

Dear [Recipient's Name],

We are sorry to hear about your recent experience at our fitness center. Your safety and well-being are our top priorities.

Recovery Tips:

1. Rest and allow your body time to heal.
2. Stay hydrated to support recovery.
3. Consult with a healthcare professional for personalized advice.
4. Engage in gentle stretching or mobility exercises as advised.
5. Gradually return to light activities as you feel comfortable.

If you have any questions or need further assistance, please do not hesitate to reach out.

Wishing you a smooth and speedy recovery.

Best regards,

[Your Name]

[Your Title]

[Fitness Center Name]

[Contact Information]