

WENDY LOONG

Training with Vincent Ng

*Slender and Toned!*



Champions in Designer Fitness  
**fitness**  
**Factory**

# Slender and Toned!

## Shaping my mind and body through personal training

As far as my memory serves me, exercise and gym are not main fixtures in my vocabulary, let alone personal training! Maybe that explains why I fit the rather ironic description "slim but fat". So while ***I may appear "slim" to the untrained eye, my actual body fat percentage is under the "high" category.*** I suppose the "slim but fat" description applies to most ladies. I remember coming across an interview with a local actress (*who's well-known to be toned and fit through years of ballet and Pilates training*) where she was asked to comment on her colleagues. Her unapologetic reply was "yah, they're mostly thin but flaccid!" I thought that was so true! Most ladies are only concerned with looking slim (thin even) but not so much on looking toned. So that was my "moment of awakening". I decided that it's not good enough to look slim/thin, it's more important to look toned. Anyone can go on a diet to lose the extra kilos. But most do not have the discipline and tenacity to put themselves through grueling exercise routines to achieve the toned and fit physique. So that was my main motivation. ***I yearn for that toned physique with abs and definition in abundance*** (*I'm still working on it though*). In my opinion, a physique which screams "*obviously goes to the gym*" reflects an individual who is disciplined, for anyone who has ever tried to follow an exercise regime will know that it's no easy piece of cake!



# *Slender and Toned!*

I must say that despite my initial reservations towards the whole exercise/personal training doctrine, I've grown not only to dispel any preconceived notions but also to embrace it warmly as my new lifestyle. **Training instills a sense of routine and discipline in my life.** Of course there are days where I feel lazy (especially Saturday mornings) and have thoughts of skipping lessons. But the beauty of having regular personal training sessions for more than a year is that it builds up motivation and resilience, thus minimizing the urge to "take short cuts/cut corners". So luckily for me, more often than not, I'll find the inner strength to keep pressing on, something which I may not be able to do so if I had been left to train on my own. That is why I'm glad I've found Fitness Factory. It is a place that is more than just a gym. By focusing on personal training, it is a place that meets my requirement, a place for me to build up discipline under professional guidance. **I love the boutique set up too as it makes my training sessions feel more exclusive and not a place where there are hundreds of other members jostling for equipments. The warm and friendly trainers make me feel so welcome and it feels like one big family!** My trainer, Vincent, has a great aesthetic eye and knows more than a thing or two about what makes a body beautiful! One only needs to meet him to understand why. Haha.. So for anyone who is looking for a great place to work out and start cultivating a healthy lifestyle, I'll say look no further, for Fitness Factory is as good as it gets!

Ms Wendy Long

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