

LOSING WEIGHT HAPPILY WITH APTIMA NUTRITION – 2 MONTHS NOW

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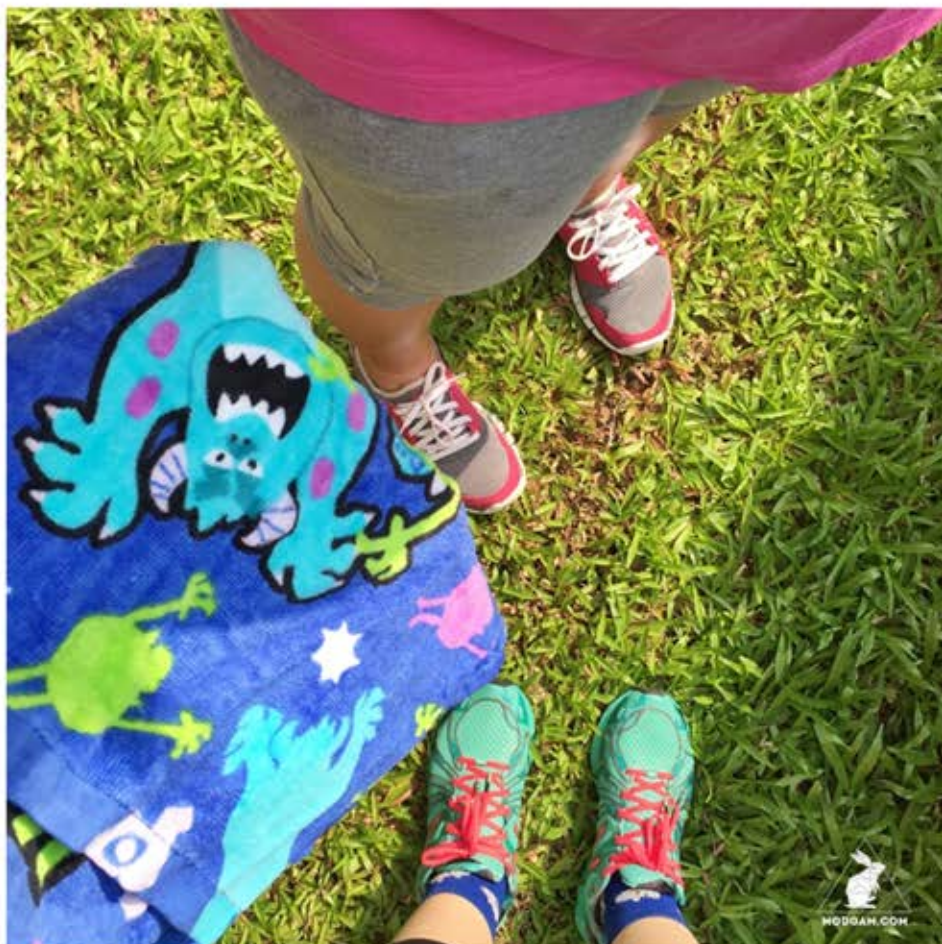
If you haven't read my journey with Aptima Nutrition, you can read them here:

[Part 1](#)

[Part 2](#)

