

He lost weight his way

Product marketing manager Daniel Ho tells **Joan Chew** how he lost 9kg in six months

What do you do to keep fit?

I lift weights two to three times a week, each time focusing on the biceps or triceps in the arms and also the muscles in the chest, back or thighs.

My weight-training workout focuses on compound movements that require more than one joint and muscle group. These include barbell bench presses and squats. These movements allow me to burn more calories in less time.

I do high-intensity interval training sprints once or twice a week for cardiovascular training.

After a five-minute slow jog on the treadmill, I sprint for a minute, followed by another minute of jogging. I then continue with the minute-sprint at a higher intensity. I do five sets of sprints and jogs.

Although each session lasts between 15 and 20 minutes, I feel like I've finished a half-marathon at the end of the session.

What was your exercise regimen in the past?

Before I entered the corporate world at the age of 23, I had already been training for a few years.

But like other testosterone-charged guys, my training regimen then focused on building big muscles in the shoulders, chest and arms.

So I did a lot of exercises involving moving isolated muscles, such as bicep curls and dumbbell lifting, which boosted my ego more than they burned calories.

Now, I include compound movements such as squats, deadlifts and chin-ups in my regimen. I realised the importance of such training when doing research on weight-loss methods.

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

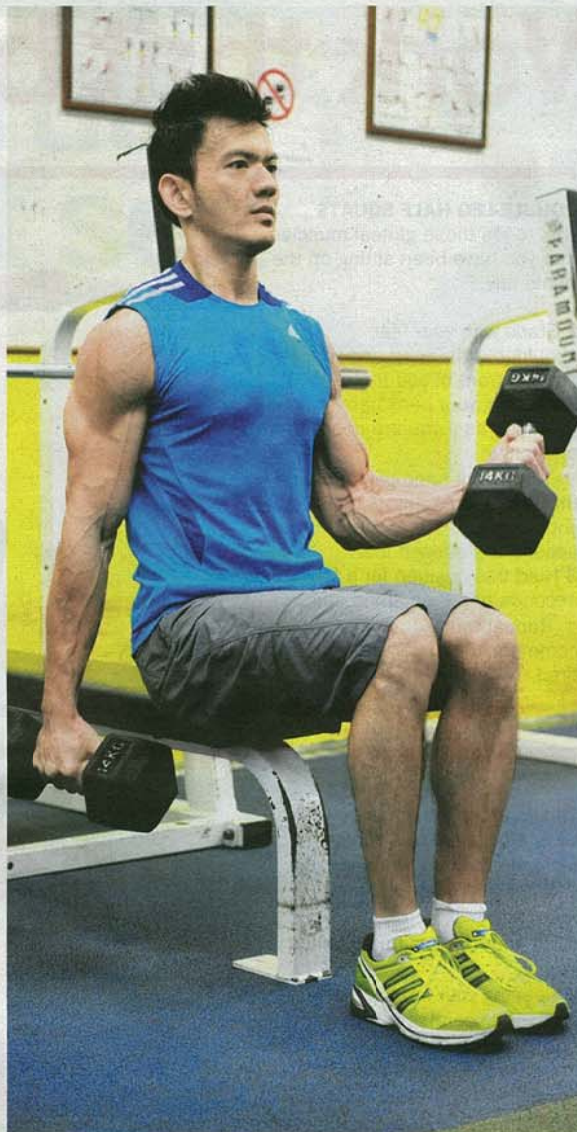
When I starting working as a customer service executive in an office, I did not have regular lunch hours and would sometimes get gastric pains, so I developed the habit of snacking on junk food.

What made things worse were the numerous office parties and welcome and farewell lunches we had. Everyone knew I frequented the gym, so they would ask me to finish the leftovers, which I did.

But sometimes, I was so dead tired at the end of a work day that I could not drag myself to the gym. Even when I did, I would merely go through the motions.

Months passed and I noticed my shirt and pants getting tighter. I comforted myself by making myself believe I had grown more massive because my muscles had become bigger.

But when I saw a picture of myself taken by a colleague, I got the shock of my life – I could not recognise my own face because I had grown so fat. That was when I decided I had to do something fast.



BIO BOX Daniel Ho

AGE: 32

HEIGHT: 1.78m

WEIGHT: 71kg

In his quest to lose the flab, Mr Ho tried five diet and exercise programmes in five months.

He made notes of what worked and what backfired. His diligence paid off when he shed 9kg in six months and earned his six-pack abs.

His success spurred him to come up with a programme to help others.

In February last year, he launched his 10 Minute Corporate Fat Loss Plan, a five-week exercise and diet regimen detailed in a set of electronic books and videos.

The 10-minute daily workouts are targeted at working adults like himself.

The product marketing manager said: "I want to save people from the trial and error that I went through and immediately learn the fat loss equation that I discovered."

He spent a year putting together the programme, getting friends to shoot videos of him demonstrating exercises and roping in a certified nutritionist from the United States to help with the meal plans.

Last year, he also became certified as a sports nutritionist by the United States Sports Academy, after completing a course at the International Sports Academy here.

His girlfriend, who is in her early 30s, is a senior finance analyst.

Mind Your Body readers can buy his \$60 set at \$49 from www.corporatefatlossplan.com/myb.

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What is your diet like?

I have a few simple rules when it comes to my diet: If something did not fly, swim, crawl or grow from the ground, don't eat it.

I also avoid anything that comes in a box because it would typically be processed food.

Instead of having three big meals a day, I space out my calorie intake by eating at three-hourly intervals to keep up my metabolism. This means I eat five times a day.

What are your indulgences?

Chocolate cakes are my biggest weakness. Once a week, I have a "cheat day" and I reward myself with chocolate cake. I eat till the craving is gone.

Do you count your calories?

No, because life is too short to live miserably. To me, the quality of the calories matters more than the quantity. The calories in a tub of ice cream are mostly from sugar and fat, but those from a sirloin steak come from protein, vitamins and minerals.

As long as I am constantly eating nutritious food and exercising regularly, I do not have to worry about my calories at all.

How do you maintain a healthy work-life balance?

I actually really like to exercise. It's the best way to

de-stress at the end of the day. I no longer drag myself to the gym. I also enjoy listening to music, watching movies and singing.

What is your secret to looking fabulous?

I believe it's all about having confidence. When you believe in yourself, the way you speak and carry yourself will exude confidence and people will find that irresistibly sexy.

Being in good shape does help one with gaining confidence, but it is certainly not the only thing.

Getting enough sleep can do wonders for your overall appearance.

Apart from some girls taking a second look at me, even some guys do too. But I'm not complaining. It's good to know that I'm attractive to both sexes.

Would you go for plastic surgery?

No, I'm happy with how I look and will not resort to going under the knife to improve imperfections in my body. But ask me this again in another 20 years and the answer may be different.

Do you think you're sexy?

Oh, absolutely. My girlfriend thinks so too.

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