

To: [REDACTED]
From: Jeffrey Epstein
Sent: Mon 12/9/2013 2:07:56 PM
Subject: Re: More

happy to meet. as you know i have done most of these exercise regimens. 1 must mix them up. 2. caveman gorilla the best. 2. swinging. crouching , balancing. . animals do not do yoga. . it is silly. . 3. animals rarely tie there hands together in a movement. . 3. resistance is needed for bone building . . lifting above ones head, not natural , when in nature. ? never

On Mon, Dec 9, 2013 at 9:04 AM, [REDACTED] > wrote:

Yes, smart bells. Around for a while. Have you tried this? I think Paul may use these differently now vs when they first came out.

He's more complicated than I realized initially. That, and he has a body brilliance, around proprioceptive exercise.

Are you doing ballet?!

Xo

Typos, misspellings courtesy of iPhone.

On Dec 9, 2013, at 8:15 AM, Jeffrey Epstein <jeevacation@gmail.com> wrote:

if this is smartbells. theyve been around quite a while, fadish, , most movements do not lock arms. walking running, pointing, ballet is also fun

On Mon, Dec 9, 2013 at 8:05 AM, [REDACTED] > wrote:

Jeff,
The exercise system is amazing... Spent a little more time talking with Paul after doing the exercises. He's an inventor - not a business person at all. F, you read people well - you'll see all dimensions of this quickly.

Thanks, again! And great if you and the ladies experience the exercises. Super fun, easy, very effective.

Xoxo
[REDACTED]

Typos, misspellings courtesy of iPhone.

Begin forwarded message:

From: Paul Widerman [REDACTED]
Date: December 9, 2013, 12:49:40 AM EST
To: [REDACTED]
Cc: Jeffrey Epstein <jeevacation@gmail.com>, Lesley Groff
[REDACTED]
Subject: Hello from Paul Re: Great if you two can meet!

Hello Jeffrey and Lesley,
Paul here... [REDACTED] and I met at the Health Foo in Boston this weekend...
she's become a gem of a new friend, and very kind
in assisting me with the next transition of my business.

It would be great to have you experience using SmartBells...actually using them is really the only way to have a sense of how much fun they are to use... and how effective they are. It's my passion and I would love to come do a demo for you.

As Linda may have mentioned the business issues are time sensitive so I would meet at your earliest convenience.

Best,
Paul Widerman
(c) [REDACTED]

On Sun, Dec 8, 2013 at 12:35 PM, [REDACTED] wrote:

...In NYC.

Both for an exercise session so you can experience this & for a business discussion.

Great if this can happen soon! This coming week?

Thanks!!

Typos, misspellings courtesy of iPhone.

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