

February 13, 2024

To whom this may concern,

I am writing to recommend Cheryl Quintana for any and all professional opportunities that come her way. I have had the pleasure of working alongside Cheryl for a year at Fire Fitness Camp in Manitowoc, Wisconsin and can attest to her dedication, enthusiasm, creativity and positive impact on those she encounters.

Cheryl's commitment to the betterment of others is impressive. Not only did she coach the majority of camps over the last year, but she lead the Nutrition Titan program and co-lead the Fire Kids' Camp designed for young athletes. Her leadership and nurturing demeanor is a draw for many clients from all different wellness journeys. She successfully supports all of her clients as they build healthy habits and she promotes fitness and nutrition in attainable and sustainable ways that will last a lifetime.

Cheryl's creativity and dedication stands out among the staff at Fire Fitness. She is fun yet professional and relatable and proudly works on her own wellness goals alongside her clients. Cheryl is quick to build trusting relationships among clients and staff and will always go the extra mile to ensure everyone is happy, healthy and getting what they need. I have no doubt Cheryl will be an asset to any organization she works for. Her skillsets, personality, and motivation will lead her to excel in her career.

Please feel free to contact me at kari.sieben@gotoltc.edu or 920.717.8302 if you have any questions. I wholeheartedly recommend Cheryl Quintana and have full confidence she will make significant contributions in her future endeavors.

Sincerely,

Kari L. Sieben