

Professional Personal Trainer Extraordinaire – Remy Low



We caught up with Remy at the fitness centre where he works as a personal trainer.

Remy Mitchell Low graduated from SP in 1999 with a Diploma in Mechanical Engineering. He is not your ordinary personal trainer under the employment of the big name gyms along Orchard Road – he has been there and done that. Now he has more entrepreneurial objectives on his mind.

Remy was active in the Current Affairs & Debating Club during his SP days and he feels that it really helped him to build up his inter-personal skills. His achievements since graduating from SP are numerous. During National Service, he was an SAF

Combat Engineer Officer. He was Best Company Recruit during his BMT course and at Officer Cadet School (OCS); he was Cadet Course leader and Platoon Best.

Besides his military achievements, Remy has also been active on the male pageant arena. He has won at least three notable titles, namely, *Urban Male Pageant 2002* (Grand Winner, 'Best Physique' and 'Mr Articulate' titles), *Grassim International 2002 Pageant* (Singapore representative and winner of Best National Costume) and *50 Most Gorgeous People 2004 (Female Magazine)* – Grand Winner (Male Category).

We asked Remy how he decided to choose personal training as his profession.

He told us that he had a weight problem during his younger days and went to the gym regularly. It was there that he met his trainer who not only motivated him to achieve his fitness goals but also taught him a lot about fitness as well as life in general. He knew then that he wanted to be a trainer to help other people with their fitness goals.

Now Remy designs customised training programmes for clients to meet their specific goals such as weight loss, muscle

building, toning, flexibility and sports conditioning etc.

Remy shared with us the key success factors to be a successful Personal Trainer.

He told us that he is a NSCA (National Strength & Conditioning Association) and ISSA (International Sports Science Association) certified fitness trainer. He has also taken courses such as CPR, Basic Massage, Sports Science, Specialist in Performance Nutrition and Facilitated Stretching etc. He feels that it is crucial to upgrade himself in his field if he is to remain relevant and up-to-date. He added that he would not be able to train his clients and provide them the best possible programmes if he did not continue to upgrade.

How does Remy see his business evolving over the next few years?

Remy aims to open a personal training studio. He would like to gather a team of highly qualified (certified) personal trainers who will be dedicated to provide the best training programmes to their clients.

Remy, we certainly wish you all the best in your entrepreneurial aspirations and that you achieve them soon. ---OTH