



**November 11, 2011**

**Deon Johnson  
theonefitness  
1305 South Voss  
Houston TX 77057**

RE: Lockton Houston Wellness Initiative

I am pleased to be able to provide you with this review and recommendation of the Lockton Houston Wellness Program your company has designed and implemented for us over the last year. We initially approached you based on referrals to your company from knowledgeable people familiar with the fitness industry in Houston. The primary reason we asked for your assistance was because of the rising health care costs and insurance premiums for our staff. We were looking for solutions to improve the health and well being of our staff and hopefully reduce health care costs and improve productivity as a result of our investment in this wellness initiative.

We have been working together for about a year since we began the project. You initially helped design a custom program to fit the needs of our associates and set realistic results objectives. Our program was offered on a volunteer basis to all associates at Lockton Houston and our hopes were that some of those with the most to gain in improved health would take advantage of the program. The costs were pretty much absorbed by Lockton with the associates having a small financial participation to help them feel "invested" in the outcome.

The program was designed on a competitive "team" basis with groups of about 12 associates participating on two teams over a six month training course (and then an extended maintenance period). You designed an individualized program for each participant within the teams. It is a significant commitment for the participants, but those who embraced the lifestyle change have significantly benefitted from the program. I believe a little over 80% of the participants have seen dramatic changes and improved health from being in the program. That should be considered a significant success.

The program is challenging and requires commitment from the participants. For those who do embrace the work and stick with it, the results can be life changing. As employer's, I think there are very few benefits we can provide that have the potential for a truly meaningful impact on health and wellness. There are a lot of gimmicky software tracking programs that claim to help with health and wellness and cost savings, but this is the only "boots on the ground" program where the dollars invested produce tangible results that can be seen on a person to person basis.

Most people cannot do this type of program by themselves or could not afford to have access to this level of professional assistance and coaching. For our company to sponsor and subsidize the program is very meaningful to our associates. They know we care about them and their well being.



Deon and his team have been great partners in this effort. They are tough on the participants, but that is part of the program. We feel that the cost of the program is well worth the investment in our people and their well being. The side benefits to Lockton include healthier and more productive associates and potential cost savings in our health insurance costs.

We are very pleased with our partners at The One Fitness in developing and administering this program. This is the type of program that can truly make a difference.

Sincerely,

Doug Burnham  
Executive Vice President  
Lockton Companies, LLC - Houston

September 7, 2023

To Whom It May Concern:

I am writing to express my earnest recommendation for Mr. Deon Charles Johnson, following our incredibly positive experience collaborating with him on our corporate wellness initiatives.

Deon's journey with us began with a comprehensive corporate assessment, during which he engaged directly with our team to understand our unique wellness needs. His approach was both attentive and insightful, effectively outlining the areas in which our teams could benefit from a holistic wellness program. After evaluating various wellness presentations, it became evident that Deon's expertise and vision aligned seamlessly with our aspirations.

We subsequently chose to partner with Deon and his wellness company, The ONE Fitness, and it proved to be a decision we celebrate wholeheartedly. From the outset, it was clear that Deon's commitment to our team's well-being was unwavering. He meticulously assessed the individual requirements of each employee, capturing measurements, evaluating physical readiness, and understanding their nutritional needs. This comprehensive approach allowed him to create tailored wellness plans that accurately reflected each employee's starting point.

Acknowledging the demands of our workforce – long hours and family commitments – Deon and his team adeptly organized morning sessions before the start of the workday. This transition required some adjustment on our part, but it was a shift that bore immense fruit. In no time, the transformation was undeniable. As our wellness program unfolded, we collectively noticed an upsurge in energy levels, enabling us to navigate extended work hours with renewed vigor and heightened productivity.

Deon's meticulous attention to individual needs, combined with his dedication to facilitating healthier lifestyles, has had a palpable impact on our team's well-being and overall morale. His astute guidance and dynamic approach have yielded results that extend far beyond the realm of fitness – it has translated into a positive shift in our entire organizational culture.

In summation, I sincerely endorse Mr. Deon Charles Johnson and The ONE Fitness for their exceptional contributions to our corporate wellness journey. If you are in search of a seasoned

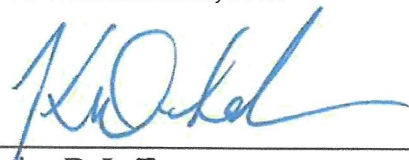
wellness partner who blends expertise, tailored programs, and a genuine passion for fostering positive change, Deon comes highly recommended.

Please do not hesitate to reach out to me at [kdelatorre@hirschwest.com](mailto:kdelatorre@hirschwest.com) if you require further insight or information regarding our experience with Deon and The ONE Fitness.

Sincerely,

HIRSCH & WESTHEIMER, P.C.

By: \_\_\_\_\_

  
Kristina DeLaTorre  
Director of Finance & Administrator



October 25, 2023

Randall Lack  
3200 Southwest Fwy Suite 1310  
Houston, TX 77227  
(281) 207-7200

To Whom This May Be of Interest:

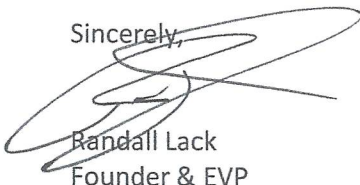
I am pleased to write this letter of recommendation for Deon Johnson, whose exceptional skills and commitment have had a profound impact on both my personal fitness journey and our company's wellness program. In the early 2000s, I embarked on a fitness transformation, and it was during this time that I had the privilege of working with Deon as my fitness trainer. Deon's expertise and dedication played a pivotal role in helping me regain my physical health and achieve my personal fitness goals.

