

Family,

First and foremost, thank you for the announcement and many nice wishes upon my upcoming new role (both last week and right now).

I am touched at your outpouring of support.

Fit Body has been an integral part of my life since early 2012, and deeply love and believe in our mission of Inspiring Fitness and Changing Lives Every Day.

I am humbled and honored at just the thought of all of this.

The truth is that there is no way I can possibly fill the giant shoes and foundation laid down by both YOU and Di.

That's impossible.

But do know that I will work tirelessly to support you and every single owner in our company.

And while I will be entering this new role...

Rest assured the only reason this is possible is because of you.

Without each of your MASSIVE contributions who are listening right now, this couldn't happen and nothing else would even matter.

So I wanted to acknowledge that as I stand on the shoulders of you giants, and will need your continued support through this journey.

As there is no way I can do this alone.

Looking ahead, I will ONLY make 2 simple promises to you.

As I will surely make many mistakes as the learning curve & responsibility is incredibly high.

The first is that whatever I lack in skill, I will make up for in effort, until the skill is developed.

I will give you everything I possibly have to give in order to support you, our team, and our entire brand.

The second is that I want to point out that I deeply, deeply understand that I work for you, and not the other way around. And my promise is never to forget that.

Finally, B has all reminded us (no matter what the media tells you) that the American Dream is still alive and well.

He is living proof of that and so am I.

Many of you probably don't know this, but I started my life in a trailer park in the deep south, with an abusive and alcoholic father.

My mother Donna escaped with her life with Barrett, my sister Emma and I on a \$5/hour secretary's salary. She scraped for every inch where we lived with our grandma for nearly a decade which saved us from the streets.

Watching my mom tirelessly work to fulfill both her mother & father duties is where my work ethic was derived.

And fast forward to my adult years as I entered the FBBC brand, aside from being an owner, Facility Leader & coach with the incredible support of Tatiana.

All while investing my life savings to be a part of this...

Some of my very first roles in our company were being the daily janitor, weekly deep cleaning crew, and admin support.

I have done nearly every job in our organization and wouldn't have it any other way.

And while my tasks have and will need to continue to be big picture focused to move the needle as your newly appointed CEO...

Rest assured, I am above nothing.

And yes, one part of me knows deep down I have put in the work and have some level of “deservingness” for the relentless effort and some acquired success over the last decade.

In fact, I made the decision to be massively successful in August of 1991, at 8 years of age, as we escaped from my father in an event initially seen as a “tragedy”, but as fate would have it...

It turned out to be the catalyst on how I am able to stand before you today and am equipped to serve.

But being completely honest, the other part of me is still in complete disbelief that this kid who spent his early days in a trailer park, who donated blood plasma to put himself through college, who scraped by barely rubbing 2 nickels together for most of his life, and who entered our brand with a job duty as a janitor is now becoming the CEO of this world class, and international franchise.

To me, this is crazy town.

So my message today is anything is possible if you work like hell, demand more of yourself than anyone else.

Don't fall into the trap of thinking that humanity owes you something OR play into any victim thinking which is being pushed right now by our politicians.

No one owes you anything, as YOU are solely responsible for your success or failure. No one else.

And whatever you do, continue to surround yourself with more incredible people like yourselves.

That is the recipe for any success I have achieved to date.

Lastly, I want to thank YOU and Di for your faith in me. This opportunity has been granted because of the risks YOU took and the struggle YOU both endured.

I take that responsibility extremely seriously and will never forget your sacrifice.

Head up and onward my friends.

And in the words of our Founder & President, the best is yet to come!