

MIKE POWELL

Training with Augustine Lee

THE WARRIOR RETURNS



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THE WARRIOR RETURNS

I moved to Singapore in the late 90's.

I was 82 kg and actively competitively road cycling, going to the gym night and day. I had amassed a total of 11 marathons under my belt.



BEFORE

In February 2006, and quite unexpectedly, I was diagnosed with a serious illness and needed to undergo major abdominal and hepatic surgery.

The post-operative pain, rehabilitation process and necessary healing together with an overall loss of confidence held me back from resuming my exercise. Little did I know it at the time but this was to be the start of what was going to be a dramatic decline in my personal fitness. **My weight spiraled to a whopping 109 kg by August 2008.**

I knew I needed to do something. I was haunted by the degradation of my personal form and fitness, however due to the demands of my job, the mission critical, 24x7 nature of my company's business which involves providing global network services to a number of the largest multi-nationals and the need to ensure that their worldwide operations are "always available", coupled with my heavy travel schedule meant that finding a convenient excuse to not make a start was easy. Does this sound familiar?



AFTER

Whilst I was troubled by the fact that I was out shape, lacking the energy levels I always seemed to have had in the past, I was equally daunted by the idea of signing on back at a public gym. The very thought of it was intimidating.

Through friends, (also members) I met Augustine, Vincent and Joan at a function. Augustine suggested I drop down, take a look at the gym and undergo an assessment. I took him up on the offer and it was on that first visit that I realized I had found the path back to personal fitness.

The rest is history; **I started training with Augustine in August 2008. After less than 5 months, I have lost 13 kg, have significantly increased muscle tone, reduced my waist measurement by 4 inches and I am feeling those energy levels of yester year returning.**

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The weight loss is managed, controlled, ongoing and most importantly sustainable. No ridiculous diets, no stuffing myself with supplements that my body does not need, no living a miserable existence, just a sensible balancing of the inputs and outputs, eating the right stuff and matching that to my level of physical activity.

But why did I choose the FITNESS FACTORY? Having been a member of a number of gyms around the world and engaged in Personal training services in the past, **the standard of training at FITNESS FACTORY is second to none and characterized by the fact that:**

- **The Training is specific, realistic and tailored to what I want to achieve.** Most importantly, it is not restrained by the theory only knowledge of the trainer. The team at FITNESS FACTORY are true practitioners.
- **The training plans and goals are challenging, recognising that being healthy is a way of life,** yet at the same time equally recognising the need to balance the pressures of a modern working life and the hectic work life and necessary socialising that is all a part of it.
- Augustine and Vincent, whom I train with occasionally (and whom my wife trains with) are disciplined professionals, **always on time for the session and totally engaged throughout.**
- **The training is challenging and my programme is monitored and evaluated every session.** Augustine is always springing a few new surprises on me. Constant feedback and instruction is given to ensure the risks of injury are eliminated. (Watch out for the sneaky extra 5 or so reps he sneaks into the odd set).

The gym is modern, niche, clean, well-maintained and totally free of the intimidating environment that scares so many people off getting started.

My job is not done; I still have work to do. The one thing I do know is that at current course and speed, working with Augustine, I will be there in no time at all. Augustine and Vincent.....**a big thank you!!**

Mike Powells (42)
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