



Love for Lawrence

Thank you for recognizing Lawrence's talent and, more important, his willingness to share his knowledge. I think what sets Lawrence [Biscontini] apart is that he teaches from the heart. I think he remembers everyone he has ever spoken with at a convention. I'm still trying to figure out how he does that. He makes us all feel special. I am 61 and started my exercise career at age 55 (with AFAA). Without Lawrence's training and encouragement, I know I would not still be doing the exercise classes that I do with the participants that I love so much. It's like I don't have a job, I go to play every day. It is what makes Lawrence so special—he loves what he does and he loves all people. Thanks for his articles in your magazine, I always read them first. Namaste.

—BOBBIE ADAMS
ROSEMONT, IL

I just wanted to take a moment to say thank you for putting Lawrence on the cover of *American Fitness*! Lawrence has an awesome story and I've taken many certifications and attended many workshops with him over the years. His energy is infectious and he is such an inspiration to all fitness instructors big and small. I love the fitness magazine and to see someone as special as Lawrence on the front cover warms my heart. Thank you AFAA!

—KATHY STRECK, OWNER
ZK GROUP FITNESS, LLC
PITMAN, NJ

RE: Love for Lawrence

Thanks to all our readers who wrote to us and posted comments on Facebook regarding the March 2013 cover featuring Lawrence Biscontini. We received so many letters of praise, too many to publish, but we wanted to share a few. Lawrence has been such a positive force in the fitness industry and we hope to have him share his inspiring and informative articles with our wonderful members for many years to come!

—KEVIN MCGUIRE
MANAGING EDITOR

A Little Help Here

American Fitness is always looking for new and exciting trends in the fitness industry to cover in our magazine, as well as the latest in medical research. If you have topic ideas that you would like to see covered, or would like to write an article on a particular subject, send your ideas to americanfitness@afaa.com. In addition, if there is someone you would like to see profiled in *American Fitness*, or an AFAA member you feel deserves the spotlight, please pass the information to our staff for consideration. We appreciate your comments and welcome your ideas.

—AMERICAN FITNESS EDITORS



We Want to Hear From You! Send your comments, questions and suggestions via email, mail or fax.

Letters to the Aerobics and Fitness Association of America (AFAA) as well as American Fitness magazine and the AFAA Web sites must include the sender's real name and valid mailing address and telephone number. Names will be withheld from letters selected by AFAA for publication on request of the sender. Any such requests must be clearly stated in the letter because AFAA does not contact senders prior to publication. By submitting a letter to American Fitness and/or the AFAA Web sites, you agree that the letter and its contents are the property of AFAA, and may be edited and published in any format by AFAA in American Fitness, other AFAA publications and the AFAA Web sites, without limitation.