

THE PERSONAL TRAINERS

⇒ Who has the power to bend celebs to their will, literally? Personal trainers like Remy Mitchell Low. The 28-year-old puts Dick Lee through his paces at the Club Oasis Fitness Centre and Spa at the Grand Hyatt. Remy also counts Daniel Yun, MD of MediaCorp Raintree Pictures, as a former client. How hard is it to muscle in on the action? "To become a personal trainer, you need personal trainer certification, CPR certification — in case of emergencies — and of course, a good physique," says Remy, who models part-time with Upfront Models. "You've to walk the walk if you expect clients to achieve a certain level of fitness." The best part of his job? "The satisfaction of seeing my clients get into shape. They also have a greater sense of commitment and discipline than previously, so this job does develop character." The money ain't bad too. A personal trainer charges between \$50 to \$100 an hour and can earn a five-figure sum monthly. And yes, Dick is a diligent student. "He knows what he wants and he's willing to work for it," beams Remy.

