HOT BODS
A compilation from The Sunday Times series

Your flab-to-fab guide
Hot Bods made its debut in The Sunday Times in January 2004. The weekly column, helmed by Straits Times photographers, features people with physiques many of us admire — and envy. We are pleased to bring you 100 Hot Bods, a compilation of some of the hottest people to have appeared in our printed pages. We hope their lifestyle and fitness regimen can be an inspiration for you to become a Hot Bod yourself.
On the matter of bodies, there are few more persuasive experts than the sculptor Michelangelo,
whose magnificent 5m statue known as David is seen to personify physical perfection. “I saw the angel in the marble,” wrote Michelangelo, “and carved until I set him free.”

Most of us know exactly what he means. Deep down there’s a physical angel in all of us. It’s just that setting it free is too much work. Somehow, a cold beer and a hot steak is more fun than sculpting a body and chiselling away the fat for two hours in a sweaty gym.

But there’s an ascetic tribe among us who are true to Michelangelo and see the human body as a work of art.

They’re willing to Zumba and give up beer, ready to do yoga and forsake sweets, happy to rock climb and ignore greasy fries. It seems like an awful lot of hard work and discipline, but it’s the only way you get to pose in really tight shorts without looking ridiculous.

To flick open a page, as we do every Sunday, and examine the photos in the Hot Bods section of The Sunday Times is an intriguing exercise - usually in humility. If you’re older, it’s akin to looking at a long-gone mirror of your youth. If you’re a burger-hogging, couch-sitting, football-watching slouch, you smirk at their self-worship. If your waist is girdled with fat, you reflexively suck in your stomach, pose, and look hopefully at your wife.

These people appear to belong to a sweaty planet you have no entry pass to. Yet if you read further, you figure, these are not world-class athletes who reside in gyms. These are ordinary folk of no set age and no fixed profession.

They’re students and teachers, dancers and software engineers. They have nothing in common except a love for the outdoors, an appetite for sweat, and a desperate need to flex muscles we didn’t even know the human body possessed.

Ah, let’s admit it, at some basic level, it’s plain inspiring.

There is vanity at work here, pride as well, and also a beauty which Michelangelo would have approved of. After all, they looked carved from marble, human statues of shining health, who tend to grin when they pose. Well, so would you if you looked like that.
Katherine Liang

20, Student

Height: 1.60m
Weight: 47kg

Exercise regimen: I run at least 5km every other day at East Coast Park. I love dancing and attend dance lessons once a week. Occasionally, I sweat it out with friends at the gym. I used to play basketball, netball and badminton, and was once a lion and dragon dance troupe member and a dragon boat rower.

Diet: I try to avoid too much oily food and soft drinks. After my meal, I will always have an apple because it is good for digestion.
Jacqueline Chow

25, Banker

Height: 1.61m
Weight: 51kg

Exercise regimen:
I have intensive water polo training seven times a week. This includes swimming, shooting and ball-handling drills plus practice matches. The sport has toned my whole body and made me fitter.

Diet: I eat four to five small meals a day, so that I don’t overeat. I usually take regular hawker fare but avoid oily food.
Susanna Cicali

18, Student

Height: 1.75m
Weight: 60kg

Exercise regimen: When I am not training in my kayak, I enjoy running, going to the gym and horse riding. I live near the hills, so I’m lucky to be able to keep fit with many outdoor activities.

Diet: I eat pasta and pizza almost daily for energy. My favourite dish is “bistecca alla Fiorentina” – beefsteak Florentine style – and I count chocolates as a favourite as well. I don’t enjoy eating fried food because it makes me feel nauseous.
Exercise regimen:
I practise hatha yoga at least once a week to improve blood circulation and reduce backache as my work is usually desk-bound. I use the treadmill thrice a week to tone my legs and ease the pressure on my calves and heels. I also head to the pool once a week.

Diet: I eat lots of dairy products like yoghurt and cereal with milk, and avoid carbohydrates. I drink honey water every day as it has lots of nutrients and vitamins.
Sasha Christian

18, Student

Height: 1.60m
Weight: 51kg

Exercise regimen: I have wakeboard training twice a week and ski training also twice a week. I hit the gym for strengthening exercises, focusing on the core muscles.

Diet: I love fruits and eat lots of them. I eat three main meals which are sometimes home-cooked with less fat, less salt and less preservatives.

Sasha was featured in Hot Bods on Nov 20, 2011
Tracy Adriana Loh

18, Model

Height: 1.75m
Weight: 49kg

Exercise regimen: I skate twice a week, for about four hours each session. I also swim, run and play basketball. Occasionally, I do static exercises such as sit-ups.

Diet: I eat anything and everything I desire at the moment, but my favourite food is ice cream and milk tea. I do not like celery and cucumbers, but I like bell peppers, tomatoes and lettuce. I also love fruits such as mangoes and strawberries. I avoid dark chocolate and the fatty portion of meats.

Tracy was featured in Hot Bods on Dec 18, 2011
Exercise regimen: I’ve always been a dancer, and recently I started doing pole fitness. I do it about three times a week, four hours in total. In my free time, I do hot yoga two to three times a week for an hour during each session. Dancing helps keep you fit and feel good.

Diet: I stay away from sweet, artificial and gassy drinks. I don’t eat carbohydrates for dinner. After workouts, I’d have something light, such as avocado milk shake and salmon skin salad.
Catherine Elizabeth Perera

25, Site coordinator

Height: 1.57m
Weight: 46kg

Exercise regimen: I try to exercise at least three times a week with classes like muay thai and boxing for a cardio workout. I also do push-ups, sit-ups and lift kettle bells for body toning. Sometimes, I go to the office gym during lunch or run for 30 minutes.

Diet: My breakfast usually consists of milk and plain wholemeal bread. For other meals, I try to eat more vegetables and white meat such as chicken and fish. I love berries, grapes, oranges and apples. No suppers and late meals for me.

Catherine was featured in Hot Bods on Jan 22, 2012
Deborah Dayani Nanayakara

26, PR consultant

Height: 1.58m
Weight: 47kg

Exercise regimen: I picked up pole dancing about five months ago, and work out three times a week, spending one to three hours each time, depending on my schedule. I walk a lot, and try to squeeze in a short run whenever I can. I also get a full body workout from my dance classes.

Diet: My breakfast comprises either toast or a sandwich, with half-boiled eggs and tea. For lunch, I must have rice with meat, fish or vegetables. I have rice or noodles for dinner.

Deborah was featured in Hot Bods on Feb 12, 2012
Eva Komarudin

39, Housewife

Height: 1.55m
Weight: 46.5kg

Exercise regimen: I design my own weight training programme and follow it two or three times a week to build muscles and abs. I work with a personal trainer twice a week. Every day, I do exercises like burpees, push-ups and squats for 20 minutes to build up all the muscles. I also do cardio exercises twice a week.

Diet: I eat small amounts every three or four hours. It could be a rice cracker, protein bar or a fruit. In the morning I will have fruit, yogurt and muesli. Lunch is either a sandwich, salad or a wrap. Dinner is my biggest meal but I make sure I do not eat after 7pm.

