



FOR IMMEDIATE RELEASE

Know Your Skeleton, Work With Your Anatomy For Better Gym Results

Aileron Wellness is the first gym in Singapore to implement a fitness assessment on par with a medical report that evaluates a client's anatomy in detail before commencing a customised, effective personal training programme.

Singapore, 26 June 2014 – Aileron Wellness has today launched its proprietary ALFA fitness assessment to provide trainers with empirical data of the status of clients' body structure, which will form the foundation of the customised training programmes the boutique gym offers.

"The desire to raise the standard of personal training in Singapore for the benefit of those who care about their health drives Aileron Wellness to develop the ALFA fitness assessment," said Managing Director of Aileron Wellness, Keith Tan.

"One key purpose of exercising is to heal, not harm. ALFA will tell you what you can or cannot do from a physical standpoint. For instance, your upper body can withstand a 20-kg weight but you may be worsening an injury in the feet, and we want to avoid situations like these. With our robust understanding of the human structure through years of experience and research, as well as discussions with top-of-the-class fitness educators from the United States, ALFA will lead to the development of higher quality fitness programmes."

What ALFA evaluates

Rather than a conventional quick survey, ALFA, short for Aileron Fitness Assessment, is a comprehensive evaluation of a person's anatomical structure, which is starkly different between every human being and cannot be understood by the naked eye.

Typically, gyms will obtain from clients basic data like weight and height, body fat percentage, and carry out a basic step test and bench press test, and the like. Clients' goals are also sought so that both parties can work towards them together. While these information are useful, they are insufficient for a trainer to design a programme that works around the physical abilities and boundaries of the body. This means that those who want to improve their physique and physical performance will know how to go about doing so, and for those with injuries, they can get a work out and heal themselves at the same time.

The 90-minute ALFA evaluates a person's range of motion, static posture, movement and stamina through both passive (whereby trainers move the client) and active (whereby the client move by himself) tests under the supervision of a certified trainer. The data collected will be analysed by the trainer, who will then provide recommendations to the client. A copy of results, which meets the standards of a medical report, will be given to clients so that they can use it for other fitness or rehabilitation programmes they are embarking on and, on a personal level, help clients discover themselves more.

Aileron Wellness took almost one year to conceptualise, develop and fine-tune ALFA. Many schools of thought are taken into consideration in the development of the fitness assessment, such as modalities from rehabilitation, and theories from functional anatomy and human motion expert Chuck Wolf, to name a few.

About Aileron Wellness

A boutique gym with a state-of-the-art training facility and certified trainers to help individuals break new grounds, Aileron Wellness is Singapore's prime ground for health and fitness education, and a sanctuary for self-discovery and empowerment. Aileron Wellness stays at the forefront of the health and fitness sphere with unconventional methods and concepts of training developed with leading educators from around the world, ensuring effective and long-lasting results. Guided by the belief that wellness goes beyond skin-deep, Aileron Wellness brings to its clients an all-encompassing suite of knowledge to balance the body, mind and soul. The result is an elevated sense of well-being. For more information, visit www.aileron.com.sg.

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