

Testimonial for Liz Zain

Magali Rossi

I have always been quite energetic, sportive and fit but growing up and living in the countryside always privileged outdoors and team sports. When I moved to Singapore from Europe more than 10 years ago, the constant traveling for work and the hot & humid climate put somewhat a stop to this.

I have a very fragile back, the consequence of a strong scoliosis and a very serious back injury (while skiing) both occurring when I was a teenager, so the only regular exercise I kept was some swimming and abdominals.

I felt an instant click with Liz, and I quickly appreciated her joyful personality and her strong professionalism as well as knowing exactly when and how to push me.

I really liked her original approach to adapt the exercises to concentrate on my problem areas within a whole shaping program. The attention to my back was also always on her mind. We also discussed often the 'recipe' for a healthy body between the right levels of weight and cardio exercises, and she gave me valuable counsel. Liz made me enjoy going to the gym and I always end up our sessions extremely satisfied.

Results were visible and lasting on my overall body and fitness level; weight loss, fat percentage drop, obvious toning of arms & legs. The objectives have been achieved in that I feel now a lot fitter and stronger, that I have all my energy back, and I also noticed that I get much less sick and have had no back problems since.

Liz gives the wonderful personal touch, which makes the difference between looking forward to a gym session and having to go through a gym session!