

# BODYCRAFT

## FITNESS

Name:	Bala		
Age:	42		
Weight before:	90 kg	Weight after:	84 kg
Waist before:	36inch	Waist after:	29 inch
Body fat before:	30%	Body fat after:	12%

I have been having high blood pressure, heart palpitation and high cholesterol for three years and have tried several medications. I had also put on a lot of weight over the past eight years due to lack of proper diet and exercise.

Even when I wanted to take up an exercise regime, often I could not sustain it...until I have discovered Bodycraft Fitness and met personal trainer Latif 6months ago. My life has changed completely under Latif's guidance.

Latif's detailed knowledge of healthy, though sensible diet, his vast experience in using health supplements to augment the diet plan, as well as his expertise in resistance and cardiovascular exercise has brought about a tremendous loss of body fat. Also my muscle density and muscle definition have increased significantly. My friends comment on how fit and young I look. Although I am 42 years old, I feel very alive and healthy now.

Most importantly, my blood pressure and cholesterol level have normalized and I need not take my blood pressure medication anymore.

My fitness level is now at its best and it is all because of Latif's training program and his encouragement. My wife, who's a doctor, is now training with Latif at Bodycraft Fitness and she too has benefited tremendously from his expertise. She has lost 11kg in just 5months, which she always thought was not possible.

I strongly recommend **Bodycraft Fitness** for anyone who is serious about decreasing their body fat and getting healthy, lean, trimmed and toned!

Bala  
Engineer