

HSO:

SL: He lost 6 kg in two months!!

“I can’t believe I lost 6 kg!” - Oliver (my client)

Oliver’s transformation from being an overweight, lazy person to a slimmer and more happy person wasn’t an easy journey.

From binge-eating junk food late at night to drinking Pepsi as his main drinking source,

His health got worse and worse...

For every day that passed by, leaving him miserable and frustrated with his drinking and eating habits.

Oliver realized that he needed to change as he sat in the doctor’s room, with his heart pumping, as he was told that he wouldn’t get past 40 years old if he kept going with his binge-eating and drinking habits.

He didn’t want to go before 40 years old, he wanted to experience the joy of creating his own beautiful family.

That’s why he came to me with a burning desire to become a slimmer and better version of himself...

And he did!

Fast forward, two months later after being coached by me, he lost 6 kg and is in the best shape of his life.

He has saved himself and has now gotten back the joy of living a high quality and energetic life!

If you’re anything like Oliver - obese, low energy with bad habits...

And if you want to change yourself for the better with a happier and healthier life...

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