

Fit-R-Us

716 Oak Street
Richmond, VA, 23173

October 20th, 2019

Mr. Simon Harpal, President
Sleep-Eaze Hotels
623 Bridgewater St.
Harrisonburg, VA, 22812

Dear Mr. Harpal:

Subject: Fit-R-Us exercise equipment for Sleep-Eaze Hotels

Scientists at Northwestern University recently conducted studies that show that cardio exercise is the best prescription for good sleep, vitality, and moodiness. As a result, people are turning to exercising for better, healthier results for issues such as depression, insomnia, and anxiety.

This was discovered in 2010, when scientists did research on 25 adults from the ages of 21 to 65 years of age. About 50% of these participants show signs of insomnia, depression, or anxiety. For the experiment, these individuals were randomly broken into two groups. The first group exercised four times a week on their choice of the treadmill, elliptical, or bicycle. The second group did not exercise physically, but attending recreational activities. 100% of the participants who physically exercised reported their quality of sleep was improved, where less than 10% of participants in the second group had improved quality of sleep. The adults in the group that exercised also reported feeling fewer depressive symptoms with improved vitality throughout their day.

Fit-R-Us is a firm that sells fitness equipment such as: Treadmills, elliptical machines, rowing machines, exercycles, dumbbells, barbells, and other weight machines. We would love to offer Sleep-Eaze one of our best packages for fitness equipment at a very reasonable price. We have supplied many hotels with state of the art gym equipment that is very user friendly, and have received no complaints from any patrons so far. At the price of \$2000, Fit-R-Us will offer you our Platinum Package for your exceptional hotel. This will include three treadmills, three ellipticals, two exercycles, and one rowing machine. In addition to this, you will also be provided with an entire set of dumbbells, ranging from two pounds to 45 pounds, and three barbel bars with weights to match. Medicine and yoga balls, mats, and bands are also included in this package.

If you accept our offer to you, this will increase the value of your hotel in your customers eyes. By having a gym in your hotel, your customers will have a much better experience and have plenty of good reviews for the quality of their stay. Exercise has been proven to help sleep, vitality, and depressive symptoms. If you are willing to accept this payment, it will benefit Sleep-Eaze hotels in the long run, for your ratings

will go up and the quality of the hotel will increase. If the people at your hotel get the best sleep and feel energized and joviant throughout their day, the reviews you get will have a very positive response. More people are going to want to stay at Sleep-Eaze, therefore it will benefit the business tremendously if you invest in our gym equipment.

If you would like to accept our offer, or have any further questions, please send us an email at ellenchang@gmail.com. If you contact us by November 5th, we will offer you a 20% discount and a lifetime warranty on the equipment.

Sincerely,

Ellen Chang

Ellen Chang
General Manager