Eva was featured in Hot Bods on Mar 18, 2012
Lydia Koh

27, Aerial arts and pole dance instructor

Height: 1.50m
Weight: 40kg

Exercise regimen: I teach pole dancing and aerial fitness (aerial silks and aerial hoop) four times a week. They are excellent for building core strength, muscular endurance, flexibility and stamina. It is a full-body workout as well as a form of dance and expression.

Diet: I prefer to eat smaller portions but more often as opposed to large meals three times a day. I try to eat healthily with food such as eggs, chicken, fish and vegetables. But I do indulge in fast food occasionally. The key is moderation and smaller portions.

Lydia was featured in Hot Bods on Nov 4, 2012
Fan Lijia

26, Health-care professional

Height: 1.59m
Weight: 46kg

Exercise regimen: I used to jog and hit the gym occasionally, but ever since I started pole dancing, I’ve never done other forms of exercise. Pole dancing works out every part of your body, from top to toe, and is very demanding physically. Hence, it gives a great total body workout.

Diet: I eat pretty much anything on my plate. But fruits and vegetables are a must in all my meals. I am not a fan of fast food, nor do I crave sweets and chocolates.

Lijia was featured in Hot Bods on Apr 15, 2012
**Surinder Kaur**

36, Legal editor

**Height:** 1.55m  
**Weight:** 47kg

**Exercise regimen:** I run three to four times a week for about 15 to 20 minutes each time. I usually cover 4km. I also do free weights, 50 crunches a day, and push-ups about five times a week. I work out on a vibrating plate too as it helps to tone muscles and train my core. On Sundays, I play tennis.

**Diet:** I take four to five small meals a day. For breakfast, I often have oatmeal for protein, carbohydrates, and sugar. I eat a lot of vegetables and brown rice. I prefer to eat fish instead of meat. I avoid supper but if I am really hungry at night, I will have digestive biscuits.

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Surinder was featured in Hot Bods on May 20, 2012
Nancy Hur

42, Realtor

Height: 1.70m
Weight: 56kg

Exercise regimen:
I do 12-minute functional movement training three to five times weekly. This is an intensive interval workout that consists of any four exercises. During the 12 minutes, I will break for 10 seconds for every 50 seconds of exercise. I’ve been doing this for two years. I also walk, play golf or hike up Bukit Timah Hill once a week.

Diet:
I take four to five small meals a day. So if I buy a bowl of rice or noodles, I will eat only half of it. I consume more protein and less carbohydrates. My dinner consists of vegetables and protein. I take an apple or two a day and have no sugar in my drinks.

Nancy was featured in Hot Bods on May 6, 2012
Steph Javellana

27, Relocation consultant

Height: 1.58m
Weight: 51kg

Exercise regimen:
I make sure I do stretching exercises every day. Flexibility is very important. I pole dance and am at the dance studio for about one to two hours. I do this three to four times a week.

Diet: I like to eat everything but am mindful of the portions I have in a meal. I have a lot of fruit and veggies and drink plenty of water every day. I have a sweet tooth, so I do indulge in chocolate or ice cream now and again.

Steph was featured in Hot Bods on June 10, 2012
Shree Ann Mathavan

32, Media professional

Height: 1.69m
Weight: 53kg

**Exercise regimen:** When I’m feeling good, I do two sessions of 45-minute cardio (an outdoor run, body combat or spin class), and two yoga classes every week. On weekends, I walk 5-10km with my boyfriend and our dog.

**Diet:** I breakfast on toast or granola with milk, and coffee is a staple. Lunch and dinner vary but I love my carbs, especially noodles. My weakness is ice cream and chocolates.

Shree was featured in *Hot Bods* on Sept 2, 2012
Phyllis Yeo

36, Valuation specialist

Height: 1.60m
Weight: 48kg

**Exercise regimen:** I do indoor cycling twice a week while watching TV. Once a week, I go for a spinning class, which is indoor cycling choreographed to music. I do a Pilates class once a week for toning core muscles. I also do hot yoga. It stretches and tones my body and builds strength, balance and focus. Sweating is also the fastest way to detox.

**Diet:** I work on a happy diet, eating whatever makes me happy. Chips are my weakness and I drink alcohol to reduce stress.
Goh J-Ing

19, Student/triathlete and endurance runner

Height: 1.69m
Weight: 54kg

Exercise regimen: I train five times a week for four to five hours during each session. In each session, I either cycle 50km, swim 2km or run 20km. On the sixth day, I do weight training for an hour.

Diet: I have oatmeal, yogurt and an apple for breakfast before training, followed by a wholemeal bread sandwich before class. It’s fish, vegetables, meat and brown rice for lunch and dinner as my main source of protein and carbohydrates. Occasionally, I indulge in my favourite chocolate cake.

J-Ing was featured in Hot Bods on Dec 30, 2012
Princess Arguelles

24, Admin assistant

Height: 1.68m
Weight: 47kg

Exercise regimen: I’ve been running for the past eight years, about four times a week. Each session lasts one hour. I also do Yoga Booty Ballet, a form of exercise that combines yoga with ballet moves. I do this three times a week, for 30 minutes each time.

Diet: I take meals that are high in protein to build muscle mass. I also eat a lot of fruits and vegetables. I hydrate myself often and I always drink a glass of milk before bedtime.

Princess was featured in Hot Bods on Aug 26, 2012
Exercise regimen:
I cycle to work whenever I can since my work hours are long. So, workout times are tight for me. I love doing pilates and gyrotonic exercises to help strengthen, tone up and lengthen my body. Recently I picked up cross-fit, and I do it between one and three times a week.

Diet: I’m on a semi-paleo diet to help me progress in CrossFit. Paleo means no wheat, grains, dairy products or sugar and plenty of vegetables and meat, some low glycemic index fruit and little starch. I have been pretty successful in taking the wheat and grains out of my diet. But I have a weakness for chocolates and Pokka green tea.
Puteri A. Amran

20, Student

Height: 1.54m
Weight: 43kg

Exercise regimen: I do cardio like cycling and jogging and also train with my school cheerleading team three times a week, when we do circuit training.

Diet: I drink plenty of fluids to stay hydrated and balance my meals with vegetables and fruit. I avoid junk food like chips and crackers, and also stay away from sweet and carbonated drinks. But I indulge in ice cream and chocolate once a month.

Puteri was featured in Hot Bods on Sept 30, 2012
Exercise regimen: I do basic toning exercises two or three times a week in the gym to maintain optimum function of my body. I also try to do cardio whenever I can by walking a lot and taking the stairs instead of the elevator or escalator.

Diet: I practise moderation, so I tend to eat whatever I like. I also try to drink as much water as I can throughout the day to keep my body hydrated. But I have a weakness for sweet things, which make it difficult for me to diet.

Anna was featured in Hot Bods on Oct 14, 2012
Exercise regimen: I swim three times a week with the varsity’s life-saving team. I also attend ballet class once a week.

