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

Text and pictures by Joyce Fang

Lim Wei Ling, 21
SMU student

Height: 1.69m
Weight: 53kg

Exercise regimen: I train about three or four times every week with my school's dragon boat team. The training includes two gym sessions and at least one rowing session, with each session lasting up to two hours. The gym sessions focus on weights training – with three sets of seven different exercises – and cardiovascular training, which includes about 10 sets of sprints.

On days when there is no training, I run a minimum of 4km and do basic exercises, such as push-ups, sit-ups and crunches.

Diet: I take three meals a day. And, in between meals, if I am hungry, I take a serving of fruits.

I eat slightly more during breakfast and lunch to keep my energy level high throughout the day. I try to avoid deep-fried and oily food, and minimise food high in sugar.

I drink up to 1.5 litres of water a day. Occasionally, I give in to my cravings to reward myself.

Ryan Ang, 25
SMU student

Height: 1.78m
Weight: 69kg

Exercise regimen: I try to hit the gym three times a week. The first half of my gym sessions consists of weights training, working on two or three muscle groups each time.

Since I'm trying to gain a bit of mass, my routine typically consists of lifting heavy weights, three or four sets of about 10 repetitions for each muscle. I usually end each session with a 5km run or a 20km cycle. I attend muay thai classes once every week and play soccer every Sunday morning.

Diet: I don't adhere to a healthy diet regimen, as I believe that as long as I eat in moderation, no food is too unhealthy for consumption.

I try to take five meals each day, instead of three huge meals, as the body digests better this way. I usually take high-protein food after weight training to aid muscle recovery.

Breakfast is the most important meal for me. I try to have my dinner before 9pm. Fruits are good. I try to avoid alcohol.

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)