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RE: Strength Collective

To Whom It May Concern:

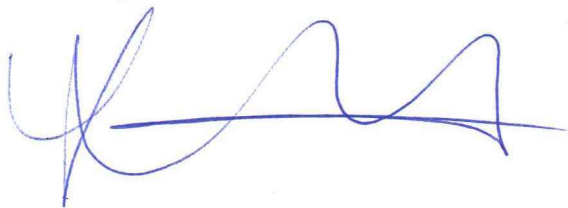
According to a 2012 study by the Centers of Disease Control and Prevention, only 17.5% of American Women meet the strength training recommendations that the CDC itself has published. (The comparable percentage for men is 37%.) The National Center for Biotechnology Information states less than 7% of women with a disability strength train, although that's a critical component to managing most disabilities. The 2017 State of Women Owned Businesses Report shows only roughly 12% of gyms are owned by women.

All of those numbers said, I'm a woman living in the neighborhood and I do live with a disability. Going to a big box gym, or using a personal trainer at said big box gym has historically been not a particularly comfortable or helpful experience for me, until I got referred to and started working with Jenny Halstead.

Not only does Jenny create a welcoming space for men and women of all abilities, but it's an educational and helpful space where clients learn about nutrition that isn't just the latest fad diet, how to safely strength train, how to learn when to push and when not to, and how to stretch and prevent injuries. I've tried a number of big box gyms and I've never found an environment like this before. I've been able to find some like-minded folks who also aren't welcome at big box gyms to work out with or just spend time with outside of the gym. I've actually been able to build my community as a result of working with Jenny, which is just an added bonus everything else I've gained from working with her.

To be very clear, losing Jenny's wealth of knowledge and personality would be a major loss for our community, as well as the loss of a woman owned small business or the neighborhood, not to mention that there are very few women owned gyms in the Twin Cities area as it is. I would strongly encourage Strength Collective be allowed to open and begin doing business as soon as possible.

Sincerely,



Lindsey Wetterhahn