

Body Temple Testimonial



Before BT



After BT

Name: Alisa Burke

Stats: British, Aged 38, 3 children aged 4, 6 and 8.

Reason for starting with Body Temple:

Although I've always enjoyed sport and exercised regularly with weekly gym, tennis and fitness classes, I never felt happy with my body shape (happy with top half but hated my thighs!) and was always battling to reduce my weight by a few kilos with only temporary successes. With the big "40" looming I also wanted to take advantage of the easy lifestyle Singapore afforded me and finally get really fit and energized (especially after years of poor sleep brought on by our third child's poor health/sleep patterns).

Your biggest success:

After 4 months with Body Temple I am finally so much happier with my body shape and tone, have consistently lost cms and kept off those last few kilos I could never lose.....and I have had unbroken night's sleep now for a month – heaven. My weekly session with Suzanne is as much a pick me up as an intense workout and through her suggestion I am even now involving my husband and kids in my more active lifestyle with swims and runs at Sentosa.

Tips for other women: Don't focus on the kilos – I have been losing cms over the last month whilst maintaining a stable weight. Most importantly look at the big picture – sleep patterns, alcohol, relationships, positive thinking and prioritising- and find a way for it all to work for you.

To read other Body Temple Success Stories: <http://www.bodytemple.com.sg/SuccessStories.html>