Upon achieving my fitness goals under Deon's guidance, I recognized the potential of his skills and passion for wellness. I had the privilege of inviting Deon to address our company's wellness needs, a decision that has proven to be highly successful. Deon's approach to creating customized wellness programs for our employees has yielded remarkable results. His ability to inspire, educate, and motivate our team members has led to improved overall health, increased productivity, and a positive, vibrant work environment.

Deon's professional and caring nature, combined with his extensive knowledge of fitness and wellness, makes him an invaluable asset. His success in helping me achieve my personal fitness goals is a testament to his dedication and expertise. I have every confidence that he will continue to drive success in any endeavor he undertakes, whether it be in the fitness industry or in the realm of corporate wellness.

In conclusion, I wholeheartedly endorse Deon for his unwavering commitment to health and wellness. His ability to inspire and lead by example, coupled with his expertise, makes him an exemplary choice for any fitness or wellness-related role. I am grateful for the positive impact he has had on my life and our company, and I recommend him without reservation.

Sincerely,



Randall Lack  
Founder & EVP

**Houston Office**

3200 Southwest Freeway  
Suite 1310  
Houston, TX 77027

**Salt Lake City Office**

2825 E. Cottonwood Parkway  
Suite 400  
Cottonwood Heights, UT 84121

**Additional Offices**

Carlsbad, CA  
San Francisco, CA  
Los Angeles, CA

Calgary, AB  
Budapest, Hungary



**James Maida**

**Hightower Advisors**

**713.993.4693**

**March 17, 2011**

To Whom It May Concern,

I am writing to highly recommend Deon Charles Johnson and his company, Fuel HTX, based on our exceptional experience working with him for well over a year as part of our workplace wellness initiative.

Deon initially came to our organization, previously known as Salient Partners, to conduct a free workplace assessment. His professionalism, deep knowledge of health and wellness, and clear passion for promoting healthy lifestyles impressed our team from the very beginning. During the assessment, he engaged with our employees, took the time to understand our specific needs, and provided insightful recommendations to improve our workplace wellness program.

After the assessment, we decided to partner with Deon and Fuel HTX to provide healthy meal options to our employees. This decision turned out to be a game-changer for our team. Fuel HTX's service streamlined the process for our employees by allowing them to conveniently place their meal orders online. Deon's company took care of the rest, from preparing the meals to delivering them directly to our office on a weekly basis.

The impact on our team was remarkable. Having access to nutritious and delicious meals directly delivered to the office alleviated the need for our employees to search for healthy lunch options outside or settle for less nutritious alternatives available in the building's cafe. The convenience and quality of the meals provided by Fuel HTX significantly contributed to the overall well-being of our team.

Moreover, the success of the program was evident in how many of our employees embraced it wholeheartedly. Many of us not only relied on Fuel HTX's meals for our lunches but also added extra meals to take home to our families. Deon's commitment to excellence and his dedication to promoting healthier eating habits made this partnership a resounding success.

In conclusion, I cannot recommend Deon Charles Johnson and Fuel HTX highly enough. His approach to workplace wellness, coupled with the quality of the services his company offers, has had a substantial positive impact on our organization. If you are seeking a dedicated, knowledgeable, and passionate professional to enhance your workplace wellness program, Deon is the ideal choice.

Please feel free to contact me at 713-993-4693 if you have any further questions or require additional information. Thank you for considering Deon and Fuel HTX for your wellness needs.

Sincerely,

A handwritten signature in blue ink that reads "James Maida".

**James Maida**

**Hightower Advisors**

*Securities offered through Hightower Securities, LLC, Member FINRA/SIPC, Hightower Advisors, LLC is a SEC registered investment adviser.*

---

**Hightower Texas**

4400 Post Oak Parkway, Suite 2600, Houston, TX 77027

[www.hightowertexas.com](http://www.hightowertexas.com)

January 4, 2013

Regay M. Hildreth & Stephanie B. Hill  
RMH Marketing & Media  
2400 Augusta Drive, Suite 252  
Houston, Texas 77057



To Whom It May Concern:

It is our pleasure to recommend the services of The ONE Fitness. Our company had a corporate membership with the gym. Over the course of the year we were members we saw great results and felt very comfortable. The facility is beautiful and offers top-notch equipment.

After being members at many other gyms, we appreciated The ONE Fitness' individualized approach to help us reach our goals. The staff is well trained and will not only keep you accountable to exercise, but also with your lifestyle habits. In addition to this, the way they have structured the workouts for each client maximizes the amount of exercise obtained in a certain amount of time.

We are happy to refer The ONE Fitness, and will provide any other information that you might need or answer any further questions that you might have. We can be reached at (713) 458-1690.

Sincerely,

*Regay M. Hildreth & Stephanie B. Hill*

RMH Marketing & Media