



CLIENT TRANSFORMATION Q & A

1.) How long have you been training with KD Elite?

Around a year now.

2.) Do you look forward to your sessions with Trainer Donna?

YES!

3.) When you started, your goal was to get strong. Has your goal changed?

I am getting stronger for sure. I for sure can be stronger, however, I also know that achieving the next step will take a longer time. I started 5lbs and it was heavy for me. Our usual weight is 20 lbs/25 lbs now. It will take a longer time to achieve 30 lbs. I am not rushing it.

4.) Did you apply and practice any of the lifestyle suggestions given to you on your initial assessment and consultation?

Not immediately but eventually I did. I started to walk. Maybe it is also because I have energy now. I am also more active throughout the day. I try to reach 10000 steps. Some days are harder than others though 😅.

5.) Tell us about your nutrition and relationship with food.

I have definitely a better relationship with food now. I follow your and Donna's constant warning; I increased my protein intake. It helped me to feel full longer. I can also choose to eat occasional desserts without any regret, which is a big relief for me!

6.) Tell us how your relationships with others have changed. Including yourself.

I definitely have more energy and I can reach and can do anything. I used to stay at home more often and not go out. Now I feel like I can move the mountains. I plan and do a million things during the day and end up going out or meeting with friends and having fun!

7.) What advice would you tell others whom are curious about training?

I can only say, everybody should try but if they are like me (first-timers) they should try 2-3 sessions as a starter. I remember the first time everything was new, didn't know anything, and worried that I'm gonna hurt myself. I even didn't know how to stand, how to hold my body. It took 2-3 sessions for me to understand and love it.

I also would like to add one special note. The weight training also helped me to understand/listen to my body. I used to complain to Donna about my neck/shoulder pain. I always had it since I was a teenager. After I started to work out, I understand what "relax your shoulder" mean, hence I realized I am holding my body/shoulders wrong. I started to correct myself and I feel much better now. I know the cause, I just need to correct myself! I couldn't have learned this without training and I know, if I wouldn't correct myself I will have much bigger troubles later on.