

Testimonial for Liz Zain

Indrawati Ali
Educator

The idea of getting a personal trainer to help me be healthier appeal to me greatly. I knew I needed the help from the professional in order to achieve my goal. I knew that personal training is going to be tough and hard-going especially for people like me who have not been exercising regularly for the past 10 years! But I was prepared to work hard. I was prepared to put in all my effort for the sake of my own health.

I wanted a female personal trainer because I felt more comfortable. I was very fortunate to have Liz as my personal trainer because she has been with me all the way, encouraging me tirelessly and motivating me endlessly throughout the personal training sessions. Our communication level is excellent I must say and as my PT, Liz is totally aware of my blood pressure, constantly asking and checking with me about my well-being. Liz has a wealth of knowledge and experience and the best part is, she is ever-willing to share with me.

Personal training sessions with Liz have always been tough and focused yet enjoyable and beneficial. In fact, I always feel the one-hour PT sessions just fly past so quickly! I always look forward to my PT sessions with Liz as she would vary the workout routine and would stretch me a little bit more than I can handle to give me that challenge which I totally appreciate!

Upon reflection, I know I couldn't have done all these by myself. Without Liz's guidance and motivation, it would have been impossible feat to lose weight. I would certainly recommend my friends to PT because it is very focused training on all aspects of fitness, mobility, flexibility and strength. It is a good way of "investing" your money, in return for your own health.