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**AILERON WELLNESS LAUNCHES SCIENTIFIC  
PERSONAL TRAINING FOR EXECUTIVES (PTE) PROGRAMME TO  
ELBOW OFFICE-TRIGGERED HEALTH ISSUES**  
*Proper Education and Transparency Key to  
Seeing Results at the Gym, Leading Sustainable Lifestyles*



**Singapore, 4 March 2015** – Aileron Wellness has launched a unique fitness training programme targetted at knowledge-hungry executives and white-collared workers to address and educate them on health issues that arise from a sedentary lifestyle and being desk-bound. The sophisticated Personal Training for Executives (PTE) will see clients guided by highly-educated and professional trainers who are able to rationalise and explain the science behind each of the customised training programme prescribed, ensuring effective results at the gym.

“Consumers are getting more savvy nowadays with the prevalence of the Internet and social media, which makes accessing information incredibly easy. Many people search on Internet for training programmes, weight loss solutions and the like. However, how does one know whether the information is accurate? PTE is launched with two main objectives in mind.

“First, it is to cater to the needs of knowledge-hungry gym-going executives, who want to know the science behind the exercise programmes that are prescribed to them, the mechanics of the complex human body and the anatomy. Second, it aims to impart the latest news and information in the health and wellness spheres to our clients. As a progressive gym, our trainers are kept abreast of these information through various educational platforms such as master training courses by experts and world-class fitness conferences,” said Keith Tan, Managing Director and Master Trainer at Aileron Wellness.

## **TRANSPARENCY FOR EMPOWERMENT**

PTE takes personal training to a whole new level, empowering the client to be aware of the programme he will undergo. Like health-conscious diners who would want to know the kind of ingredients that go into their food, educated gym-goers would want to know the kind of training programme they will be prescribed with; as consumers become smarter, gone are the days when clients would blindly follow all that a personal trainer says.

More often than not, gym-goers undergo fitness training programmes with limited knowledge of why they perform a particular set of exercises. Under PTE, the rationale of clients’ personal training programme will be explained to them, making it meaningful and hence motivating. Also, the takeaway knowledge allows them to practice the exercises on their own even after the session. Myths and off-misunderstood information will also be debunked throughout the programme.

Every session in PTE, which is designed based on the clients’ fitness goals and health condition, will be different and exciting, involving a blend of functional training, movement-based training, strengthening and conditioning that can help them function better and lead more fulfilling lives – be it in the office or at home.

One key component of PTE is education on mobilisers and stretches, which are simple yet effective movement that one can practice anywhere – even at the office desk. Targetting at problem areas often faced by desk-bound workers, such as the hips, wrists and shoulders, these exercises, when practised regularly throughout the day, can keep one limber and body aches at bay.

## **AN INTEGRATED APPROACH TO WELLNESS**

The variation in the programmes under PTE challenges the body and the mind, propelling one to become not only physically fitter, but also mentally stronger and improving cognitive functions of the mind. Moreover, studies have found that the more complex a workout, the higher the caloric intake, which is advantageous to those with weight-loss goals.

PTE is possible not only because of Aileron Wellness’ well-trained fitness professionals, but also because of the training tools housed under this boutique gym. One example

is the *3 Kick* machine, designed with proprietary and resilient foam pads that can be punched, kicked, slapped, or tapped with the foot, fist, or an open palm. After a light turns on in the pad with an audible tone, the pad must be hit before the next randomly-selected pad lights up. *3 Kick* promotes eye-hand-leg coordination and mental acuity, while improving cardiovascular strength.

Besides exercising, PTE will also incorporate education by the personal trainer on food nutrition and mental health, both of which are equally important in the attainment of wellness. Clients will also have access to workshops and courses to learn more about these topics.

PTE is available at Aileron Wellness from 5 March 2015 onwards. Available PTE packages and prices can be enquired through [enquiries@aileron.com.sg](mailto:enquiries@aileron.com.sg)

### **About Aileron Wellness**

Aileron Wellness is Singapore's first knowledge-driven boutique gym with a state-of-the-art training facility and certified trainers to help individuals break new grounds, a 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](http://www.aileron.com.sg).

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