

Testimonial for Suharni Mohammad (aka Sue Power)

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I moved back to Singapore from Australia in 2007 and was at my heaviest weight of 90kg. Sick of being depressed and in denial about my weight issues, and after much encouragement from family, I decided to join a gym to try and lose weight. It was an extremely slow and frustrating process – the thought of using any of the equipment was intimidating and so I was restricted to either the treadmill, cycle or group classes. After 3 months at the gym I only lost 4 kgs and it was really infuriating how slow the process was.

As a heavy person, I have always found gyms to be very daunting. They offered personal training but I was very hesitant as I did not know how qualified they were or if we would have good rapport. My mother had trained with Sue previously and I decided it was time to get external help! My initial training session with her was very comfortable and that helped to put some fears to rest. My previous experiences with other trainers were rather unpleasant, as they just dived straight into a workout that was more to their needs than mine. However, Sue made it a point to find out what my needs and goals were and tailored my sessions accordingly to help achieve those goals. In order to have a better idea of my food habits, she also suggested I keep a record of my food intake. This turned out to be a true “light bulb moment” for me, as I never realized the type and amount of food I was consuming! It also made me realize I was an emotional eater – I turned to food when stressed or upset. Sue provided many useful nutritional tips to help me stay focused where diet was concerned. Out went the high fat chips and chocolates, which were replaced with fruits and plenty of salad.

I trained 2 to 3 times a week followed by 40 to 45 minutes of cardio after each session. Sue always provided the right inspiration to keep me going and that extra push to work a little bit harder. It was amazing to see how fast the weight came off and how different I looked. I felt more confident and energetic, and this definitely was a huge motivating factor that made me more determined to reach my goal and maintain a healthy weight. At each stage of the weight loss process, Sue would vary our sessions and provide additional tips to help me stay disciplined. The knowledge she shared has changed the way I make decisions regarding my nutrition and lifestyle. She is a real driving force and works hard at making sure I never give up on myself.

A great thing about Sue is that she genuinely cares. I was not just a client; she treated me as a friend and offered constant support and encouragement. Her passion is contagious and really helped to jump-start my motivation to get fit and healthy. She always placed close attention to form and technique and would explain what is being achieved with each exercise. This made training very enjoyable and the results noticeable. Most importantly, my perception of working out in a gym changed and I was actually having fun!