

It is an open secret that all of us want to look good. Who does not look his or her best in a society that places such a high premium on [the first impression](#) ?

For those of us who are in the midst of a fitness regime or designed mealplan, I congratulate you as you are one step closer to your dreams. As the footsteps of Chinese New Year draw closer, I'm very sure my Chinese clients will be eager to shed that extra kilo or pump harder so as to impress their relatives and friends during the customary house-visits.

It was based on this premise that I teased one of my long-term male client that he would be able to flaunt his hard earned muscles again when he returns to his hometown. He smiled sheepishly initially, then added that he was content with the glow of admiration he received last year. Whatever extra reaction he received this year would be a bonus. I'm genuinely happy for him as [he's now savoring the fruits of his hard labour](#) \_ at the gym.

Today when I checked my facebook, one of my clients wrote that he somehow felt slimmer and attributed to an invisible force behind him looking good. Another one of my female clients joined in the discussion and proclaimed that I was the reason behind his feel slim effect. She further enthused that I had this mysterious power to make her feel slim somehow...even talking to me makes her feel slimmer.

As I read their discussions, I begin to ponder if they have given me too much credit for what I have helped them achieve. My start and end points are the same - to make you look good, both inside out and outside in.

What I basically do for all my clients is to prescribe a proven set of training methodology comprising a sensible workout routine and delectable mealplan. More importantly, I believe in strong personal support.



Not only do they see the results, but they also see the physical transformations happening right before their eyes

If there's any mysterious force behind all this positive buzz, it's the individual's innate ability to shift into high gear each time trainer and client meet. I love this energy as it is infectious in a good sense :)