Diet: I eat everything in moderation and try my best to eat lean meat. I have a weakness for gummy bears.
Samantha Jaime Ho Qian Wei

20, Student

Height: 1.61m
Weight: 51kg

Exercise regimen: I am a swimmer and triathlete. I swim, cycle, run and go to the gym up to eight times a week in total.

Diet: I do not really have a diet. I eat breakfast, lunch, dinner and supper. I love fruit and also anything sugary like chocolate, sweets and desserts.

Samantha was featured in Hot Bods on Feb 3, 2013
Grainne O’Brien

24, Occupational therapist

Height: 1.65m
Weight: 58kg

Exercise regimen: I have played Gaelic football since I was seven years old. It is a fast-paced Irish ball game (with 15 players a side). When the season is on, I train three times a week with my club – this includes one fitness session and two football sessions. In the off-season, I run around the Botanic Gardens (average 5km) or go to the gym once a week.


Grainne was featured in Hot Bods on Nov 18, 2012
Zou Jiayi

32, Administrator

Height: 1.63m  
Weight: 56kg

**Exercise regimen:**
I started running nine years ago to lose weight. Initially, I struggled while running. Now, I spend about seven hours a week running, swimming and cycling. I am always preparing for my next triathlon, biathlon (running & swimming) or marathon.

**Diet:** I have three main meals a day and avoid oily food. I take less carbs for my last meal around 9pm after training.

Jiayi was featured in Hot Bods on Dec 23, 2012
Exercise regimen: I work out in the gym five times a week. I do circuit routines with kettlebells plus exercises using my body weight such as press-ups, lunges and planks. These high-intensity routines improve my cardiovascular strength, flexibility and fitness. I also swim 20 laps twice a week.

Diet: I adopt a paleolithic diet, also known as the caveman’s diet. I have six small meals a day. Fruit and vegetables are my main sources of carbohydrates and my meat is grilled.

Hayati was featured in Hot Bods on Jan 27, 2013
Joanne Teh

18, Student

Height: 1.71m
Weight: 54kg

Exercise regimen: I do aerobics and stretches daily to keep fit and to stay flexible. Each week, I also swim around 1.5km. I play basketball regularly and like to try different sports so that exercise is never boring. I’ve done rock-climbing, windsurfing and yoga. Exercise keeps me alert, agile and happy.

Diet: I rarely eat after 9pm, to give time for my food to be digested before I sleep. If I need to snack, I have yoghurt, raisins or nuts. I also choose lean meats and I avoid fast food.

Joanne was featured in Hot Bods on Feb 24, 2013
Ruby Chan
May Li
37, Programme manager for a charity

Height: 1.65m
Weight: 50kg

Exercise regimen: I jog on Mondays, Wednesdays and Fridays and do power walks on Tuesdays, Thursdays and Saturdays. I do two to three hours of trail jogging on Sundays. I also do an hour of hatha yoga six days a week. And, after yoga, I climb 18 floors.

Diet: I am now a lacto-ovo vegetarian. I do take multi-vitamins and protein supplements daily to support my diet change for the time being. I fast once every one or two weeks to give my body time to repair itself.

Ruby was featured in Hot Bods on March 3, 2013.
Jasmine Loke

26, Banker

Height: 1.55m
Weight: 40kg

Exercise regimen: I go to the gym at least twice a week for 20 to 30 minutes. I’ll be on the treadmill or doing cross-training. I also join in the body combat sessions, which last around 45 minutes. On weekends, I play tennis or badminton with my friends. I also go for 20-minute runs around Marina Bay Sands with my colleagues.

Diet: I start the day with a heavy breakfast, which usually includes bread and coffee or fried bee hoon. I’ll eat until I’m very full or I’ll feel hungry later in the day. Lunch will be lighter, with stuff like fish soup and rice. I usually dine at Asian restaurants for my dinner. And I eat a lot of fruit like oranges and kiwi.

Jasmine was featured in Hot Bods on July 15, 2012
I love exercising and go to the gym regularly. I am picking up volleyball now because it has always been a sport I would love to be good at. I was very active in school and was in the track and field, netball and hockey teams. Besides juggling sports with studies, I dance as well to help keep my body well-maintained.

**Diet:** Despite my busy schedule, I make sure that I eat healthily in between classes. This includes snacking on fruit and having my favourite drink, avocado milkshake, which is good for my complexion.

Jasmine was featured in *Hot Bods* on March 17, 2011.
Edda Christine Sim

28, Senior wealth manager

Height: 1.65m
Weight: 47kg

**Exercise regimen:** I swim 20 laps, three to four days a week, and I rollerblade on weekends. I also attend tchoukball training once a week. For more intensive training, I do sprints every other day.

**Diet:** Owing to my busy work schedule, I adopt a paleolithic or "caveman" diet, meaning I eat fruit and nuts throughout my work days and drink plenty of water. I have many small meals a day to keep myself energised and prevent myself from overeating. I try to avoid fried food and alcohol.

Edda was featured in Hot Bods on May 5, 2013
Nicolette Soh

22, NTU undergraduate

Height: 1.64m
Weight: 51.5kg

Exercise regimen: I am a national fencer and practise three times a week. I go to the gym four to five times a week, with each session lasting at least 1½ hours, with the occasional dance and pilates classes included.

Diet: I avoid taking carbohydrates on weekday nights and have home-made fresh salad instead. I also avoid fried and oily food. I drink protein shakes now and then for muscle recovery after exercising.

Nicolette was featured in Hot Bods on May 26, 2013
Elaine Jasmine Heng

20, Student

Height: 1.63m
Weight: 48kg

**Exercise regimen:** I cycle daily for about two hours and also do toning/cardio about four or five times a week. These workouts usually involve pilates and body combat sessions, which you can easily track from YouTube videos in channels like Blogilates.

**Diet:** I don’t really have a specific diet because I love food too much. What I usually do is to just eat everything in moderation, and make healthier food choices. I usually have one big meal and one small meal a day and try to cut down on carbs. Snacks would include mixed berries and raisins, and a small bite of dark chocolate on days I feel happy.

Elaine was featured in Hot Bods on July 7, 2013
Exercise regimen: I try to run about 5-6km twice a week, squeezing in a few sets of push-ups and crunches when I can, as well as full body stretches before I go to bed every night. I enjoy walking, and will skip the bus sometimes to walk a few bus stops to my destination if I have time. I also try to take the stairs instead of the elevator or escalator whenever possible.

Diet: I avoid having sugar in my drinks. I usually have salad or soup for lunch and I try to have lots of vegetables and protein in my meals. I don’t snack during the day. I also drink as much water as I can throughout the day to keep my body hydrated.
Shaminah Khan

24, Undergraduate

Height: 1.74m
Weight: 59kg

Exercise regimen: I participate in group hot yoga workouts five times a week. I prefer group exercises as everyone motivates one another. Yoga strengthens the core muscles and builds endurance and balance. Although the sessions are tiring, they are also rejuvenating. I also do cross-fit exercises once a week. These are varied, high-intensity cardio and weight workouts.

Diet: I have cut down on junk food. I pay attention to how food is prepared, and have more vegetables and fruits. I have also switched to brown rice and wholemeal pasta.

