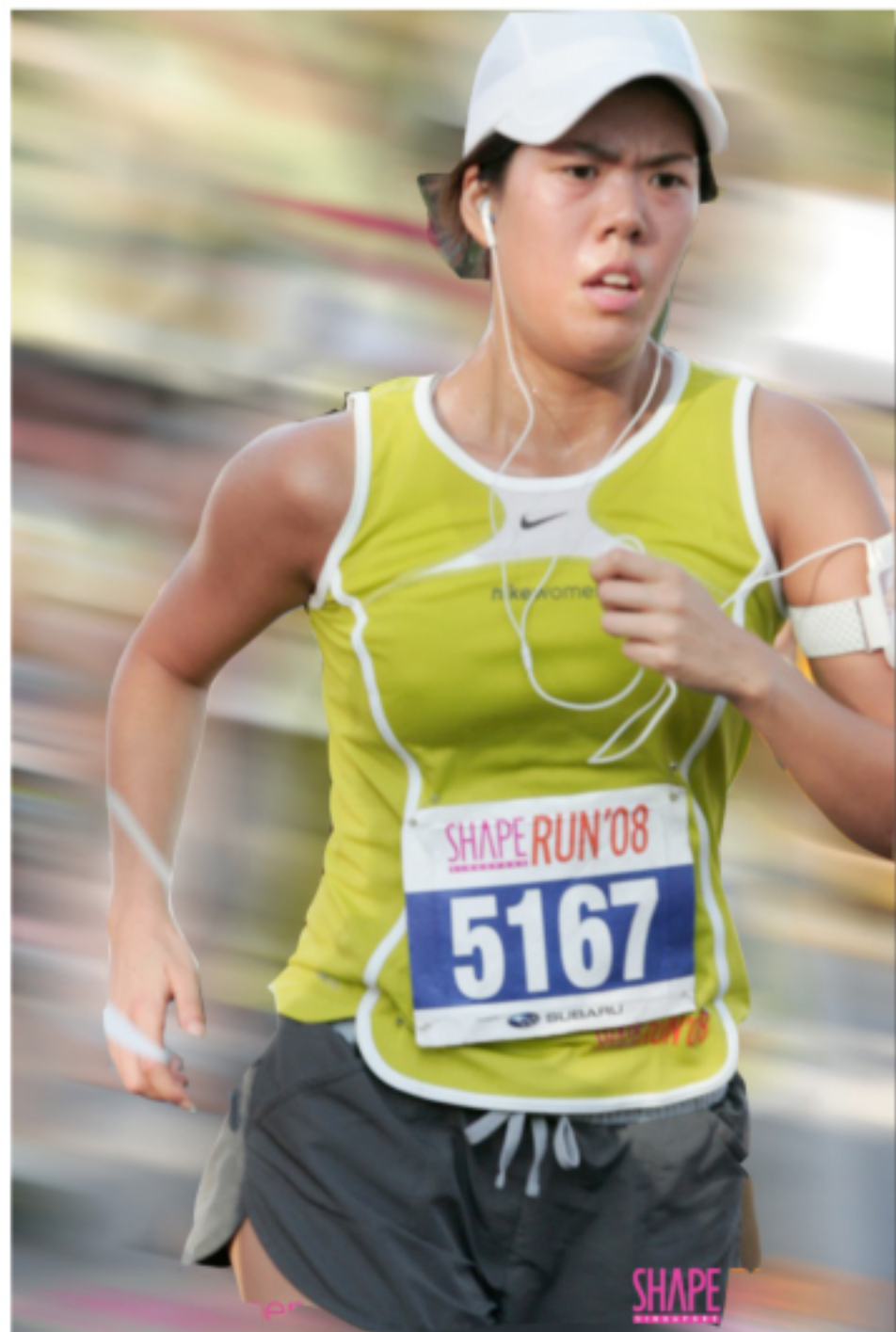


WANG ZHILING

Training with Moses Ching

SPORTING PERFORMANCE!

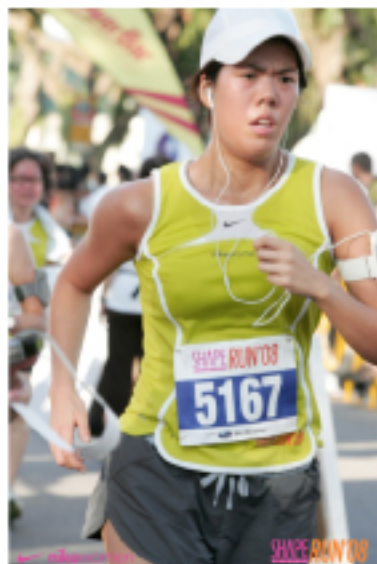


Champions in Designer Fitness
fitness
Factory

SPORTING PERFORMANCE!



BEFORE



AFTER

Even before I embark on personal training with FITNESS FACTORY, ***I had been going to the gym faithfully for the past eight years. My workout programmes included kickboxing, yoga and body pump. However, these routines did not help me lose weight,*** as if I had struck a plateau. Intuitively, I knew resistance training would be beneficial but I had reservations because I did not want to bulk up which would make me look less feminine. Also, to lose weight, I went on diets but they never lasted long.

In January 2008, I went on a calorie restricted diet – I cut out most carbohydrates (especially sugars) and fats completely for two months. Of course, my weight dropped. But at the same time, I was also losing muscle mass since I was not encouraged to exercise during this period. I was phobic about returning to my normal diet and wonder how then could I maintain what I have achieved. This then became the determining factor for me to venture into something different. I found FITNESS FACTORY and I signed up for personal training.

Ever since then, my life was changed. My sweet tooth had always been my weakness. With that, I have found it extremely difficult to control my diet. However, ***with Personal Training at FITNESS FACTORY, the constant education and motivation from the experienced team there, I have learned how to maximize the balance between food intake and energy expenditure which is crucial in weight management.*** In addition, the combination of cardio activities with resistance training also helped me to become visibly leaner!! I feel and look better than I have in years and am also experiencing a peak in my fitness level. ***Personal training with FITNESS FACTORY is definitely a worthwhile investment and I would strongly recommend it to those who are looking for results they have never even imagined they could accomplish.***

Wang Zhiling
Marketing Manager,
Ritz Carlton