

Testimonial for Suharni Mohammad (aka Sue Power)

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Before personal training, I was doing a lot of yoga, and after some time, I felt that I wanted a change. As such, I asked around and was recommended to Sue in 2008. I had thought personal training was a way to challenge myself, to achieve another level of fitness. I had also imagined it to be difficult and challenging.

Sessions with Sue have always been engaging, and very rigorous. Sue taught me a lot on technique, breathing, nutrition, control and even positivity. She has always been encouraging and concerned not only about you as a client, but more of you as a person. She is incredibly responsible giving as a person and I greatly appreciate that.

It's been four years now, since I've been with Sue, and we have a great communication network and a strong mutual understanding of each other's habits and styles. She never hesitates to share, encourage and support. I place a huge amount of trust in her, that she knows what's best for my body and fitness. Sue probably knows my body better than I do!

In addition, she is qualified, and that's important to me. Armed with a BSc in Sports Science and multiple diplomas and certificates in fitness, it never ceases to amaze how Sue constantly seeks to upgrade herself, and to source for the latest developments in the fields of fitness and training.

The training sessions have been very beneficial to me. I am now much more conscious of my body, and am stronger, and am not as daunted with physical challenges. My agility and mobility has increased, and I move faster and with less effort. My body shape and structure is of course a lot better than when I first started. I have more energy, confidence and a greater desire to improve as well.

I got pleasant surprises along my journey to fitness over the years. I formulated various goals along the way, and have fulfilled some of them, or/and am in the process of working towards others. Regardless, I have benefited both physically and mentally through the process.

Thanks to Sue, I've never had any exercise injuries, and I am very grateful for that. I have had many friends who train in the gym, and as a result of improper technique or other reasons, have injured themselves. I have had friends who had trainers who were unqualified and taught them wrong techniques even. In the quagmire of trainers in the industry, I value Sue's experience, expertise and dedication to her craft.

To be honest, part of the reason as to why I continue to exercise is Sue. She keeps me motivated and the exercises and its resultant effects in muscularity help build my confidence level and spurs me to achieve more.