

NO70000001406

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2009 FEB 12 PM 2:53

SECRETARY OF STATE
TALLAHASSEE, FLORIDA

EFFECTIVE DATE
2-15-09

Amend & N/C

TB

2-16-09

COVER LETTER

TO: Amendment Section
Division of Corporations

NAME OF CORPORATION: CHINA SMITH AND FRIENDS INC.

DOCUMENT NUMBER: N070000014016

The enclosed *Articles of Amendment* and fee are submitted for filing.

Please return all correspondence concerning this matter to the following:

JAMI SMITH
(Name of Contact Person)

CHINA SMITH AND FRIENDS INC.
(Firm/ Company)

PO Box 1519
(Address)

TALLEVAST FL 34270
(City/ State and Zip Code)

For further information concerning this matter, please call:

JAMI SMITH at (941) 587-1671
(Name of Contact Person) (Area Code & Daytime Telephone Number)

Enclosed is a check for the following amount made payable to the Florida Department of State:

☐ \$35 Filing Fee

☐ \$43.75 Filing Fee &
Certificate of Status

☐ \$43.75 Filing Fee &
Certified Copy
(Additional copy is
enclosed)

☒ \$52.50 Filing Fee
Certificate of Status
Certified Copy
(Additional Copy
is enclosed)

Mailing Address

Amendment Section
Division of Corporations
P.O. Box 6327
Tallahassee, FL 32314

Street Address

Amendment Section
Division of Corporations
Clifton Building
2661 Executive Center Circle
Tallahassee, FL 32301

Articles of Amendment
to
Articles of Incorporation
of

FILED
2009 FEB 12 PM 2:53
SECRETARY OF STATE
TALLAHASSEE, FLORIDA

CHINA SMITH AND FRIENDS INC.

(Name of Corporation as currently filed with the Florida Dept. of State)

NO7000001406

(Document Number of Corporation (if known))

Pursuant to the provisions of section 617.1006, Florida Statutes, this *Florida Not For Profit Corporation* adopts the following amendment(s) to its Articles of Incorporation:

A. If amending name, enter the new name of the corporation:

EFFECTIVE DATE
2-15-09

PHYSICAL FOUNDATIONS FOR LIFE INC.

The new name must be distinguishable and contain the word "corporation" or "incorporated" or the abbreviation "Corp." or "Inc." "Company" or "Co." may not be used in the name.

B. Enter new principal office address, if applicable:

(Principal office address MUST BE A STREET ADDRESS)

C. Enter new mailing address, if applicable:

(Mailing address MAY BE A POST OFFICE BOX)

D. If amending the registered agent and/or registered office address in Florida, enter the name of the new registered agent and/or the new registered office address:

Name of New Registered Agent:

JAMI SMITH

New Registered Office Address:

5422 CARMEN AVE.

(Florida street address)

SARASOTA

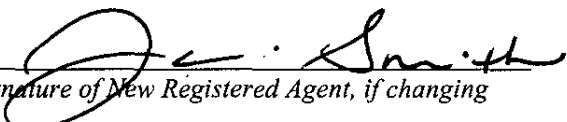
(City)

, Florida 34235

(Zip Code)

New Registered Agent's Signature, if changing Registered Agent:

I hereby accept the appointment as registered agent. I am familiar with and accept the obligations of the position.


Signature of New Registered Agent, if changing

If amending the Officers and/or Directors, enter the title and name of each officer/director being removed and title, name, and address of each Officer and/or Director being added:
(Attach additional sheets, if necessary)

| <u>Title</u> | <u>Name</u> | <u>Address</u> | <u>Type of Action</u> |
|---------------------|---------------------|--|--|
| Director | <u>John Miller</u> | <u>8283 Vico Ct.</u> <u>Sarasota, FL 34240</u> | <input type="checkbox"/> Add <input checked="" type="checkbox"/> Remove |
| Director | <u>Don Guercio</u> | <u>47 S. Palm Ave. #211</u> <u>Sarasota, FL 34236</u> | <input type="checkbox"/> Add <input checked="" type="checkbox"/> Remove |
| Director | <u>Todd Johnson</u> | <u>4971 79th Ave Dr E.</u> <u>Sarasota, FL 34243</u> | <input type="checkbox"/> Add <input checked="" type="checkbox"/> Remove |

E. If amending or adding additional Articles, enter change(s) here:
(attach additional sheets, if necessary). (Be specific)

[illegible]

If amending the Officers and/or Directors, enter the title and name of each officer/director being removed and title, name, and address of each Officer and/or Director being added:

(Attach additional sheets, if necessary)

| <u>Title</u> | <u>Name</u> | <u>Address</u> | <u>Type of Action</u> |
|---------------------------------------|---------------------|--|--|
| <u>Director</u> | <u>Mick Jordan</u> | <u>3 Enclave Circle</u> <u>Savannah, GA 31419</u> | <input type="checkbox"/> Add <input checked="" type="checkbox"/> Remove |
| <u>Admin. Asst.</u> <u>Officer</u> | <u>Jami Lydolph</u> | <u>5422 Carmen Ave.</u> <u>Sarasota, FL 34235</u> | <input type="checkbox"/> Add <input checked="" type="checkbox"/> Remove |
| <u>President</u> | <u>Jami Smith</u> | <u>5422 Carmen Ave.</u> <u>Sarasota, FL 34235</u> | <input checked="" type="checkbox"/> Add <input type="checkbox"/> Remove |

E. If amending or adding additional Articles, enter change(s) here:
(attach additional sheets, if necessary). (Be specific)

[illegible]

If amending the Officers and/or Directors, enter the title and name of each officer/director being removed and title, name, and address of each Officer and/or Director being added:

(Attach additional sheets, if necessary)

| <u>Title</u> | <u>Name</u> | <u>Address</u> | <u>Type of Action</u> |
|----------------|-----------------|---|--|
| Vice President | China Smith Jr. | 5422 Carmen Ave. Sarasota, FL 34235 | <input checked="" type="checkbox"/> Add <input type="checkbox"/> Remove |
| Director | Tony Driscoll | 421-A St. Armands Circle Suite 472 Sarasota, FL 34236 | <input checked="" type="checkbox"/> Add <input type="checkbox"/> Remove |
| Director | Hans Hansen | 1883 Rita St. Sarasota, FL 34231 | <input checked="" type="checkbox"/> Add <input type="checkbox"/> Remove |

E. If amending or adding additional Articles, enter change(s) here:

(attach additional sheets, if necessary). (Be specific)

[illegible]

The date of each amendment(s) adoption: _____

2/2/09

Effective date if applicable: _____

2

(2/15/09)

February 15, 2009

(no more than 90 days after amendment file date)

Adoption of Amendment(s)

(CHECK ONE)

☐ The amendment(s) was/were adopted by the members and the number of votes cast for the amendment(s) was/were sufficient for approval.

☒ There are no members or members entitled to vote on the amendment(s). The amendment(s) was/were adopted by the board of directors.

Dated _____

2/2/09

Signature _____

China Smith Jr.

(By the chairman or vice chairman of the board, president or other officer-if directors have not been selected, by an incorporator – if in the hands of a receiver, trustee, or other court appointed fiduciary by that fiduciary)

China Smith Jr.

(Typed or printed name of person signing)

VICE PRESIDENT

(Title of person signing)