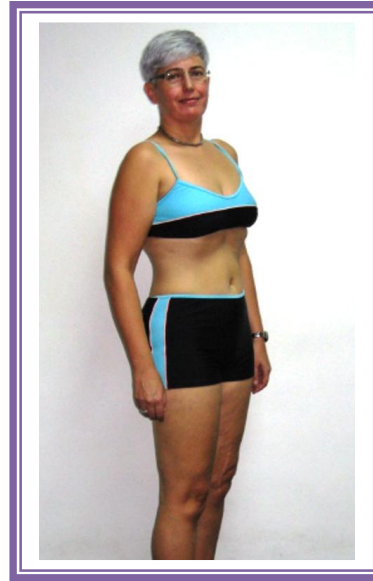


Body Temple Testimonial



Before BT – May 2007



After BT – Nov 2007

Name: Tanneke Zeeuw

Stats: Aged 43, moved to Singapore in September 2006 to work as a consultant to the biotech industry.

Overall results: Lost 11 KGs / 42 CMs and 8.6% body fat in a **6 month period**, May 2007 to November 2007. Achieved goal of running races throughout 2008.

Reason for starting with Body Temple:

I became aware that my weight and lack of fitness were stopping me enjoying other parts of my life, and starting now was better than putting it off again. As a friend of mine puts it – I got to YES! I went through the websites of all the reputable Singaporean fitness centres I could find, and liked the ethos of the Body Temple. I then realised I'd met a number of the trainers, and they had toned and even muscular bodies, and carried them with pride

Your biggest success:

Dropping enough weight, and strengthening a damaged knee enough, to be able to start running again. I was a middle distance runner as a teenager, but had forgotten the sheer pleasure it gave me. Now I'm aiming for a half-marathon in 2008 !

Tips for other women:

- Be patient – it doesn't happen all at once and you can't always see it, but do it right and you will feel and look better.
- Be honest – with yourself and with your trainer; it's impossible to cheat at this.
- Be thankful – you have enough health and mobility to do this. Don't moan at your trainer; don't begrudge the time or the effort.
- And finally – Be exuberant – this is your hour, your energy, your triumphs. Enjoy them.

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