



*Quality
Lifestyle & Performance*

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Current Realities

- My body is out of shape
- My life is out of balance
- My busy work schedule is taking over my life
- I have no time to exercise
- I eat because I have to
- Quick dinners are the norm
- I don't recognise myself anymore

You Will Learn to...

- Appreciate the 3Ws of eating
- Create time for yourself
- Take the first step to realising your dream
- Feel good and look good
- Attract more success, love & happiness in life

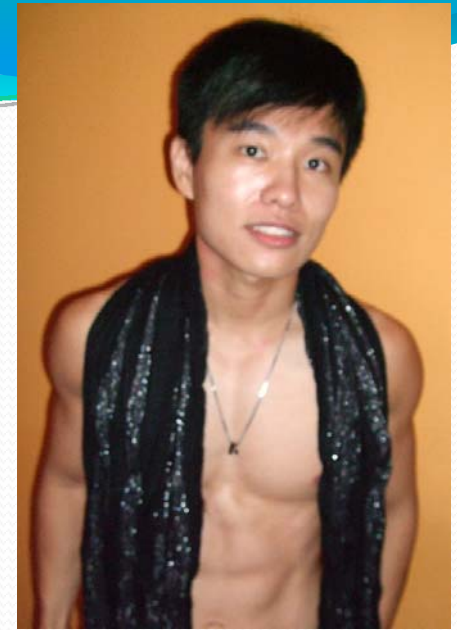


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Trainer's Profile

Lionel Lim

- Certified personal trainer & sports nutritionist
- Battled with health, weight & self esteem problems in the past
- Transforms lives of others by being a role model
- Uses meditation & neuro-linguistic programming techniques to help clients & audience focus better & accelerate their training
- Invited to speak at organisations such as Singapore Institute of Management, Singapore Police Force and Queensway Secondary School
- Published author of lifestyle, health and fitness articles in United States and Singapore
- Creator of lifestyle, fitness and grooming seminar workshops



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Seminar Details

- Duration: Lunchtime / Dinnertime Talk (60 min)
- Investment: \$15 (GST included)
- Key Learnings: Food Choices, Time Management, Goal Setting, Personal Grooming

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Seminar Registration

signup@lionellim.com

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