

Body Temple Testimonial



Before Body Temple



After BT

Name: Elizabeth Hart

Stats: Aged 38, Professional banker, working full time and undertaking frequent business trips. Married with 2 children aged 5 and 1

Overall results: I have lost 10.8 kgs in the **9 months** since joining Body Temple. More importantly I have lost 13 cms on my waist, 10 cms on my hips and 11% body fat. I can now fit into the smallest of clothes hanging in my wardrobe, which is a dream come true. I can also enjoy wearing clothes which flatter my figure rather than trying to cover up.

Reason for starting with Body Temple: In January 2007, I weighed 73.6 kgs following the birth of my second child in December 2006. I was one stone heavier before the second pregnancy than when I fell pregnant the first time in 2002, so I knew I had plenty to lose. I lost the 7kgs myself by keeping a food diary and cutting down on treats. However, my weight then plateaued and I was struggling to lose more, even though I was committed to my weight loss goals. I wasn't sure if I was eating the right food and I had no particular exercise routine. Then one of the mums from my son's school mentioned Body Temple and I knew instantly that it was exactly what I was looking for.

Your biggest success: My biggest success has been sticking with the nutrition and fitness routine, even though I travel frequently for business, undertaking my senior banking role and I have many demands on my time at home. I found a time slot which works most of the time and kept the appointments with my trainer. I even surprised myself that I continued to lose weight and centimetres whilst I was travelling. I now take healthy snacks with me when I travel, which I have learnt is very important and I schedule a time to work out whilst I am away.

Tips for other women:

I encourage anyone who dreams of being fitter, slimmer or more toned to make the decision that you can do it and make it happen. When I joined Body Temple, I felt so fat and unfit and was becoming disheartened with my weight loss, having plateaued for a few months.

The trainers at Body Temple provided great support and encouragement and the weekly weighing and measuring confirmed that the formula was working, so I just kept going. Finally, I can now see the results and so can other people, which is wonderful. If I can do it, so can you.

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