HOT BODS: Sweat gets the fit and healthy to share their secrets

Pictures and text by Desmond Wee

Koh Wei Kiat, 21,
Undergraduate

- **Height:** 1.73m
- **Weight:** 66kg

**Exercise Regimen:** I train three times a week with my school’s dragon boat team. This is inclusive of two gym sessions of about two hours each. I do exercises like the bench press, shoulder press, bicep curls and pull-ups; repeating three sets, at increasing weight, for each workout. I pay special attention to my core muscles by doing exercises like inclined sit-ups and leg raises.

I run at least 20km a week, with a minimum of eight kilometres per session, to build up my overall fitness.

**Diet:** My diet is high in protein and fibre. It usually includes lean meat, fish, eggs and plenty of vegetables. The rule is to eat in moderation and stop when you are 80 per cent full.

Cheryl Goh, 21,
Undergraduate

- **Height:** 1.63m
- **Weight:** 44kg

**Exercise regimen:** I have dragon-boat training three times a week: one for rowing and two for land training. Land training involves runs, circuit sets and weights.

I try to go for half-hour jogs around my neighbourhood on non-training days.

I do exercises such as push-ups, sit-ups, dorsal raises and leg lifts at home. My coach recommends 10 sets of 10 repetitions each daily.

**Diet:** I have a glass of fresh fruit juice every morning and try to have more greens throughout the day. But I enjoy good food.

My favourites are sashimi, sausages and vanilla ice-cream.

If you think you or any of your friends fit into our Hot Bods series, drop us a line and a photo at stimage@sph.com.sg (Photos should be 1MB or less)