

## Testimonial for Liz Zain

Nurasyikin Jaffar  
Operations Specialist

Before engaging Liz as my PT, going to the gym or even the idea of jogging is such a chore. Liz is very friendly and makes me feel comfortable immediately during our 1<sup>st</sup> meet. I was pleasantly surprised with Liz's enthusiasm in trying to understand and assist me in achieving my goal.

She's very knowledgeable and encourages me to ask her questions on the various exercises that she made me do. I now have better appreciation on the different exercises that I've done.

Liz had also come up with a list of exercises that I can do on my own and at home. So there's no excuse to tell myself that I can exercise only when I'm in the gym.

Great to have a personal trainer that is able to motivate, push and cheer me on.