



ABOUT

Fitness Tutor is a Singapore-based personal training fitness consulting firm founded in 1998 by Medical Exercise Specialist, Coach [Paul Kuck](#).

Since its inception, we have proudly become the trusted provider for offering evidence-based training instead of trend or fad-based. It means that your training comes with constant updates: as new research comes out, we revise our training so they're always based on the latest scientific evidence.

Such principle allows us to achieve the following:

- successfully transformed many lives of busy professionals for more than 20 years;
- significant high-profile ones engaging and referring us regularly;
- respected in the medical and health industries;
- long list of testimonials; and
- hundreds of media exposure
- award-winning company (by: MCYS)

Fitness Tutor is the busy professional's fitness solution. Here's why.

Our targeted clients are often the busy professionals working in various industries who always find it challenging to find time to exercise and eat healthily : doctors, lawyers, lecturers, teachers, top-level executives, agents etc.

They needed to be in greater shape than anybody else to cope with the demands of the world thrown mercilessly at them. If they are not in shape, it translates to poor performance and worst cases, being burnt-out and even death.

What is wealth when the health is no longer present? Helping these people to understand to place health at the top most priority is an absolute must be they want to stay at the top of the game.

Ironically, these are the same people with the least time and energy for health maintenance. Thus, we created holistic programs specifically to help these executives to 'do less achieve more'.

We believe in education is the best way to instill healthy lifestyle mindset and enables people to achieve long-term health goals. We do not think that mindless training people without letting them know what they are doing is the way.

We learned that exercise in itself, will not help our clients achieve the ideal result. Equal attention to other areas, which are all potential weak links, are the secrets to success. Not contented with the standard training process practiced everywhere, we decided to take our approach to the higher level.

Balanced fitness is critical!

Many people exercise just to develop just one aspect of fitness (e.g. weight training for strength, yoga for flexibility or running for cardio). This is regrettable because there are actually 10 components of fitness you must do if you want to be consider yourself as truly fit. Without do this, it is a matter you will run into problems associated with the weak link that is caused by underdevelopment.

This is one of our key features: *to help you develop your focus goal (be it losing weight, building muscle or develop cardiovascular fitness) as well as develop the other components of fitness.*

here's how you can transform your body, health and self-esteem even if you have to work 12 hours a day''

PERSONAL TRAINING **Singapore**

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