



# Sara Aldaghady

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*Having undergone major surgery last year, I embarked on an exercise journey to reduce the risk of further injuries and enhance my physical well-being. Embracing exercise as a lifestyle choice has yielded multiple advantages for my overall health and happiness. I'd also like to emphasize the significance of exercise and its positive influence on our work performance. Regular physical activity not only boosts our physical health but also uplifts our mental state, resulting in heightened productivity and job satisfaction. Consistently exercising under the guidance of Chris and Jen, I've managed to significantly lower my body fat percentage over the past months, surpassing my initial goal and reaching a very healthy range. Exercising has become ingrained in my daily routine, elevating my confidence and overall quality of life.*

