

IRENE YEAP Training with Vincent Ng

AGE IS ONLY A NUMBER...



Champions in Designer Fitness
**fitness
Factory**

AGE IS ONLY A NUMBER...

Getting around doing routine day to day stuffs were greatly hindered by both my weight and my arthritic knees.

Being overweight did not help ease the constant pain my knees were giving me. My daughters urged me to take up personal training with Joan to lose some much needed weight to help relief the stress my knees are facing daily.

I have seen results in the form of my daughters after they have started training with Joan thus I decided to give it a shot. She ensured that I have sought necessary medical advice from a recommended medical specialist before I start training with her. Based on the recommendation of the doctor, she ensured that the comprehensive training regime works in harmony and takes care not to have it inherently affect my existing medical condition.



I also trained under Vincent who takes over from Joan on occasions when her training schedule clashes. **Coupled with a good diet plan and her professionally planned training regime, I finally managed to shed the extra weight I have been trying to lose for the longest time.** I started buying clothes that I didn't dream of buying prior to my training.

With my reduction in weight, **my arthritic knees are no longer giving me as much problems as they used to.** I am able to go about with my daily business with much ease then before.

Joan and Vincent have truly been a great help in molding my self-confidence and overall well-being.

Thank you Fitness Factory!

AGE IS ONLY A NUMBER...

Irene Yeap

Age: 57 years old

Gender: Female.

Starting weight: 66.3kg

Stabilised weight: ~ 55kg.

Progress of Weight Loss

