

In Singapore, you can break into a sweat just by walking to the letterbox, but if you're really keen to release those toxins and work on your fitness, this city offers endless options. We spoke with some healthy *Expat Living* readers about their favourites.

Get Physical!



Body Temple

Outlets in Loewen Gardens and Clarke Quay
9100 8714 | www.bodytemple.com.sg

I started at Body Temple in August 2010. I first noticed their Loewen Gardens premises when I would meet friends there for cake (!). I wanted to lose weight and improve my fitness.

I attend a personal training session twice a week with Teresa Soh, where we focus on overall body strength. Teresa varies our training sessions to keep them interesting, and we always have a good chat and a laugh as we work out.

Since joining Body Temple, I have lost 13kg and my fitness has improved out of sight. I've competed in triathlons and I'm doing a half marathon in October – this would never have happened without Body Temple!

I would recommend Body Temple to others because Karine, Teresa and the rest of the team are so supportive, friendly and motivating that they make working out fun. I'm living proof that it works!

Brooke Holland, Australia