Shaminah was featured in Hot Bods on Sept 8, 2013
Go Cheng Yee

24, Undergraduate

Height: 1.59m  
Weight: 49kg

Exercise regimen: If I eat more than usual, I will have to work out more. Per week, I usually have about three cheerleading training sessions. I occasionally visit the gym, swim or do interval training for cardio.

Diet: I have three meals a day – breakfast, lunch and dinner. I try my best to cook my own food as it is healthier and I can choose what I want to eat, and how much. I rarely have deep-fried stuff.

Cheng Yee was featured in Hot Bods on Nov 3, 2013
Nurul Jannah

21, Undergraduate

Height: 1.68m
Weight: 52kg

Exercise regimen: I have been involved in track and field since Primary 4. My main focus since secondary school has been the long and triple jumps. I train four times a week. These sessions, lasting 2½ hours each, comprise drills, sprints, core exercises and practice jumps. I work out in the gym twice a week, targeting the legs.

Diet: For me, breakfast is the most important meal. I usually have cereal for its high fibre content and milk for calcium. I exercise regularly, so I do burn quite a bit of calories. I indulge in my favourite chocolate and ice cream occasionally. I like fruits and eat lots of them.

Nurul was featured in Hot Bods on Oct 20, 2013
Exercise regimen: I run 5km four times a week, followed by resistance training. It consists of lifting minimum 5kg weights and varying different moves of at least 100 repetitions. I also do squats with 7.5kg weights on each side for about 80 repetitions.

Diet: I eat four to five small meals a day. I don’t go for processed food and take-outs. I try to cook, using less salt.
Eunice Karina Fu

23, Teacher

Height: 1.69m
Weight: 56kg

**Exercise regimen:** When I’m preparing for water polo tournaments, I train seven days a week. Each training session consists of a 2.5km to 3km swim. I also train in the gym twice a week. I work on every muscle group and include squats, lunges, lifts and core muscle exercises. When I’m not preparing for a tournament, my exercise regimen is less intensive. I exercise four times a week, with at least one 5km run and sometimes play basketball.

**Diet:** I have three to four big meals a day and do not eat a lot of fried food. I make it a point to have fruit and vegetables daily. I am not strict about my diet because I believe that regular exercise is more important.

Eunice was featured in Hot Bods on Nov 17, 2013
Germin Yeo
29, Yoga teacher

Height: 1.67m
Weight: 52kg

Exercise regimen:
I practise yoga daily, which tones my legs and helps with coordination, balance and flexibility. It usually lasts between 10 and 75 minutes, depending on how much time I can spare. I attend pilates class once a week for an hour to strengthen my core, and also head for the indoor rock-climbing gym at least two to three times a week where I do a mix of high wall and bouldering to strengthen my arms.

Diet: Climbing can be quite demanding on the body so I need more protein for muscle recovery. But I’m not a meat fan. Instead, I turn to vegetables with a high level of protein, such as broccoli and spinach.

Germin was featured in Hot Bods on Nov 24, 2013
Exercise regimen: I do cross-fit five times a week. The duration and intensity of my training sessions vary, depending on my goals. I also have muay thai training one or two nights a week with my university team.

Diet: I try to choose whole food where possible. I’m wheat-intolerant, so I’ve cut out most grains from my diet except rice, but I have it only when I feel it is necessary. I try to avoid refined sugar, but I won’t say no to desserts once or twice a week. I prepare my lunches every Sunday, which I take to class because I always get hungry. My go-to convenience foods are eggs, sweet potatoes, bananas and almond butter. Most importantly, I listen to my body – if I am still hungry, then I’ll eat more; I never deprive it of fuel.
Yvonne Looi

31, Yoga instructor

Height: 1.69m
Weight: 51kg

Exercise regimen: I do yoga and aerobic exercises five times a week.

Diet: I have oatmeal and tea for breakfast and a hearty lunch of anything. As I have a high metabolism, I get through the day by snacking on fruit and nuts. I sip warm tea, without sugar and milk, during the day. I keep dinners light and choose soups or foods with fewer carbohydrates, but have a fuller spread on social occasions.

Yvonne was featured in Hot Bods on Jan 26, 2014
Fong Lum

36, Marketing manager

Height: 1.67m  
Weight: 58kg

Exercise regimen: I take body combat, body pump and spinning classes four times a week. Body pump classes are good for muscle conditioning and toning my body. I get a cardio and leg workout in my spinning classes. When my children have swimming lessons, I squeeze in 10 to 15 laps at the pool while waiting for them. It is important not to focus just on weight loss, but fat loss as well.

Diet: I believe in eating in moderation. I pick healthy choices like wholemeal bread instead of white bread, and dark chocolates rather than milk chocolates. Before exercising, I take a small meal to fuel my workout. If I need a snack, I would have almonds or bananas.

Fong was featured in Hot Bods on March 9, 2014
Exercise regimen: I go to the gym about four to five times a week, and mainly lift heavy weights with squats, lunges and presses. Once in a while, I do some cardio for some steady-state burn.

Diet: I eat lots of vegetables, fruit, nuts and lean meat. I love salmon too. It’s quite close to the paleo diet, but I also have occasional treats on the weekend.

Donna was featured in Hot Bods on March 2, 2014
Goh Xin Lei

26, Management consultant

Height: 1.53m
Weight: 43kg

Exercise regimen:
I practise Bikram yoga twice a week, and alternate between running 5km to 10km and swimming 20 to 25 laps once a week. I also do wakeboarding at Punggol once a month.

Diet: My favourite meats are ham, which I eat with wholemeal bread, and chicken, with salad. I also like tofu and steamed vegetables. On weekends, I treat myself to chicken rice, fries, ice cream and chips. But I avoid beer, breaded food and char kway teow.

Xin Lei was featured in Hot Bods on Feb 9, 2014
Sharen Wong

33, Freelance editor

Height: 1.66m
Weight: 52kg

Exercise regimen: I practise pilates in the gym on my own and with a friend once a week at the Botanic Gardens. On other days, I go to the yoga studio, doing various routines from yoga core to hot flow. I complement this with strength-training with a resistant band, and building cardiovascular strength with regular jogs.

Diet: I’m on a plant-based diet. Breakfast consists of soya beans, water or a fresh mixed vegetable and fruit smoothie. Lunch consists of brown rice or quinoa salad with mushroom and vegetables. For dinner, I alternate between soba with edamame and tofu, and brown rice with grilled vegetables and beans. Post-yoga, I enjoy coconut juice to replenish the electrolytes in my body.

Sharen was featured in Hot Bods on March 16, 2014
Joanne Marie Sim

29, Freelance actress and host

Height: 1.60m
Weight: 49kg

Exercise regimen:
I used to do muay thai but, recently, I started training in pro-wrestling twice a week. I also enjoy games and play basketball about once a week.

Diet: I try to get two servings of fruit and vegetables every day. I have also recently started incorporating more bananas into my diet to give me energy and curb my appetite in between meals.

Joanne was featured in Hot Bods on April 27, 2014
Exercise regimen: I have three different runs a week: slope training at Upper Pierce, interval speed running at the stadium and long runs in the open. Running clears my mind and helps me to de-stress.

