



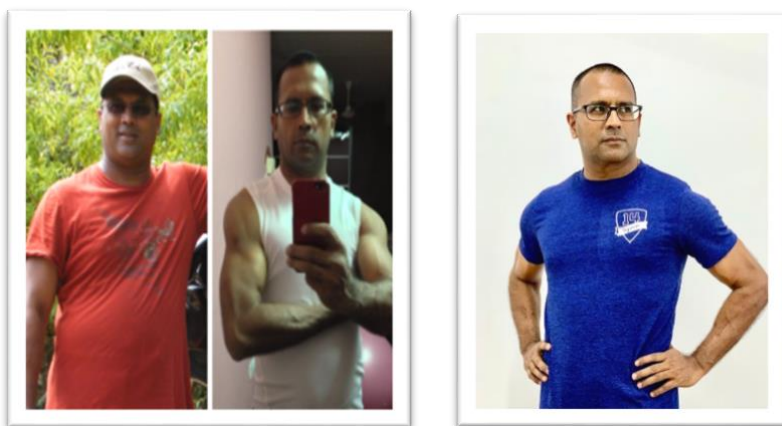
(Registration No: 002586941-M)

PROFILE

Services

1. Corporate Wellness Training (Healthy Employee, Productive Employee)
 - 2 days module (lectures and plenty of practical exercises)
2. Health & Wellness Training for Pre-Retirees
 - 2 days module (lectures and plenty of practical exercises)
3. Employee Weight Loss Challenge
 - Recommended a minimum of 3 months (12 weeks) Program
4. Employee Health Transformation Program (HTP) & Quit Smoking Campaign (QSC)
 - Recommended a 3 months (12 weeks) Program
5. Customised Health & Wellness Program
 - Based on request
6. Health Talks
 - Topics: Healthy Living, Work Life Balance, Stress Management, Fitness & Nutrition
 - Duration: as per request (min 1 hour)
7. Event Organiser (Fitness Related)
8. Group Exercise (Bodyweight & Weight lifting)
 - Duration as per request (min 1 hour)
9. Personal training (weight loss, strength, transformation)
 - Based on request
10. Online Coaching
11. Additional services;
 - a) Train of Trainers (TOT)
 - b) Corporate Muay Thai
 - c) Team building with emphasize on fitness
 - d) Healthy meals preparations
 - e) Master Chef themed group challenges
 - f) Explore Race themed challenges
 - g) Healthy meals supply and delivery

ABOUT THE TRAINER



BRIEF DESCRIPTION

He is 56 years old and graduated with a Bachelor of Commerce (Hons) from University of Windsor, Canada and also has three professional fitness certifications; Certified Fitness Rehab (CFR), Certified Fitness Instructor (CFI) and Certified Personal Trainer (CPT) from National Association for Strength & Conditioning Research (NASC). He has more than 25 years of working experience in the field of business development, marketing and project management within the Oil & Gas and ICT Industries.

He is very passionate about Health & Fitness and is a proponent of “*Exercise is Medicine*” and “*Fitness at any age*”. He has personally went through *Transformation* from being an obese and an unhealthy person to a fit, athletic and a competitive strongman athlete. The interesting part was that all this was achieved while he was already in his mid-forties.

He has been conducting Health & Wellness Courses, Health Talks and Fitness Trainings for Companies, groups and individuals since 2012. He is also a Train the Trainer / Instructor for Fitness Certification courses since 2015 and to date has trained more than 300 Instructors/Trainers

He was also involved in social services in his capacity as Ahli Panel Penasihat (Advisory Board) for Klinik Kesihatan Putrajaya, under the Ministry of Health.

He is still an active Strongman Athlete and regularly competes in Strength and endurance based competitions and the most recent competition was the Johor Bahru Ultimate Strongman 2021 in December 2021.

He has also been featured in the mass media on numerous occasions (Harian Metro & Utusan Borneo) and also was on a live radio interview with Bernama Radio.

