sincerely,


Elisabeth Halfpapp
Exhale executive vice president
Movement Programming



revive. restore. exhale.

S.T.O.M.P.[™] LIFE GAME CHANGER

My name is Dr. Dianne Boyd-Youngblood and I have been training on the Stomp Mat for the past few years with Daniel Diaz.

In my lifetime I have had some good trainers and taken many exercise classes. However, training using the Stomp Mat Technique has been an amazing exercise experience for me as it has focused on building strength, flexibility, balance, and coordination of movement.

My ability to move, whether stretching, dancing, or plain walking has improved tremendously. Everything I do now, I try to do with "purpose of movement" and awareness of my body alignment. There is a new sense of self confidence that comes with this training that I've never experienced before.

I especially like that training using the Stomp Mat Technique remains fresh. Each session can be tailored to focus on the part(s) of my body that I wish to target during that particular session.

Sometimes it's biceps/triceps/shoulders, other times it's legs or core, and sometimes it's learning new dance moves . . . all on The Mat! I can't say enough good things about it and the Master creator behind it!