Diet: I eat lots of vegetables and fruits every day. Fried and sweet foods are occasional treats.
Exercise regimen: I used to run every day. Now, I have cut down to three sessions per week, with each session focused on a different area. For example, I could be doing a warm-up 11km loop in one session, but running on hills during another session to improve my stamina on slopes. Sometimes I run about 50km with a group. I also do cross-training by swimming and playing tennis with my husband once a week.

Diet: A lot of my friends are vegan, but I feel that life is too short. I have cut down on red meat, although occasionally I treat myself to meat because I’ve got low blood pressure. I love salad. Instead of buying a packet of chips, I’ll buy a packet of leaves and chomp on them. Fresh vegetables, home-cooked food, less salt and natural food are what I prefer to eat.
Doreen Oen

50, Homemaker

Height: 1.63m
Weight: 47kg

Exercise regimen: I work out three times a week. I spend an hour on the gyrotonic pulley tower. It helps make the joints more flexible and strengthens the ligaments. I do a full-body workout. I strengthen my upper body, like the arms, chest and shoulders, and the lower body, like hamstring and abs.

Diet: I take three meals a day. I never skip breakfast. My meals are low in carbohydrates and sodium. I eat a lot of vegetables, fruits and fish. I avoid anything that is sweet and deep-fried. My weakness is French pastry, but I indulge in it only once a week.

Doreen was featured in Hot Bods on Jan 21, 2007
58, Gyrotonic instructor

Height: 1.63m
Weight: 44kg

Exercise regimen: Besides moving with my clients when I teach, I practise gyrotonic (a workout regime combining elements of yoga, gymnastics, swimming, ballet, taiji and resistance training) three times a week. I also go for walks in the Botanic Gardens twice a week, practise yoga twice a week and pilates once or twice a week. I exercise for six to seven hours a week.

Diet: I love dessert, ice cream, chocolate but it’s quality over quantity. I eat fast food only about once a year. I don’t restrict myself where food is concerned; I believe you should enjoy but in moderation.
Kenneth Koh

40, Pilot and adventure athlete

Height: 1.71m
Weight: 64kg

Exercise regimen: I am currently training for a gruelling 250km race across the Gobi Desert in April, so I am running 60km a week, plus two hours of gym work. I am also cross training between cycling, rock climbing and kayaking. I work out in the gym twice a week with free weights or cables to build functional strength. I find that resistance training with weights can play a part in injury prevention, particularly with older athletes.

Diet: Due to the high volume of exercise, my problem is maintaining my body’s muscles, which are consumed as fuel during endurance training. I supplement my diet with extra protein, vitamins and minerals. Chicken rice is a typical meal for me. I basically stick to the 80-20 rule, 80 per cent of eating healthy, 20 per cent of eating what you want.

Kenneth was featured in Hot Bods on Jan 9, 2005
Kenneth Koh

49, Retired
Height: 1.71m
Weight: 64.5kg

Exercise regimen: I spend six to 20 hours a week on sports and general physical preparedness training. For sports specific training, my main sports are mountain biking and indoor rock climbing. I mountain bike twice a week and climb once a week. General physical preparedness are things like weight-lifting, running or swimming once a week.

Diet: I’ve moved away from a low-fat, high-carb diet to a more moderate diet that is whole food and paleolithic. A typical meal for me is grilled meat, like a small steak, a large salad, and a fruit, like a mango for desert.
Djundi Binas

29, Businessman

Height: 1.75m
Weight: 70kg

**Exercise regimen:** My focus is on muscle balance and I work all muscle groups in the gym four times a week. I run 5km to 10km at least once a week. I also do interval runs of varying intensity twice a week.

**Diet:** I take complex carbs from cereals, fruits and vegetables and ensure I have at least 100g of protein a day.

Djundi was featured in Hot Bods on Oct 16, 2011
Alvin Aw Yong

28, Sales executive

Height: 1.78m
Weight: 74kg

Exercise regimen: I have dragonboat rowing sessions twice a week. I also go to the gym two or three times a week. Usually, I work on my lower back, shoulders and legs with weights. I also jog outdoors for about 10km at least once a week.

Diet: I stay away from fried food and eat more vegetables whenever possible. Instead of having three big meals daily, I keep my portions smaller and snack during the day. I have fast food only occasionally and when I exercise, I drink isotonic drinks to rehydrate.

Alvin was featured in Hot Bods on Dec 25, 2011
Cheong Wing Hong

29, F&B sales manager

Height: 1.74m
Weight: 65kg

*Exercise regimen:* I row with my dragon boat team twice a week. To work on my upper-body strength needed in rowing, I work out in the gym. I also jog twice a week, covering 3km to 5km each time.

*Diet:* I believe in eating in moderation. When I train, I have more meat and carbohydrates to replenish my energy levels.

Wing Hong was featured in Hot Bods on July 31, 2011
Exercise regimen: I run 5km three times a week and go to the gym four times a week. I do a lot of bodyweight exercises, more calisthenics and not so much heavy weights. I also play football once a week.

Diet: I try not to eat too much food that is high in saturated fats. But fats like nuts and olive oil are important as they are healthy and provide nutrients. I eat lots of broccoli, lamb, chicken and fish. I try to restrict my food intake during the week but let go on weekends. We should strike a balance in the food we take.

Jack was featured in Hot Bods on Aug 26, 2011.
Exercise regimen: I head to the gym three to four times a week and my workout ranges from light weights at high repetitions to slow heavy sets for muscle stimulation and growth. I also do high intensity interval training on a stationary bike and hit the pool once every two weeks.

Diet: I don’t eat vegetables, so I take lots of fruits, especially apples and papayas. I have whole-grain oatmeal with milk for breakfast or after dinner. I eat lots of meat, my favourite being beef, and salmon. I don’t restrict my diet, but I do eat less on days that I don’t train.

Ze Yuan was featured in Hot Bods on Dec 4, 2011
Michael Yeung

24, Banker

Height: 1.71m
Weight: 64kg

Exercise regimen: I attend a variety of classes five to six times a week from strength and conditioning, boxing, muay thai, Brazilian jiu-jitsu to mixed martial arts, to keep myself motivated as variety makes it interesting. In the mornings, I do push-ups and sit-ups.

Diet: I have four to six small meals a day that are high in protein and fibre. My consumption of carbohydrates is mainly in the morning and I stay away from carbs for dinner. On Sundays, I indulge in junk food such as hamburgers.
Lex Tan

22, NSF

Height: 1.78m
Weight: 72kg

**Exercise regimen:** I work out in the gym five times a week. Each session is spent working one muscle group for at least one hour. I also do 45 minutes of brisk walking on an inclined treadmill.

**Diet:** I eat six to eight meals a day. I prepare my own food. My protein comes from lean meat and egg whites. I take complex carbohydrates like oats and brown rice.

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Lex was featured in Hot Bods on Jan 16, 2011.
Josh Robinson

34, Lead artist

Height: 1.89m
Weight: 90kg

Exercise regimen: I do mixed martial arts (MMA) training five days a week. On top of that, I do some MMA fitness training for about 20 minutes each time. This includes tyre flipping, working out with sledgehammers, kettle balls and medicine balls.