Qualifications

1. Certified Fitness Rehab (CFR)
2. Certified Personal Trainer (CPT)
3. Certified Fitness Instructor (CFI)
4. B. Commerce (Hons) - University of Windsor, Canada (JPA Scholarship)

CORPORATE CLIENTS



Health, Wellness & Fitness Experience

A. Corporate Training

1. Bank Rakyat – Health & Wellness Training (2d) for 5 groups from branches all over Malaysia in Nov & Dec 2016 and 2 groups in Sept & Dec 2017
2. Heitech Padu Bhd - Wellness Training (2d) for 3 groups in March & May 2017
3. KPJ Wellness - Group Exercise at KLCC Park in March 2017
4. Kementerian Pendidikan Tinggi (IT Dept) - “Exercise @ work station” in July 2017
5. DBKL – “Kesihatan membentuk Produktiviti Pekerja” (3d2n) in Oct, 2017 at Bentong, Pahang and in March 2018 at Klana Resort, Seremban
6. Suria KLCC – Diet Talk in Jan 2018 & Quit Smoking & Health Program in May 2018
7. Kementerian Perdagangan Antarabangsa dan Industri –Wellness Program in Aug 2018
8. Institut tadbiran Awam Negara (INTAN) – “Jom SIHAT” on 20-23rd February, 2019
9. Heitech Padu Bhd – Healthy Eating during Ramadhan – May 2019
10. Bursa Malaysia – Health Talk (Diet Myths, Stress & New Year’s Resolution) - on 28th Nov, 5th & 12th December, 2019
11. SK Ofshore & Marine – Work Life Balance on 13th Dec, 2019
12. Hersheys Malaysia – Health & Wellness Program on 21st Sept, 2020
13. Uitm Melaka – Jom Fit on 24th Sept, 2020
14. Dietlisciouss – Nutrition Training for agents and distributors on 3rd Oct, 2020
15. Islamic Tourism Center – Webinar on Health & Wellness 2021
16. Hewlett Packard Enterprise – Webinar on Stress & Sleep Management 2021
17. Tourism Malaysia – Health & Wellness Training for Pre-Retirees on July 22-23, 2019 and Dec 14-15, 2021 and Speaker at Karnival Kesihatan Tourism Malaysia on 24th October 2019
18. Tourism Malaysia – Pre-Retirement Training (1 to 1) for senior employees (on-going)
19. EPF Learning Center – Webinar on Fitness Motivation for new year on 21st Jan 2022
20. Speaker at Islamic Tourism Center Wellness event on 28th Jan 2022

B. Personal / Public Training

1. Conducted Fitness Trainings on HIIT (High Intensity Interval training), Bodyweight and Outdoor Workout for Corporate, individuals and groups since 2012
2. Coach / Advisor for Heitech Managed Services “Biggest Loser Challenge” in 2015
3. Coach for Mesotropin Fitness Challenge (weight loss challenge) – Jan 2017
4. Coach for Fitness Factory “Fit & Fly’ Challenge in November 2018
5. Fitness Instructor for Kelab Warga Emas Putrajaya P9 Health Camp in Sept 2019
6. Public Health & Wellness Talk / Webinar (monthly, ongoing)

C. Course Instructor / Train the Trainers (ongoing since 2015)

1. NASC Level 1 – Certified Fitness Instructor (CFI) & Certified Gym Instructor (CGI)
2. NASC Level 2 - Certified Personal Trainer (CPT).

To date has trained more than 300 Fitness Trainers / Instructors.

D. Personal achievements / Competitions

1. Strongman Athlete (the oldest active athlete in Malaysia)
 - a. Qualified Finalist Asia Pacific Strongman Challenge 2016 (Singapore)
 - b. Competed in Selangor Strongestman Competition in 2015, 2016 & 2017, Kedah (2016), Sabah (2016), Klang (2017 & 2018), Enrich 2019, JB 2021

CAPTURED MOMENTS



COACH BOB – IN THE NEWS



CONTACTS

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