THE STRAITS TIMES LIFE

The CardsPal app clues you in to the best deals in your neighbourhood and beyond
Dec 04, 2020

Singapore judge among global experts appointed to serve China's commercial...
Dec 10, 2020

Ad
Are You Making The Most Of Your CPF?
CPF Board

Recommended by Outbrain

FOR SUBSCRIBERS

Fit and Fab: Fitness trainer bounces back after knee operations

Tiffany Tan feels that a fitness routine doesn't have to be a strict regime and should encompass different activities. PHOTO: LEVEL SINGAPORE

Amrita Kaur

PUBLISHED DEC 15, 2020, 6:15 PM SGT

SINGAPORE - Playing softball at Tanjong Katong Girls' School made Ms Tiffany Tan fall in love with the camaraderie of team sports.

As part of the national youth team for the sport, she was involved in intensive training that prepared her for national and international competitions.

After she completed her O levels, Ms Tan, 30, undertook a diploma and degree in fine arts at Lasalle College of the Arts where she tried other sports such as frisbee, yoga, boxing and muay thai.

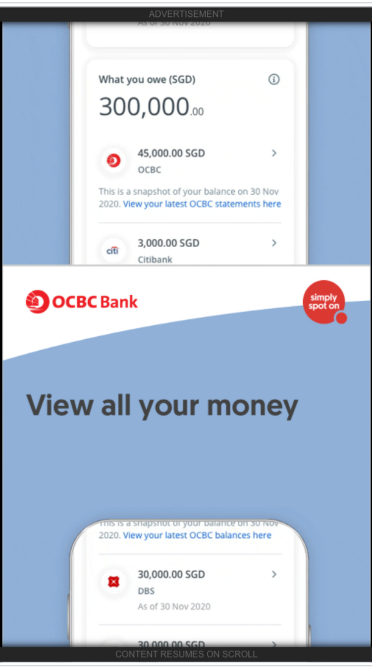
ADVERTISING

DOLCE & GABBANA
THE NEW EAU DE PARFUM
#OWNYOURCROWN
The new eau de parfum
DISCOVER
DOLCE & GABBANA - Sponsored
The K by DOLCE & GABBANA
DISCO
DOLCE & GABBANA - Sponsored

Ms Tan, who is a freelance illustrator and a fitness trainer at Level Gym, especially enjoyed boxing and muay thai.

"There are many different elements in the sports that I enjoy. It challenges and pushes me both physically and mentally. It gives me a great adrenaline and endorphin rush," she says.

However, they have since taken a back seat after she tore multiple ligaments in her right knee due to wear and tear from muay thai, resulting in two operations last year.

ADVERTISEMENT


CONTENT RESUMES ON SCROLL

"Movement is a huge part of my life and losing that in the last year has crippled me in ways more than one. I am still recovering and trying to regain full function of my knee," said Ms Tan.

She has embarked on a new fitness journey such as incorporating calisthenics - resistance training exercises that use the person's body weight - in her exercise routine.

Ms Tan says: "I'm not at 100 per cent form yet, but I feel good with my progress. I have been discovering new things about the things I can do through exercise such as pull-ups."

What is your secret to looking fabulous?

Strength and confidence.

Has there ever been a time when you were not fit and fab?

Yes, after two knee surgeries in February and September last year due to wear and tear from muay thai.

I had sustained multiple ligament tears in my right knee that needed two reconstructions and I was in crutches for a while that were limiting, not only physically but mentally.

It led to emotional eating and weight gain but I am in a better place now with a new perspective on life and coming out stronger than before.

Tiffany Tan has embarked on a new fitness journey such as incorporating calisthenics. PHOTO: LEVEL SINGAPORE

What is your diet like?

80/20 - 80 being whole foods such as fish, chicken, beef, mixed salad, and 20 being anything else I want.

What are your indulgences?

Loaves of sweet bread in flavours such as chocolate chip and butterscotch and sweet pastries.

How do you maintain a healthy work-life balance?

I take exercise and outdoor breaks in between work sessions. I enjoy feeling the sun on my skin.

What are the three most important things in your life?

Family, mental health and love.

What's your favourite and least favourite part of your body?

As an illustrator, my favourite would be my hands because they help me illustrate and workout-wise. It helps me grip the bars when I do my pull-ups.

My least favourite is currently my right knee that isn't at 100 per cent after two surgeries, but I'm working hard on it and learning to love it more.

Tiffany Tan's least favourite part of her body is her right knee. PHOTO: LEVEL SINGAPORE

What are your must-dos before and after a workout?

My must-do before a workout is mobility drill exercises, such as crab reaches and straight leg bear crawl to stay functional and strong in all ranges of movement, and a good meal post workout.

How important is it for you to keep up with your fitness routine?

Extremely. I'm one of those people who needs to be on the move and stay active. It keeps me grounded and in a good mental space.

A fitness routine doesn't have to be a strict regime and should encompass different activities like cycling and taking walks.

What are the changes you have made to keep exercising during this time?

I was fairly fresh out of my second knee surgery and was reliant on the machines in the gym for rehabilitation and strength building from muscle atrophy.

