



Losing weight had always seemed like an insurmountable challenge until I met Chris last year. His personalized advice on diet and exercise transformed everything. Over six months, I redefined my physique, developed healthy habits, and gained newfound confidence and energy. Before Chris, squeezing in a workout felt impossible. Now, I enrich my exercise routine with audiobooks, book summaries, tunes, LinkedIn Learning, and YouTube explorations—a true dual benefit! Fitness is a lifelong journey with ups and downs, but effort yields rewards, regardless of the amount invested. I still find it hard to believe that I achieved this transformation following Chris’s simple guidance on balanced meals and exercise. His unwavering encouragement kept me motivated, and I’m truly grateful for the positive impact he has had on my life.

Qing Meng

Manager, Senior Statistician
Statistics II



**Member's
Spotlight**