

LEWIS TOH

Personal Trainer



Height: 178cm

Weight: 80kg

Speaks: English, Mandarin & Hokkien

Certifications:

- Awarded by Singapore Fitness Instructors' Association:
 - Basic Exercise Course
 - Fitness Instructors Course
- Awarded by Life Fitness Academy:
 - Practical Sports Injury Management
 - The Ultimate Nutrition for Sports and Fitness
- Awarded by Australian Graduate School of Health & Sport Science
 - Functional Anatomy & Posture
 - mediBall® Applications
- Awarded by Fédération Internationale des Sports Aerobics ET Fitness
 - Fitness Instructor and Personal Trainer
- Awarded by Functional Movement Systems
 - Functional Movement Screen Level 2
- Awarded by NeuroKinetic Therapy Diploma
 - Level 2 of NeuroKinetic Therapy
- Awarded by Anatomy in Motion (AiM)
 - Anatomy in Motion Finding Centre Course Modules 1-4
- Awarded by Integrated Training Institute
 - Certified Kettlebell Coach

Experience:

- Fitness Trainer @ Takashimaya Fitness Club 5 years
- Personal Trainer @ Raffles Town Club 5 years
- Personal Trainer @ The Tanglin Club 9 years and counting

"Growing up, I've always loved sports but was never good at them, so I have sort of a love-hate relationship with it. At about 15, I was exposed to strength training and fell in love with it. As my physical abilities improved through training, so did my basketball game. I believe that physical training goes beyond just making one look good, but it is also a life enhancer. Being physically able makes all other areas of life better and everyone can do it. We just need to start."

For more information or to book a session with Lewis, please call the Gym at 6622 0575.