



To Whom It May Concern,

I would like to introduce and recommend Maria Gray who is a Health Coach certified by the Dr. Sears Wellness Institute. Having completed the rigorous Health Coach training program and certification exams through the Institute, I am confident in her ability to effectively lead others to better health with the Dr. Sears LEAN Start and Prime-Time Health programs.

As a physician for over 40 years and a survivor of stage 4 colon cancer, I am an advocate of nutrition and healthier lifestyles. Over the past fifteen years, I have dedicated myself to improving the lives and health of individuals and families by providing simple and practical instruction. Through the Dr. Sears Wellness Institute, we have developed wellness programs, materials and resources designed to educate pregnant /nursing moms, children, parents, and seniors on how to live happy, healthy lives.

I have found that the answer to good health lies in four areas: Lifestyle, Exercise, Attitude, and Nutrition - how we live, move, think, and eat. The goal is not only to prevent unnecessary sickness, disease, pregnancy complications or unhealthy aging, but also to help those who are already suffering from health issues such as obesity, ADHD, high blood pressure, diabetes, and many others. Learning and developing a healthy lifestyle shouldn't be complicated. I want to help others feel empowered to make healthy choices so they can experience:

- Improved behavior and ability to concentrate at work or in the classroom
- Fewer days missed at work or school due to sickness
- Less time and money spent at doctor appointments
- Reduced depression or moodiness
- More energy and better rest
- And more!

Around the U.S. and 42 different countries, our Certified Health Coaches are making a difference in the health of others by utilizing our unique and simple approach and working with businesses, medical offices, schools, pregnancy centers, gyms, churches, and more. These efforts have received the recognition and endorsement of organizations such as the American Council on Exercise (ACE), the International Childbirth Education Association (ICEA), the National Association of Nutrition Professionals (NANP), UMass Global, among others.

It is my sincere hope that you will have the opportunity to work with Maria and experience the benefits of her expertise and experience.

Sincerely,

William Sears, M.D.

[www.drsearswellnessinstitute.org](http://www.drsearswellnessinstitute.org)