

# Taking it personal

YOU CAN NOW TRAIN  
IN PRIVATE WITH YOUR  
PERSONAL FITNESS  
COACH IN ATTENDANCE

**TIRED** of people gawking at you while you're working your abs? Forget all that as it is time to take it personal and really get down to what you really want – to be fit and healthy.

Now to help you focus and get the results, there is GetActive, a chic, exclusive Personal Fitness Training company. Equipped with the best gym equipment and group exercise classes, the centre prides itself in providing privacy and comfort to its clients.

To ensure this exclusive service, no gym memberships are given. It is strictly by appointment only with the trainer. As a result, there is no waiting for machines or overcrowding at the gym.

The person behind this centre is Chloe Lai, its managing director. Asked why she decided to open a fitness centre even in the midst of all the mega gyms mushrooming in the country, she said simply: "I still see a growing demand for personal training and what we have that they don't is the strict policy of privacy.

"Our clients feel at ease and since we control the time slots, our clients feel like they have the whole gym to themselves under the watchful eye of only their personal trainer.

"Our service is so personal, we ensure our clients get the fitness results they want."

GetActive also trains clients outdoors, at their homes or in their condominium gym. This provides clients the options of training at their convenient location.

All trainers at GetActive are accredited members with qualifications from the American Council of Exercise (ACE). These trainers constantly keep themselves abreast with the latest techniques and expand on their areas of expertise.

Together, they have the experience, skills and knowledge to train a wide variety of clients ranging from ages 14 to 80.

"We have



clients with different needs, such as losing weight, gaining muscles or rehabilitation from an injury, or simply someone who wants to train with a professional who understands and is knowledgeable about their health condition," says Lai.

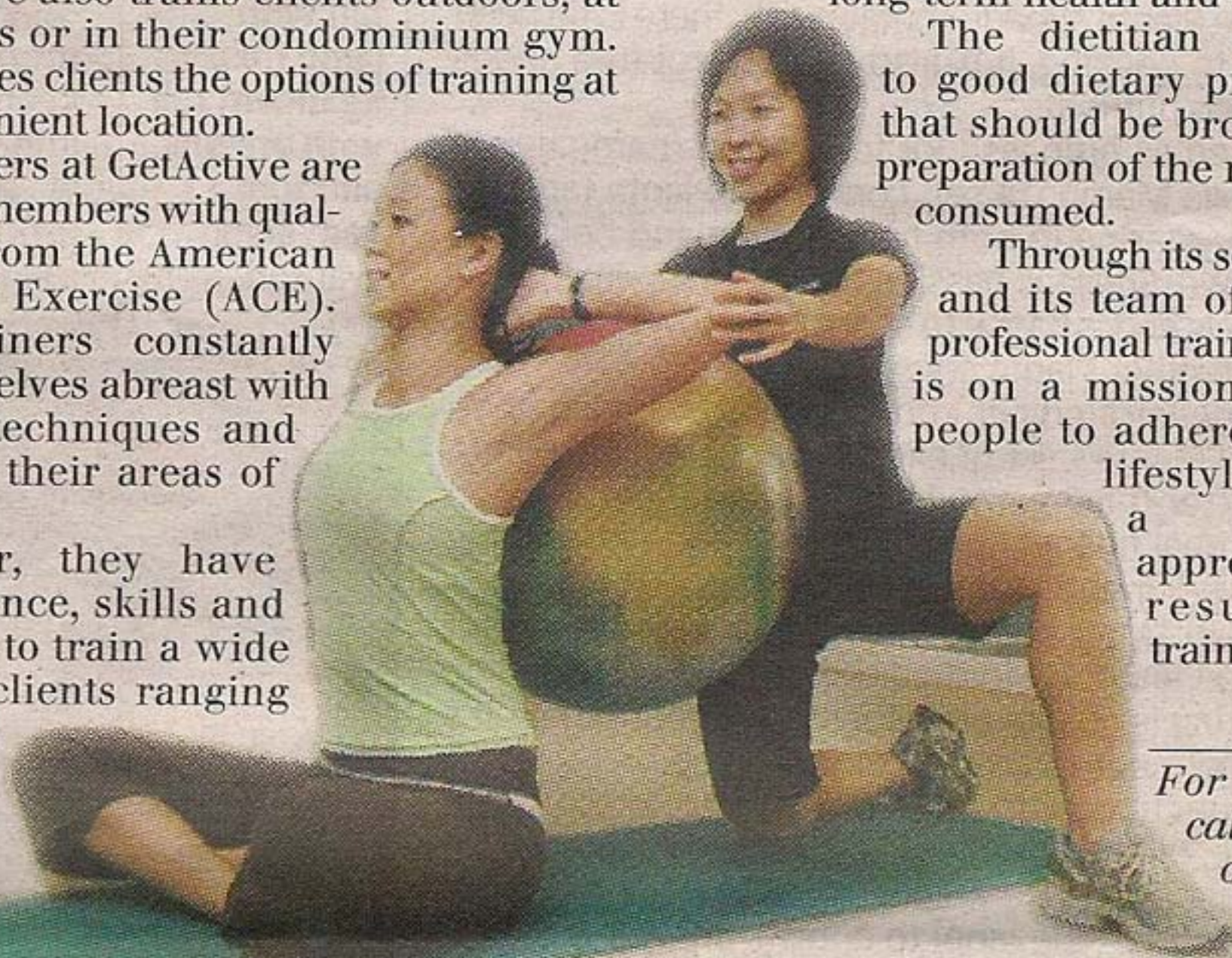
"We constantly change the programme to make it fun, challenging and motivational, thus encouraging our clients to raise their bar to be better no matter which level they are at.

"We don't perform miracles but we guarantee results. Furthermore, all our trainers are very passionate about what we do – we literally walk the talk!"

GetActive also has a certified dietitian who can provide nutritional advice and counselling in order to give clients a complete guide to long-term health and fitness.

The dietitian alerts clients to good dietary practice, habits that should be broken and even preparation of the right food to be consumed.

Through its several affiliates and its team of certified and professional trainers, GetActive is on a mission to empower people to adhere to a healthy lifestyle through a personalised approach with result-oriented training methods.



For more details,  
call 03-6203 7671  
or visit [www.getactive.com.my](http://www.getactive.com.my).