

## Testimonial for Liz Zain

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Freelance Actress

In January 2007 after my baby was eight months old I took a good look at myself in the mirror and decided it was time for me to shed not a few kilos but plenty! So, I decided to start exercising with a personal trainer and joined a mega gym near my place of residence.

Liz Zain was highly recommended by the management at the fitness centre. My weight then was 61kg and body fat was 32%. Under Liz's training within six months my weight was reduced to 51kg and my body fat was 24%.

My objective all along was to get back to my pre-pregnancy weight and I had achieved that mostly with Liz's planned exercise program and her inputs on my diet. She not only told me what to eat, but when to eat. All her work outs were planned in such a way that it helped me to build my stamina, my strength and I was able to fit back into my pre-pregnancy clothes! Her patience, encouragement, guidance and above all knowledge and techniques had made me a healthier and slimmer person.

In 2008 I decided to give gym training a break and try out Bollywood dancing and I enjoyed that but soon I realized that I was not as disciplined as I was with Liz. Furthermore the dancing classes were not as regular as the personal training sessions and I had started putting on extra kilos. In the meantime I had also discovered that I had mild scoliosis (pain from the neck to the shoulder and upper back) so I could not do many types of exercises.

I finally got in touch with Liz in July 2011 and resumed my training with her at my condominium gym. She knows my body so well that she can decide the type of workouts that will produce results on my body, and this time around proves more challenging because she also has to manage the scoliosis. Liz has been doing a wonderful job so far and my workouts are planned in such a way that my shoulder and neck are not affected at all. As I am a freelance actress, I need to maintain a good figure, watch my weight and stay trim. Without Liz, I wouldn't have been able to achieve that. With Liz, I feel very motivated to exercise. I have recommended Liz as a personal trainer to my husband and he is equally pleased with her training skills.

Liz is a wonderful person and knows her job really well. I have benefited tremendously under her training. My husband and I have decided to continue to train with her and achieve a new level of fitness.