

Testimonial for Suharni Mohammad (aka Sue Power)

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I once read a quote, “Be Strong and You will Feel Strong”....these words definitely hold true for me.

I am a proud mother of four and I have been training with Sue for almost 5 years. My children are aged 12, 11, 8 and 6 years old. After my son was born, I decided that I needed to take back control of my weight, body and fitness with my “childbearing years” behind me. I had put on almost 18 kgs with my pregnancies and never quite lost the extra weight. I walked around lugging both a physical weight but also a mental one as I didn’t like what I saw and nor how I felt.

I signed up with a gym near my work place and started attending a variety of group fitness classes. I got to know Sue or “Sue Power” as she was popularly known as Sue was a key instructor for the Les Mills classes which included Body Combat, Attack and Pump. She was well known not only for her fantastically ripped body but also for her packed high-energy classes that guaranteed a fun yet thorough work-out. Her classes were always the highlight of my week.

When I learnt Sue was also a personal trainer, I decided to take my work-outs to a new level. I had read the importance of resistance training to kick-start one’s metabolic rate and was keen to see what else I could do to get in shape. I felt more comfortable working-out with a female trainer and chose Sue because she was not only extremely well-qualified but just as important; she had a sincere, patient and encouraging demeanor that quickly put me at ease.

Having Sue by my side on my ‘fitness journey’ has changed my life. With a combination of group fitness classes, running 2 to 3 times a week and PT with Sue, I now have a body that I like; having gained muscle mass and massively improved my fitness level. I can say I feel stronger and fitter now than I ever did, even as I look back at my twenties!

With a full time job and four young children to juggle, making time for the gym isn’t easy but definitely possible. It takes good time management, focus and determination and of course, a dedicated trainer like Sue to encourage and spur me on. My work-outs are an essential part of my life and key in ensuring I am mentally focused, energized and “strong” to take on the other parts of my life!

Recently, Sue also started training my daughters who are budding school athletes. They have benefited not only from her customized programmes but even more importantly, her encouragement which has given them more confidence and mental focus to excel. You could say training with Sue has now become very much a family affair!