

Testimonial for Suharni Mohammad (aka Sue Power)

Yang Ji Wei
Musician

I was very skeptical initially on the idea of personal training as I always thought I can always train myself. Why do I have to pay someone to train with me?

Within the first few lessons with Sue, I learnt that there are skills and techniques involved in the use of the equipment and that is very important if you want to avoid injury during training. The immediate thoughts I can think of is that Sue has a great wealth of experience to share. This knowledge comes from many years of training experiences and doesn't come easy from just completing basic trainer courses offered in the industry. To me, paying for training is only worth when you know you are paying for something that money can't buy you. The experience and knowledge is something more valuable than money itself.

I find training sessions with Sue extremely fun and enjoyable being able to learn the correct techniques in a fun, cool and relaxing manner. Sue was not just a trainer but also a friend to me. We communicate very well together and this made the training session really comfortable.

The PT sessions has transformed my body. I now look better in clothes and walk with greater self-confidence since my training with Sue. I am much fitter than I was before. My energy level has increased, I wake up every morning feeling good and ready to start my day. I don't feel as tired and sleepy during the day as compared to when I was not on any training sessions.

Many of my friends have noticed the changes in me and asked me if I was doing something different. This has greatly encouraged me and I am very satisfied and pleased that people around me have noticed the differences.

Many things I learnt in the gym can be applied to how I function and work during the day. Training requires self discipline and focus and therefore, as I learnt how to focus and discipline myself in the gym, I also learnt how to apply that in my daily work life. This has also helped me go further and perform better as a mentor and teacher.

I am greatly motivated to continue exercising. I would feel weird and lazy if I were to skip my training sessions. It is now part of my life and has become a daily routine in my calendar. I even have two friends that are undergoing exercise programs with Sue.