Diet: I stick to mostly sandwiches, salad and fruits for my meals, and a steak for dinner. I never eat hawker food but indulge in pizza during the weekend. I also take a banana and orange smoothie at night after my training.

Josh was featured in Hot Bods on Feb 19, 2012.
Suhaimee Tawar

21, Just completed National Service

Height: 1.70m
Weight: 84kg

Exercise regimen: I work out at the gym six times a week, with each session lasting between 45 and 90 minutes. I work every muscle group using at least three exercises.

Diet: I have six to eight moderate-size meals a day. I eat mostly lean meat, such as boiled or steamed chicken breast. My carbs are boiled sweet potatoes.

Suhaimee was featured in Hot Bods on April 1, 2012
Exercise regimen: I train six days a week with my school’s dragon-boat team. We spend two hours in the water, followed by a two-hour gym workout and a 3km run. Fridays are rest days for my body.

Diet: I do not take any oily or fast food. Post-workout, I eat creatine and protein for energy and to repair damaged muscles.
Terence Premasiri

34, Civil servant

Height: 1.71m
Weight: 68kg

Exercise regimen: I run three to four times a week, averaging 10km in total per week. I also do interval training to build up my cardiovascular fitness. I work on my upper body strength, biceps, triceps, deltoids with free weights and medicine balls. I go for muay thai classes twice a week.

Diet: I have three to four meals a day. For breakfast, I have two slices of wholemeal bread with peanut butter, and a cup of coffee. For lunch and dinner, I have two servings of vegetables, and meat or fish with rice. I take chicken at almost every meal and avoid red meat.

Terence was featured in Hot Bods on April 15, 2012
Huang Shi Hao

19, Student

Height: 1.75m
Weight: 66kg

Exercise regimen: I do a variety of exercises such as pull-ups, push-ups and calisthenics to strengthen my upper body and arm. I also compete in mixed martial arts and train regularly in jujitsu, which give me a total body workout.

Diet: I have three or four meals a day, and avoid sweet and sugar-laden food. Ice cream and chocolates are no-nos. I eat bananas and eggs for carbohydrates, natural sugar and protein. They sustain my high-intensity workouts. I also take chicken to supplement my protein needs. I absolutely avoid alcohol.

Shi Hao was featured in Hot Bods on Nov 4, 2012.
Exercise regimen: I train four to five times a week, working each muscle group each time. I use free weights ranging from 10kg to 20kg. I also do cardio sessions once or twice a week on the cross trainer, bicycle or treadmill for about 30 to 45 minutes each time. I do this to keep the heart healthy and to burn fat.

Diet: I take five meals a day and all of them have protein like chicken breast, eggs and fish. I avoid all kinds of oily food. Occasionally, I have supper.
Dan Chan

Exercise regimen: I start off early most days with an hour at the gym, at least five times a week. My muscle groups are split five ways so that I get to concentrate on each body part at least once a week. On non-workout days, I may go for a swim or a short run.

Diet: To be healthy, I choose brown rice over white rice, and chicken breast over drumstick. I try to avoid oily food, although I will indulge about once a week. I eat about five to six small meals a day.

Cagey was featured in Hot Bods on May 13, 2012
Muhammad Fareed Hashim

21, Student

Height: 1.68m
Weight: 64kg

**Exercise regimen:** I start off early with an hour of canoeing at MacRitchie Reservoir at least four times a week. I hit the gym twice a week for strength training. As for cardio workouts, I run for about 30 to 45 minutes once a week. I usually cover 6km to 8km. I believe in going beyond my limits.

**Diet:** Usually I eat whatever I want, whenever I want. Closer to the competition season, I will follow a more detailed diet. For breakfast I take lots of carbohydrates for sustenance through the day. I consume more protein and less carbohydrate for lunch and dinner. I take fruits and have no sugar in my drinks.

Muhammad was featured in Hot Bods on May 27, 2012
Jonathan Ng

22, Undergraduate

Height: 1.72m
Weight: 65kg

**Exercise regimen:** I run two times a week, covering about 10km each time. I also do distance swimming and cycling, both twice a week. As a triathlete, I prefer to be lean, so I do weight training only during the lull period.

**Diet:** I don’t eat too much fat and oily food. I eat three or four meals a day, ensuring there is enough carb intake before each strenuous activity.

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Jonathan was featured in Hot Bods on June 24, 2012
Jeremy Tan

28, IT professional

Height: 1.80m
Weight: 79kg

**Exercise regimen:** I do cross-fit training five times a week. It’s a strength and conditioning programme that includes body weight exercises such as pull-ups and push-ups, weight-lifting movements such as barbell squats and metabolic conditioning exercises such as running and rowing. I also go to the gym twice a week to work out major muscle groups like my chest, back and thighs. On Sundays, I play indoor volleyball with my friends.

**Diet:** I take food that is high in protein and fibre, and I reduce my carbohydrate intake. I don’t snack. Instead, I eat five or six small meals a day and supplement my workouts with whey protein shakes. I also take multivitamins and fish oil supplements every day.

Jeremy was featured in Hot Bods on July 8, 2012
Jason Williamson

26, Water sports instructor

Height: 1.70m  Weight: 60kg

Exercise regimen: I do weight training four times a week and I cycle with my friends about three times a week for my cardio workout. I swim now and then. Swimming is also part of my job as a water sports instructor.

Diet: I’m an omnivorous guy. I eat a healthy portion of meat and I love my vegetables. My body burns a lot of energy, so I eat a lot of carbohydrates, in particular, pasta.

Jason was featured in Hot Bods on Sept 2, 2012
Valeriy Sushko
31, Water sports instructor
Height: 1.81m
Weight: 78kg

Exercise regimen: My job requires me to do sailing and windsurfing, so that’s my cardio workout. I go to the gym for my strength training. I like to do bench presses, four to five sets of 10 repetitions at a weight of 75kg, with one-minute breaks in between each set.

Diet: I used to eat a lot of Israeli food because I lived there for a long time, but now I eat a lot of Chinese food. I have cut down on bread and potatoes to reduce my carbo intake. I also take less salt and eat more vegetables and seafood.
Exercise regimen:
I include core, strength, cardio and functional training in my weekly workout regimen. My cardio workout involves indoor cycling and body-combat classes. As for endurance and functional training, I do plyometrics and calisthenics circuits twice weekly. I also do muay thai training twice a week.

Diet: I don’t follow any strict form of diet but I do eat in moderation. I consume five meals daily. A typical breakfast consists of cereal and dried fruit with fresh chocolate milk or eggs and bread. I eat snacks between meals like cereal bars, sandwiches and yoghurt. I will have any food I can buy outside for lunch.
Muhammad Syafiq

21, Student
Height: 1.76
Weight: 70kg

Exercise regimen:
I have been B-boying (breakdancing) since 2006. I dance three or five times a week and for four to six hours a day. I train mostly on dynamics, speed and control which consist of flips, power moves, blow-ups and freezes.

