

# MARK STEPHENS

Training with Moses Ching

**ACHIEVING HIS DREAM!**



Champions in Designer Fitness  
**fitness  
Factory**

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BEFORE



AFTER

The results I have achieved whilst working with Moses Ching and the other trainers at FITNESS FACTORY are evident, and have been achieved not only in a relatively short space of time, but in a way that means they will continue. ***Having the right mental attitude to fitness and health as a lifestyle, and achieving consistency, are the 'keys' to success in the battle to get fit,*** and these are the values which are the 'mantra' at FITNESS FACTORY.

Each of the trainers at FITNESS FACTORY do not preach 'do as I say not as I do', as at many other gyms, but each has a body and healthy attitude to fitness to be proud of, and this inspires their clients to adopt the same positive attitude and thus achieve results.

If you want a 'quick fix', the latest 'wonder-diet' plan, if you want to join gym for years and never go after the initial enthusiasm has worn off, there are plenty of players in the market who will gladly take your money. ***If you want real, lasting results and to look great AND stay healthy, then hire a Personal Trainer at FITNESS FACTORY and get to work!***

Mark Stephens  
from United Kingdom

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	BEFORE	AFTER
DATE	3 APR 08	7 AUG 08
WEIGHT	81.6 KG	74.5 KG
WAIST	40.5 *	37.25 "
% BODYFAT	33.7%	29.3%
FAT MASS	27.49 KG	22.5 KG
LEAN MASS	54.10 KG	54.4 KG

AGE – 47  
GENDER – MALE

DROP IN WEIGHT – 5 KG  
DROP IN % BODYFAT – APPROX 5%  
DROP IN FAT MASS - APPROX 5 KG  
GAIN IN LEAN MASS – APPROX 0.3KG

