

## Testimonial for Liz Zain

Joyce Koh  
Finance and Banking

I've always against the idea of engaging a personal trainer. It's a waste of money. What's so difficult to exercise? Isn't it running on treadmill and carrying weights? My perception changed completely after I had 2 trial lessons with Liz.

PT sessions with Liz were great! She is very professional and always explains the usage and reasons of doing certain exercises or machines. Liz even went to the extent of preparing a list of my diet so that I can put on weight whilst still maintaining a healthy desirable body fat percentage. It really touches me.

Communicating with Liz is never a problem. Even though she's my PT, it doesn't mean we talk only about exercise. In fact, we are able to converse about everything under the sun.