

Testimonial for Suharni Mohammad (aka Sue Power)

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When I first began personal training sessions, I was apprehensive because of the intimidating equipment. Sue allayed my fears of working out at the gym. She is very sensitive to the needs of the clients because she is able to read non-verbal cues. She helped me overcome my initial anxieties by demonstrating and explaining very clearly what I should do.

Sue is very attentive during my sessions. She makes me feel that I am the only one working out at the gym, even though the place may be populated with other people doing their routines.

The single most important post-exercise effect with Sue is the feeling of exhilaration after an exciting workout. I put this down to Sue's creativity. Abs training is fun with her! She has no end of variations when it comes to toning one's abs. I feel this is very important, because abs training can be boring, but it never is with Sue.

I find the training sessions beneficial - and necessary - such that I have continued training with Sue every week for a good ten years. I always look forward to my PT sessions with Sue.

I would definitely recommend Sue to friends and family and I have already done so. My friend, who visits very often from Australia, recently went to Sue for a few PT sessions while she was in Singapore – and under Sue's guidance, maintained her strength and fitness, and lost a few kg in the main!