

Karen Quah

Karen, a mother of 2 has tried various ways to loss weight from dieting to going to slimming centres but without much result. Based on Karen's initial fitness consultation with me, I noted that she has problem controlling her daily diet. Thus, to increase the effectiveness and expedite results, I encourage her to start off 3 times per week of personal training with me, and consult our medical consultant, Dr Low with regards to her eating habits. With her determination and consistency, Karen managed to loss closed to 14kg and lost 9.5% body fat and a total of 29.7" off her in the past 6 months.

Good job, Karen... you have showed that nothing is impossible!

- Caroline

Karen Quah

Lecturer