I began focusing on better movement, mobility and body-weight exercises. Accountability is key to keeping up and I am blessed with a great support system - friends with similar goals to push each other through the changing times.

MORE ON THIS TOPIC

Fit and Fab: Ditching career in interior design for martial arts

Fit & Fab: Ex-SQ girl packs a punch with kickboxing

How has your active lifestyle influenced your family and friends?

I have developed stronger relationships with friends and family and built little communities of support.

What's the most extreme thing you have done in the name of fitness?

A weight loss of about six to eight kg before a muay thai fight that led me to being weak and dehydrated.

How extensive is your collection of sports-related paraphernalia?

Not at all.

Would you go for plastic surgery?

No.

Do you think you're sexy?

My friends think so.

LIVING WELL EXERCISE/FITNESS HEALTH AND WELLBEING FIT AND FAB

RECOMMENDED

Smartfeed

The CardsPal app clues you in to the best deals in your neighbourhood and beyond

Dec 04, 2020

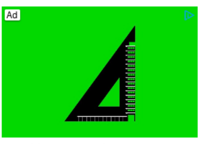
Former Shell employee admits to involvement in gas oil misappropriation worth $49 million

Dec 15, 2020

Be Ready For The Unexpected With CPF

Read More

CPF Board



Looking For Your First Job?

Learn More

Gov.sg

Lactose intolerant? Meiji has you covered

Branded Content

Experience all-night comfort with AIRism Bedding, comfort beyond clothing

Shop Now

UNIQLO

Why we and Kiss92 FM DJs can't wait to travel to Australia again

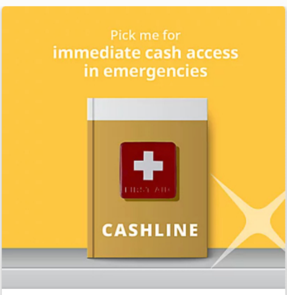
Branded Content

[Gallery] USA Presidents Ranked By Their IQ

Articlestone

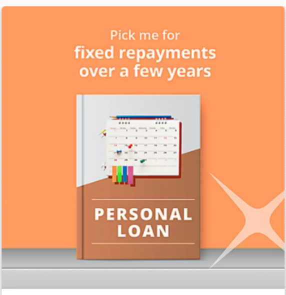
sponsored by DBS

Unsecured Loans. Find the right one for you.



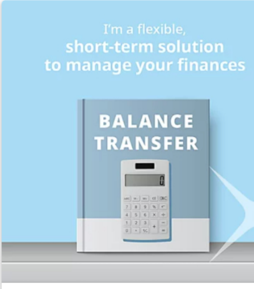
Cashline - 0.06% interest per day

Learn More

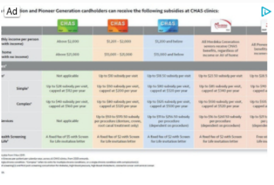


Personal Loan - Get low interest rates

Learn More



Balance Transfer - At 0% interest



DADAH ITU HARAM
PUBLIC SERVICE WEEK 2020

The Difference Between the 3 Types of CHAS Cards

Read More

Government of Singapore

Together as One: Engaging Hearts and Minds the DIH Way

Read More

Ministry of Home Affairs

More patients with chronic health conditions willing to take up telemonitoring: SingHealth Polyclinics

Dec 15, 2020

Singapore, Vietnam plan to launch green lane for business and official travel by next year

Dec 15, 2020

Falling tree crushes cars and knocks over bikes in Toa Payoh; no one hurt

Dec 13, 2020

Ad

Expat's Favorite - Condo Room for Rent from SG$1,200 / mo

Get Quote

Dash Living Singapore

Ad

5GO
Kickstart your move to 5G
$25/MTH FOR
65GB
BEST VALUE 5G SIM-ONLY PLAN

Don't miss the best 5G SIM-Only Deal. Get 65GB for just $25/mth now!

Shop Now

M1

Ad

[Pics] Heidi Klum's Daughter Looks Like Her Iconic Dad

Habittribe

Former Straits Wine sales manager fined $3,000 for corruption

Dec 07, 2020

10 people under investigation for illegally redeeming reusable face masks from vending machines

Dec 11, 2020

THE STRAITS TIMES

Download on the App Store Available for iPhones and iPads

GET IT ON Google play Available in Google Play

Subscribe today

Get unlimited access to exclusive stories and analyses by the ST newsroom

Choose your plan

- SINGAPORE
- ASIA
- WORLD
- OPINION
- LIFE
- BUSINESS
- TECH
- SPORT
- VIDEOS
- PODCASTS
- MULTIMEDIA

Terms & Conditions

Data Protection Policy

Need help? Reach us here.

Advertise with us

✉ Sign up for our daily newsletter

Enter your e-mail | Sign up

More newsletters
By registering, you agree to our T&C and Privacy Policy.

E-paper

Facebook

Instagram

Twitter

Podcasts

RSS Feed

Telegram

Youtube

BACK TO THE TOP

SPH Digital News / Copyright © 2020 Singapore Press Holdings Ltd. Co. Regn. No. 198402868E. All rights reserved