

**To:** Jeffrey[jeevacation@gmail.com]  
**From:** [REDACTED]  
**Sent:** Mon 10/11/2010 9:19:13 AM  
**Subject:** Re:

Hi..I'm in Stockholm right now..working..was in Copenhagen few days ago working too..

All is good..I'm just freaking out a bit about my body because now when I look finally really really good I'm afraid I will gain weight again...I still keep running twice a day every day..its crazy..I've never run so much in my life but its amazing to see quick results..its really all about the cardio and eating right..also I'm having a casting for VS pink on friday so hopefully that will go well...

How r u? Where r u at?

Sent from my BlackBerry® wireless handheld.