

Letter of Introduction – Sit Stay Squat

Attn: Veterinary Professionals

Your client is seeking a referral for my services in feline fitness and bodywork. This letter outlines my qualifications, scope of practice, and professional goals to help you determine whether my services may benefit your client.

My Role

I work with cats of different ages and abilities to support their strength, balance, proprioception, mobility, body awareness, and overall wellness through structured fitness and bodywork support. I do not diagnose or treat injuries or illnesses, and my services are intended to complement - not replace - veterinary care.

Qualifications & Background

Canine Fitness:

CPCFT (Certified Professional Canine Fitness Trainer) - Wizard of Paws Rehabilitation for Animals, 2017-2019

CCFT (Certified Canine Fitness Trainer) - University of Tennessee, 2020-2021

These certifications allow me to design safe and effective conditioning programs tailored to the needs of healthy animals. Please note: I am certified in fitness, not rehabilitation.

Animal Training:

CPDT-KA (Certified Professional Dog Trainer) - Certification Council for Professional Dog Trainers, 2022

FFCP (Fear Free Certified Professional Trainer) - Fear Free Pets, 2025

My approach integrates positive reinforcement methods, prioritizing clear communication, cooperative participation, and thoughtful handling to support proper execution of exercises.

Pet Massage / Bodywork:

CCBW (Certified Canine Body Worker) - Caninology®, 2021-2022

NCCMT (Board Certified Canine Massage Therapist) - National Board of Certification for Animal Acupressure & Massage, 2025

CFBP (Certified Feline Bodyworker) - Holistic Animal Studies, 2024

These credentials reflect extensive hands-on training, case study evaluation, and successful completion of third-party certification. I provide bodywork only to healthy pets or those cleared by a veterinarian.

Human Fitness:

NASM-CES (Corrective Exercise Specialist), 2022

My study of human movement science enhances the quality and intentionality of the conditioning programs I develop.

Letter of Introduction – Sit Stay Squat

Fitness Program Design

All fitness programs begin with a thorough analysis of the cat's posture, movement, function, and current physical presentation. I assess posture, movement tendencies, strength, balance, coordination, and possible compensatory patterns to help inform the design of a customized fitness and bodywork plan.

Programs focus on:

- Building core stability, strength, proprioception, coordination, and mobility
- Supporting posture, movement quality, and overall function
- Supporting long-term wellness and quality of life

Safety and proper form are always emphasized. Exercises are adapted based on both client and cat feedback, and progression is conservative and individualized.

Scope and Limitations

I am not a veterinarian or veterinary rehabilitation professional, and I do not provide diagnoses or medical treatment. Clients are clearly informed of these limitations. My role is to complement veterinary care by:

- Supporting wellness through structured fitness and bodywork
- Educating clients to identify early signs of dysfunction or discomfort
- Referring to appropriate professionals when concerns arise

Because I work closely with clients over an extended period, I often notice subtle changes in behavior, comfort, or movement. When I refer a client to their veterinarian, they typically follow through promptly, fostering proactive care.

Collaboration

If you feel your client may benefit from my services, please complete the referral form below and return it via the client or by email (sarah@sitstaysquat.ca). I require veterinary approval for all clients with pre-existing injuries, illnesses, or medical conditions before initiating services.

Thank you for your time; I understand how busy you are, and I truly appreciate you sharing any insights or information that you feel may help me design a better fitness and bodywork program for your client.

Sincerely,

Sarah Keller CPCFT, CCFT, CCBW, NASM-CES, NCCMT, FFCP

Sit Stay Squat

www.sitstaysquat.ca

Feline Fitness and Bodywork Referral Form

(pg 1 of 2)



Date:

Referring Veterinarian:

Clinic:

Phone Number:

Email:

Pet's Name:

Client's Name:

Sarah Keller's feline fitness and bodywork programs focus on supporting posture and movement quality, increasing strength and stability, improving proprioception and body awareness, and conservatively supporting mobility.

Can this cat safely participate in a feline fitness and/or bodywork program?

☐ Yes ☐ No

Are there any modifications that need to be made, precautions we should take, or movements/exercises this pet should avoid when participating in the program?

Feline Fitness and Bodywork Referral Form

(pg 2 of 2)

Are there any areas you would like us to focus on when designing a program?

Is there anything else you think I should know about this cat?

Would you like to review the custom program I create for your client? If so please advise on the best way for me to get it to you (through the client, e-mail/fax etc.)

Please note that Sarah Keller offers feline fitness support and feline bodywork only; I do NOT offer rehabilitation programs, and I do not diagnose or treat injuries, illness, or disease. All cats who participate in a feline fitness or bodywork program after an injury or illness must have veterinary clearance, and when concerns are noted clients will be directed to seek appropriate care from their veterinarian or other appropriate care provider.

If you have any questions please contact Sarah Keller sarah@sitstaysquat.ca 780-718-9893