

**From:** Lesley Groff <[REDACTED]>  
**To:** Jeffrey Epstein <[REDACTED]>  
**Subject:** Fwd: Jeffrey Epstein Exercise Prescription  
**Date:** Thu, 20 Jul 2017 23:52:03 +0000  
**Attachments:** Jeffrey\_Epstein\_FMS\_and\_Program.docx

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Sent from my iPhone

Begin forwarded message:

**From:** Jesse Schwartzman <[REDACTED]>  
**Date:** July 20, 2017 at 7:45:59 PM EDT  
**To:** [REDACTED]  
**Cc:** Peter Attia <[REDACTED]>, Mary Stephens <[REDACTED]>  
**Subject:** Jeffrey Epstein Exercise Prescription

Hi Lesley, please forward this email to Jeffrey. Thank you.

Jeffrey: "The Tale of Two Sides of the Body" "My Glutes Went Missing in 1984 and are on a Milk Carton" It was a pleasure to meet you.

This was one of the most fun, most cut and dry assessments I have ever done. I am confident that if you do these exercises as part of a regular routine, your walking gait will improve, and your nerve sensation down your legs will dissipate.

Please read the attached functional movement screen notes to connect the dots as to why we chose these exercises, as well as the second page which has the actual exercises, form notes, order, and rep and time recommendations.

Your videos are on your assistant's phone, and she should be able to help you with the tactile cues we talked about.

Here is a foam roller I really like if you don't have one in your home in the Caribbean.

[The Grid Foam Roller](#)

Thanks for taking the time for the assessment today, and inviting me into your incredible home.

Please don't hesitate to contact me with any questions, or if you feel like you want to do a follow up session.

Best, Jesse