Diet: Meat dishes are my favourite. I prefer fruit over vegetables though I seldom take those. I have fast food often but burn it off by dancing and exercising.

Muhammad was featured in Hot Bods on Sept 9, 2012
Exercise regimen: I work out between three and five times a week, focusing on building strength and endurance. I run three to four times a week, shuffling between an interval, a tempo and a long run, depending on how my body feels on that day. Occasionally, I play basketball with friends or cycle.

Diet: I stay away from fatty meat and sugary drinks. Two-thirds of my diet consist of meat and the rest, vegetables and carbohydrates. For dinner, I avoid carbo unless it is after a long cardio session. To reward myself after a hard workout; I will have my favourite honey butter toast.
Adrian Tan

23, Undergraduate

Height: 1.67m
Weight: 53kg

**Exercise regimen:** I go to the gym three times a week to work on building muscles. It is usually a high-intensity workout with minimal rest time. I play squash and have muay thai training in school daily. Those are my cardio exercises. I also swim twice a week.

**Diet:** I do not count calories and eat practically anything and everything I like. That said, I do stay away from fast food and fried food when I have upcoming tournaments. The most healthy item I eat is probably fish soup.

Adrian was featured in *Hot Bods* on Oct 21, 2012
Exercise regimen:

I exercise for about two hours four or five times a week – alternating between or combining weight training, running, swimming and cycling. I play tennis for two hours on Sundays. I did my first triathlon at age 27. I decided to participate in one because I wanted to try endurance sports, and I needed to mix my exercise routine up a bit. Long marathons felt a bit boring after a while.

Vincent Toh

25, Associate lecturer

Height: 1.72m
Weight: 78kg

**Exercise regimen**: I go to the gym five times a week after work to do weight training. On Monday, Wednesday and Friday mornings, I do a 20-minute cardio workout of track running before work.

**Diet**: I pack my own meals to work. I have six small meals a day and I eat every 2½ hours. The food I prepare has high protein, such as fish and chicken, and carbs, like sweet potato and brown rice. I indulge in hawker food only on weekends.

Vincent was featured in Hot Bods on Dec 16, 2012
Toh Zhi Hong

22, Undergraduate

Height: 1.76m
Weight: 70kg

Exercise regimen: I train with the national water polo team six times a week. At each session, we swim, work on ball skills and play matches. In the gym, we exercise all muscle groups twice a week.

Diet: I have three to four meals a day, avoiding too much oily and fried food.

Zhi Hong was featured in Hot Bods on Dec 23, 2012
Melvin Fu

28, Trader

Height: 1.76m
Weight: 75kg

Exercise regimen: I do crossfit-style exercises six days a week for five to 25 minutes each time. These include weightlifting and gymnastics, among others. I’ll cycle 20 to 30km, swim 500m to 1500m or do 5km to 10 km trail runs on the seventh day. In addition, I play soccer once a week.

Diet: On a normal day, I eat more complex and fibrous carbohydrates like yam, sweet potato and brown rice. I get my protein from both red and white meat like beef and fish, as well as protein supplements. I take fish oil daily. I try to eat three servings of fruit a day and stay away from refined sugar and salt.
Farhan Rahmad

23, Student

Height: 1.72m
Weight: 75kg

Exercise regimen: I train in the gym six times a week. Each muscle group is worked once a week except for my legs, which I exercise twice a week. I do low-intensity cardio exercises like brisk walking on an inclined treadmill.

Diet: I eat every three hours – in total, six small meals a day. My food is high in protein. Lean meat is grilled with no oil and no salt.

Farhan was featured in Hot Bods on Jan 27, 2013
Nicholas Sham

29, Data analyst

Height: 1.71m
Weight: 60kg

Exercise regimen: My exercises revolve around dragonboat training. We row on weekends, and I hit the gym three times a week, for about 90 minutes per session. I train different muscle groups and also do circuit training with the team. Dragon-boat rowing helps with my endurance, strength and cardio.

Diet: I don’t follow any strict dietary routine. In the morning, I eat either bread or minced pork noodles. For dinner, I cut back on carbohydrates. Despite my regular training, I don’t take any protein shakes. I also never eat fast food as it is unhealthy.

Nicholas was featured in Hot Bods on Jan 20, 2013
Donald Piret

28, Chief technology officer

Height: 1.68m
Weight: 59kg

Exercise regimen:
I exercise for two hours every weekday, choosing any two of these exercises: swimming, running, cycling or working out in the gym. I also row with a dragon-boat team twice every weekend. That helps me build my core and upper body strength.

Diet: I am not particular about what I eat for breakfast and lunch. However, I do not take carbohydrates at dinner. Most of the food I take is either stir-fried, steamed or baked. I consume more lean chicken and fish than beef. When I snack, I go for yoghurt and nuts.

Donald was featured in Hot Bods on Feb 24, 2013
Exercise regimen: I train six times a week in a gym; two of the sessions are with a personal trainer. My workout consists of focusing on a major muscle group at each session, such as the legs, shoulders, arms, back or chest. On day six, I will do a cardio workout by using a step machine. I also jog twice a month.

Diet: I pack my daily meals. I eat at least six small meals a day. They are high in protein and low in carbohydrates. For my main meal, it’s fish. Towards the end of the day, I’ll have chicken and eggs. I take a multi-vitamin at the start of the day and a protein shake after each gym workout.
Exercise regimen:
I exercise practically every day. I run three to four times a week for half an hour each time. In the pool, I cover 1.5km twice a week. My favourite game is football, which I play twice a week. I also work out in the gym two or three times a week to maintain my muscle mass.

Diet: I have three main meals a day and eat in between when I am hungry. I tend to take more vegetables and meat and less carbs. I don’t eat much sweet stuff and hardly go for any sugary drinks.
Marcus Tao

50, Yoga instructor

Height: 1.79m
Weight: 72kg

Exercise regimen:
I practise yoga six times a week. I also run, swim and participate in swimming and triathlon events. I go to the gym once a week to do light to medium weight training.

Diet: I usually have an egg, banana or cereal with milk for breakfast. I eat a lot of rice or noodles for lunch and dinner, which also consists of some meat. Pork, lamb, fish and chicken are my favourite meats. One of my favourite meals is Cantonese-style soup with rice. I also eat a lot of vegetables and fruit, and try to keep well-hydrated with water.

Marcus was featured in Hot Bods on June 9, 2013
Justin Sim

20, Student

Height: 1.74m
Weight: 73kg

Exercise regimen:
I exercise in the gym every day for one hour each time. I work each muscle group twice a week. My cardio component is done on a cross-trainer, treadmill or through exercises such as walking lunges. This requires discipline and I feel a sense of achievement when I have worked my way to an ideal shape and weight.

Diet:
I eat four to five meals a day. My carbs come from boiled corn or sweet potatoes. My protein comes from lightly-grilled fish, chicken or protein shakes. I drink mostly plain water.
Exercise regimen: I jog 3km twice a week after which I will do a set of 20 push-ups and 12 chin-ups. I also do interval circuit training and go for muay thai lessons two or three times a month when I have the time.