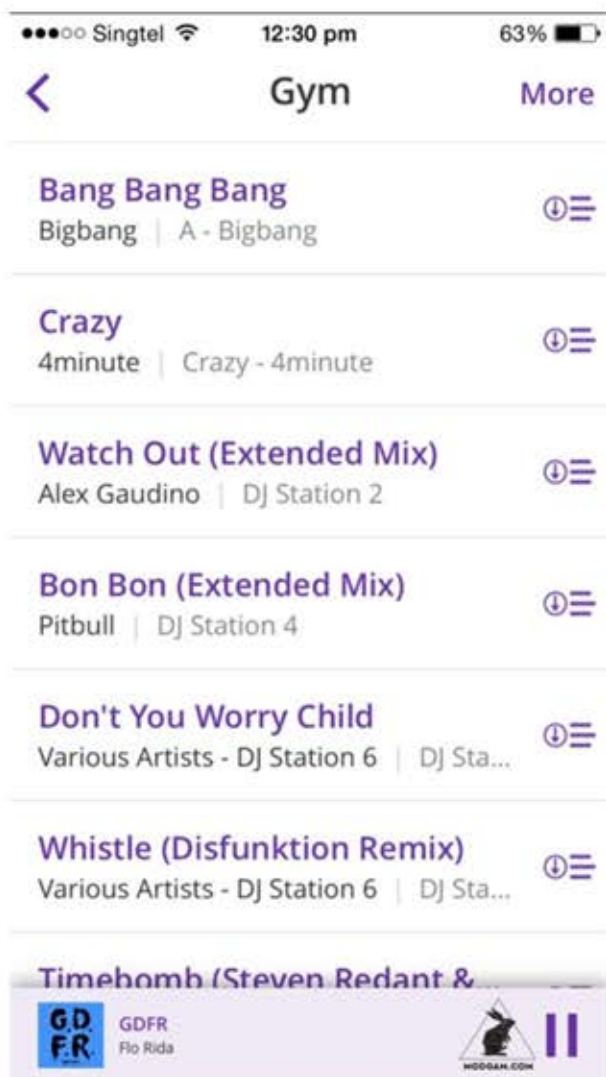
I have been dying to share my latest updates with all of you. It has been about 2 months since I first started with Aptima Nutrition and initially I had a lot of doubts and wonder if I will be able to push myself through with this program. Jaclyn, my dietitian, has been very helpful and helping to monitor my progress via emails and calls. THANK YOU Jaclyn!

In the initial stage of this program, Jaclyn checked to see how often I exercise and I say almost rare to zero. I wanted her to be strict with me for my food portion and she also suggested a blood test to further analyse my weight loss. To my horror, my glucose level is very bad and exceeded the normal level by a lot. I love sweet stuffs and has severe sweet-tooth and it's not helping that I adore rice too. After talking to Jaclyn, I decided to start exercising regularly.



I started going for walks weekly but I feel it isn't enough and even went with a colleague to try her Zumba class. I love the hot pumping music but the dance movements wasn't really making sense to me nor was I really into it. I decided I needed to do something myself that allowed me to exercise freely and happily. I've always loved music and has strong music rhythm so I decided to "open" a Zumba class in my other room! LOL

Many asked me how I shake or dance but it is really pretty easy. You can choose to google for some movements on youtube or go with the flow. Simple stretches to pumping fist to swinging your arms up and down. I plug in my earphones with fast dance track and I'm ready to go! I have been exercising almost daily from initial 30mins to now 1-1.5hours! I perspire crazily and it's really shiok. It's kinda what I look forward to doing each time I get home.



My weight loss is pretty slow and I've only lost 3.9kg **BUT my clothing are looser and MANY complimented that my face is sharper and smaller!** I even went digging old clothing that were tighter before and IT'S TRUE, they are not so body-hugging and losing a bit more would be better! I am so motivated! Even posing for ootds, I feel a lot more confident now. I will reveal how much I lost and my exact weight when I reached my weight goal!

In my recently Melaka trip, I cannot believe how many L size clothing I can fit into and had such a great time shopping and trying on clothing that wasn't even my style to begin in. It's really shiok to be able to at least try them on and buying it or not becomes secondary.



I also realised **losing weight is not just exercising but also eating right!** With this I really give credit to Jaclyn who is ever encouraging and always motivating me to push on. After I started exercising, I feel hungry after each workout and I turn to Jaclyn who then advises me what I can eat or do. Having a dietician is important when you want to lose weight healthily and effectively.

I have seen cases whereby friends who goes to the gym weekly but doesn't seem to lose weight. Having the right mindset and motivation is important but having a dietician to help plan your meals makes it more effective. I used to diet crazily and badly resulting in bad after-effects and having Jaclyn now makes it so much easier.

I will continue to preserve and hopefully I will show you and myself a new me soon!



Free Nutrition Assessment

Sign up for a free 30-minute nutrition assessment!

Get a first-time free, one-on-one, 30-minute nutrition assessment with our principal consultant Jaclyn Reutens.

Simply sign up [here](#), and we will be in touch with you shortly on your appointment.

All of your information will remain confidential between you and your consultant.

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You can always spot Mag in colours for she believes we should all inject a little bit of fun and colours into our regular mundane life. The explorer in her enjoys digging her way around not only in Singapore but overseas where she share her love for travel, photography and food.