



Genuine + Professional + Integrity

SPEAKER'S PROFILE

Betty Vong



Health & Fitness Instructor
American College of Sports Medicine

Sports Massage Therapist
Ex-Singapore Sports Council

Health & Wellness Consultant fitness matters

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“ The E.S.S.E.N.C.E of Wellness ”

Betty Vong had been employed in sales and marketing for at least 20 years before she realized she had been in the wrong industry. At the age of 42, she was retrenched.

After 2 months of wallowing in self pity, she decided to do something about her situation. The first, being to lose all that excess weight she had put on all those years in corporate life. She was fat, unfit and unhealthy. With much trepidation, she signed up for 10 personal training sessions at the gym and within 6 months, managed to lose 11 kg and became fit and healthy.

Loving this new lifestyle, she decided to train as a personal trainer with the Singapore Sports Council and continued to study for the American College of Sports Medicine certification with the National Institute of Education. This qualifies her to use the ACSM's Health and Fitness Instructor title and a chance to re-invent herself and start a new career.

Betty has worked as a personal trainer for the last 5 years and in the process has also picked up sports massage skills with the Singapore Sports Council having been attached to the national Gymnastics and Shooting teams in the 2005 SEA Games in Manila.

In the past year, Betty has also set up a new business specializing in holistic health which focuses on how to get good quality sleep, environmental considerations like water and air pollution and how it affects our health, nutrition and, of course, fitness.

Betty would like to invite you to an interesting and informative evening where she shares her experience and her take on the ESSENCE of Wellness. Each letter of the word ESSENCE represents an important component of total wellness. Come discover what these are and how embracing wellness can benefit your own health and well-being

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