

CHLOE LAU Training with Moses Ching

FITNESS AS A LIFESTYLE



Champions in Designer Fitness
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FITNESS AS A LIFESTYLE



BEFORE



AFTER



FUTURE

I know that and also agree to the fact that exercise is good for me. ***I used to swim, canoe, jog, but it never lasted long enough to show me any changes in my body shape.***

"Busy with work", "got to go catch up with friends", "too tired", "I'll do it tomorrow"...all the reasons or excuses...days and years went by until one fine day, I tried to run to catch a bus...I could feel my heart pounding madly and I was short of breath, I felt terrible, and was worried. I then told myself that its time that I do something before it is too late.

I know my weakness and that is I need someone to "push" me. ***I also needed someone to guide me and set me in the right direction.*** So, I decided to go into personal training with FITNESS FACTORY. Initially, I merely wanted to get things started by working out, or maybe just lose a few kilograms that's all.

What I have achieved today is WAY BEYOND just that few kilograms. I have learnt a lot from my trainer and I appreciate his professional advices and guidances. I have benefited a great deal from listening and practicing what he had advised me to do and had achieved what I previously thought was impossible.

My trainer helped me understand that fitness is a way of life. Food is still enjoyable, but I have learnt how to take it such that it suits my body and using exercise to strike a balance. Everyone is different and I have managed to manage my own body.

I am very happy that I have taken that first step and arrived at where I am today. And I am not preparing to stop as this is just the beginning.

I still have lots to learn and discover about exercising. So to those who are serious about achieving a better and more balanced life, **START NOW!**

Cheers!
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	BEFORE	AFTER
DATE	31 JUL 07	14 JUL 08
WEIGHT	78.6 KG	62.5 KG
WAIST	37.0 "	31.25 "
% BODYFAT	>45 %	38.0%
FAT MASS	-	25.27 KG
LEAN MASS	-	41.23 KG

AGE – 32
GENDER – FEMALE
DROP IN WEIGHT – 16 KG
Pre-workout Medical Condition – Previously un-detected hypertension.

