

WONDER WINDOW

Vol. 40



Woman who believes in action

MEET LAYYONG

**Business born from pain
Jack Ma's inspiring mantra
La Yong's Fitness Business**

EDITOR'S DESK



Change is the only constant and all of us will have to adapt to change. With changing lifestyle we must not forget to take care of our body.

Spending abnormal hours in front of the computer can cause severe physical pain but if your profession demands long hours of work in front of the computer then you will need to find alternatives to stay fit.

Lay Yong, Co Founder & Managing Director at BodyTree Gymnastic Strength Training, Singapore, will help us understand the fitness business and some simple tricks to stay fit.

Lay Yong has interests in setting up new small businesses, help existing small businesses to grow and expand their services. Lay Yong is continually expanding her knowledge about the human body and its dysfunctions.

We hope you will enjoy this edition, let us know your comments and feedback.

Love,
Ruby Shiv

1. What was the inspiration behind starting BodyTreeGST?

I started as a Pilates Teacher in 2006. For me, it was learning how to care for my body after years of chronic shoulder pains. Prior to that I was active and exercising, but objective then, was to maintain my weight and I didn't know anything about the human body and its movements. I came to realize the importance of fundamental strength and mobility in all our joints, in order to avoid physical aches and pains.

Throughout the years in the fitness industry, I have asked the questions "what's next?" and "what is the best version of myself that I could possibly achieve?" This led me to discover gymnastic strength training or GST by Gymnasticbodies in 2014.

GST is by Christopher Sommer, a long time US National Men's Gymnastics coach.

It's a training system developed for adults based on techniques taught to Olympic level gymnasts. This meant the system helps to build incredible strength and mobility for the average adult – like a gymnast. And it's grounded in the fundamental of joint strength and mobility – without which the body is unlikely to reach its peak performance without injuries.

I didn't have a place to practice GST in Singapore. So my partners and I decided to open BodyTree GST, to practice and share with others.

2. How long have you been into gymnastics and fitness?

I have been in fitness for a long time – since my twenties, but in those days my objective was to maintain my weight and look good. I became a Pilates teacher in 2006 and started gymnastics in 2013.

That year, I took adult gymnastics classes at gyms that primarily catered to kids. But it was too early for me. I was not prepared for many movements, and most times was scared to even attempt them.

**The reason why I
like GST - It
prepares me to
gradually move
on to higher-
level gymnastic
skills.**

3. What certifications and qualifications does one need to start a gymnastics fitness studio?

In Singapore, there is no regulation on fitness studio to have certifications. Over the years as clients become savvy, most fitness studios have certifications and qualifications to offer quality services and stay in business. BodyTree GST chose to be qualified under GymnasticBodies and then to be selected as its affiliate in Singapore.

4. How did you decide on the perfect location for your Gymnastics studio?

It starts off with knowing which market segment for BodyTree GST. Being the first GST studio in Singapore, the target segment needs to be clients who are familiar with exercising and want to go beyond general fitness.

Our goal is to get you
looking and performing
at your peak, yet
grounded in the
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strength and mobility

These are clients who have a full time career and yet they have managed to carve time out for training. GST requires discipline and commitment to see results.

Our location is at 100 Amoy Street, right in a historic area of Singapore and within the central business district.

This location reflects the philosophy of BodyTree GST. Amoy street is old yet new. The shop houses are carefully preserved and are homes to modern businesses.

Our goal is to get you looking and performing at your peak, yet grounded in the fundamental of what your body needs to stay healthy – i.e. joint strength and mobility.

5. What are the basic things, people who spend hours in front of the computer should take care of?

It's unavoidable having to work at the computer. Yet you can do some things to minimize the problems. You can organize your workstations ergonomically. For example, having the computer screen at eye level, sitting in a chair with feet flat on the floor.

Take frequent breaks. During the breaks change your positions to standing, walking or doing stretches to relieve tight muscles. There are many reports on the ill effects of sitting too much. I agree it requires change in attitude. I see daily, people rushing for seats on the train when they just came from long hours of sitting in their office.

MY SUCCESS MANTRA

Jack Ma, founder of Alibaba was asked, “What is your secret to success?” He replied, “Really simple...I am doing (action) while you are watching”.

I love this. I believe in taking action without overanalyzing.

Be willing to change.

Be willing to learn and adapt quickly.

TASTE OF MY FIRST SUCCESS

I regard my first success in life as being accepted to University in New Zealand in the early 1980's when only a few blue collar families had the opportunity to send their children overseas.

At that time, I took the advice of a schoolmate to apply to a NZ university, without even knowing the costs and how I was going to support myself. I believed I could learn and experience more by studying overseas.

Upon acceptance, my family was just as excited and came up with the initial few months' expenses – fortunately at that time, the school fees were not prohibitive. After that, I worked weekends and during the holidays to pay my own way.

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