

Body Temple Testimonial



Before Body Temple



After Body Temple

Name: Heather Phillips

Stats: I am 35, married and have two children ages 5 and 3. Currently, I am not working. I am learning to enjoy my new found freedom from the workplace by exploring Singapore.

Overall results: In the last 7 months since joining Body Temple in Nov. 2007, I have lost 30 lbs/13.5 kg, and I have dropped at least 4 dress sizes.

Reason for starting with Body Temple: I started with Body Temple because I wanted to see positive results from positive women. I had lost some weight already on my own after arriving in Singapore in August of 2007, but I knew that it would be difficult, if not impossible, to continue my weight loss on my own without a structured exercise program. I had tried regular gyms before moving to Singapore, and I know that I am not motivated by just having a gym membership in my wallet. Having the knowledge and help of a trainer who takes the time to figure out how to help me reach my goals seemed like the best way to get results.

Your biggest success: My biggest success is the new way I feel about myself. I have more confidence in myself and now feel that I am setting the best example I can for my children to lead a healthy and active lifestyle.

Tips for other women: The best tips I have gained from Jennifer and the other women at Body Temple are:

1. Set reasonable short and long term goals for yourself, but give yourself a deadline so that you have something to work towards.
2. Be kind to yourself. If your goal is to lose weight, it won't happen overnight. It takes time. Learning to have patience with yourself and the way your body works will help you reach your goal. You have to be diligent and you DO have to make changes in your habits and everyday routine to get there, but it can be done.
3. Do it for yourself. Make time for yourself to exercise, eat and sleep the way you should. It makes all of the challenges in life that much more manageable.

Additional info: I have not felt this good in seven years !

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