

Testimonial for Liz Zain

Jan P.

Accounting

Liz had been my personal trainer since I joined Amore in June 2003, with my objective to have a slimmer and toned physique, better health, knowledge on use of gym equipment as well as exercise techniques.

PT sessions with Liz were tough initially as my stamina then was still very weak. However with Liz's patience, encouragement and guidance, my stamina and strength were built up gradually and PT sessions with her became more enjoyable. Most important of all, I have achieved visible weight loss! My body is better toned and I do not suffer from lethargy like before and looked more healthy in person. Encouraged with the positive changes to my physical outlook, I became more determined to keep the weight off and maintain a much healthier lifestyle. Besides the physical results I had achieved, Liz has also made me gain back my self-confidence from the personalized training received and I strongly believe nothing is impossible as long as you are willing to work towards your goal.

Liz's good job knowledge and experience in this profession also helped to speed up my achievement process. Besides helping me to improve on the physical strength during my training sessions, she also stresses on building my mental endurance and patience, which is equally important in my quest for success.

Overall, the PT sessions with Liz were rewarding, enriching and fun. With the results and transformation I have gone through, I definitely feel more excited and motivated to continue training and keeping fit. Liz is also very dedicated and professional trained for guidance and encouragement. Life is undoubtedly more fulfilling and meaningful with a more balanced and healthy lifestyle after the challenge. All thanks to a good trainer like Liz.