Diet: I don’t really watch my diet and eat everything. I avoid fast food but my sinful indulgence is meat and beer. I also take multivitamins and Omega-3 daily and drink lots of water.
Exercise regimen: I work out for at least an hour four to five times a week at the gym. I usually work with free weights, supplemented by pumping and squatting. I run six to nine kilometres twice a week.

Diet: I stick to a balanced diet, which means mostly vegetables, fruit and steamed fish. As for water intake, it is slightly more than two litres a day. I will indulge in my favourite food such as lamb chops and roti prata only on weekends. I revert back to my strict diet on weekdays.
Guo Jingyang

20, Student

Height: 1.71m
Weight: 58kg

Exercise regimen: I rock climb two or three times a week, with each session lasting up to four hours. On days I do not climb, I spend about 30 minutes doing light conditioning exercises like pull-ups and push-ups. I occasionally go for a 5km run on weekends.

Diet: I don’t really have a strict diet, but I always have high protein and carbohydrates in my meals, asking for extra rice or meat each time. I have never had a liking for carbonated or sugary drinks, so I always hydrate with water.

Jingyang was featured in Hot Bods on Sept 1, 2013
Exercise regimen: I exercise every day and train for an Ironman competition every two years. I spend about 10 hours a week on training – 30km of running, 8km of swimming and 80km of cycling. I treasure family time so I make use of every opportunity to keep fit, like taking the stairs and running to meetings. I always run home after a wedding dinner. At home, I do cable-pulling exercises once a week for 90 minutes to burn fat.

Diet: I do not eat fried food and have oily fare like char kway teow or oyster omelette once a year. I have oat and bread for breakfast, and rice with vegetable or fish soup for lunch. Dinner is rice, a serving of meat and vegetables. I have two servings of fruits in between meals.
Seng
Mun Kong

40, Teacher

Height: 1.68m
Weight: 62kg

Exercise regimen: My exercise regimen consists mainly of running because I have time only for that. I run at least three times a week for about 15km each time. I swim occasionally, too.

Diet: I drink lots of water, have three meals a day and am very particular about having at least one portion of fruits daily.

Mun Kong was featured in Hot Bods on Oct 6, 2013
Exercise regimen: I have athletics track training three times a week. Each session starts with a warm-up, followed by running drills, core exercises, jumps to build explosiveness and practice sprints. I also work out in the gym once a week. These exercises, tailored for sprinters, are usually five sets of 10 repetitions performed rapidly with very short breaks in between.

Diet: I start each day by drinking three cups of water before breakfast for hydration. I also drink lots of plain water throughout the day. I have three main meals, snacking on fruits and biscuits in between.
Yohan

28, Consultant

Height: 1.83m
Weight: 88kg

Exercise regimen: I do weight training at least five times a week. I try to do at least two cardio sessions a week which can be a 5km run outdoors or sprint intervals on the track.

Diet: Basically I eat whatever I want but in moderation. My breakfast is loaded with complex carbohydrates and my dinner consists of more protein from white meat like chicken breast and fish. I believe this is sustainable for a longer duration and easier to fit into one’s lifestyle.

Yohan was featured in Hot Bods on May 8, 2011
Joe Tan

30, Army officer

Height: 1.73m
Weight: 72kg

**Exercise regimen:** I run and go to the gym at least three times a week. I do 4km runs under 19 minutes per session. In the gym, I focus each session on a core muscle – either the shoulder, chest or arm – and end with some abs exercises.

**Diet:** I don’t really watch my diet closely though I make an effort not to overdose on sinful treats (desserts or fried food). I take at least four eggs a day for protein, supplemented by recovery shakes after each workout. Other than that, my diet is just like anyone else’s – three meals a day, with the occasional supper.

Joe was featured in Hot Bods on Nov 10, 2013
Exercise regimen: I run four times a week, doing sprint intervals and long-distance runs. Each week, I cover up to 30km. I also swim 2km twice a week. At the gym, I focus on repetitions to build endurance, rather than heavy weights to increase muscle mass. Before each meal, I do 12 chin-ups. This helps with my IPPT.

Diet: I start my day with a light breakfast before a workout. My second breakfast is much bigger. Throughout the day, I have six to seven small meals. I like eggs and I eat them for protein. I exercise often so I do not feel a need to watch my diet closely.
Exercise regimen:
I do rock-climbing twice a week for at least three hours a session, and jog once a week for at least 30 minutes. I also do yoga with my girlfriend to stretch and unwind.

Diet: I don’t have a specific diet but love fresh fruits like apple and banana. I avoid fast food.
Brandon Ooi

19, Full-time national serviceman

Height: 1.73m
Weight: 73kg

Exercise regimen: I train with the canoe/kayak national team up to 11 times a week. Most of the training is about 90 to 120 minutes. The types of training differ, consisting mainly of paddling and weights. I try to work every body part useful for kayaking such as the core muscles and the bigger muscle groups. We also have cross-training like running, swimming and roller-skiing to improve fitness.

Diet: Owing to the intensity of my training, I try to eat as much as I can at every meal, with a balanced diet as far as possible. I have a soft spot for chocolates and often give in to temptation.
Exercise regimen: I do a combination of resistance and functional training, five times a week. I have knee problems, therefore I don’t do any running for cardio. I prefer boxing and tyre flipping for cardio.

Diet: I eat around 1kg of chicken or beef every day with very little carbohydrate intake. That’s less than 60g a day. I have a cheat day every six days to replenish my glycogen levels and to maintain my metabolism. During the cheat day – which is my favourite day of the week – I will stuff myself with food like pasta and pizza.
Andruew Tang

25, Pro-wrestling instructor

Height: 1.62m  
Weight: 50kg

**Exercise regimen:** I do strength training in the gym four times a week for 90 minutes each time. I do lots of professional wrestling training drills like lion push-ups, wheelbarrow push-ups, body squats and rope dips.

**Diet:** I usually go for high protein food. I have three protein shakes a day and try to have a serving of meat with every meal. I do not particularly avoid oily food because I train hard every day and can burn calories quite easily.

Andruew was featured in Hot Bods on April 27, 2014
Exercise regimen: I work out in the gym three times a week, exercising all muscle groups over different sessions. I am aiming to put on mass now and later, definition. I play my favourite sport, football, on weekends.

Diet: I eat everything in moderation. Breakfast is important to me. I have muesli – grains, fruits and nuts – with yoghurt. I watch my carb intake, especially rice. I ensure I have enough protein from eggs, meat and protein shakes. I snack on bananas and oatmeal biscuits.

Johnathan was featured in Hot Bods on Sept 8, 2013
Lim Hong Yun

26, Undergraduate

Height: 1.68m
Weight: 68kg

**Exercise regimen:** I go to the gym at least four times a week, each time concentrating on a muscle group. I also do cardio such as running or speed-training twice a week.

**Diet:** I don’t have a very strict diet but I always try to go for the healthier option. Breakfast is two pieces of wholemeal bread with peanut butter and a bowl of fruit and nut crunch cereals. I do, however, try to taper my carbs intake to the earlier part of the day.

Hong Yun was featured in Hot Bods on Jan 5, 2014