Mr Shay is a fitness instructor and the club manager of 9Rounds, a fitness gym located in River Valley, Singapore. He was involved with several other private gyms in the past. Earlier, Mr Shay faced predicaments with fitness and endurance, such as running for a prolonged time and lifting heavy weights.

He told us an exciting story about how Singaporeans need to go through military training, and how, in the 9th infantry division of which he was a part, fitness was vital. When Mr Shay saw his other comrades excelling, and he fell behind because of his fitness, he was motivated to train to become better. His training was not only for his wellbeing but also aimed at enhancing himself to become the best in his division and help others better themselves by becoming a fitness coach. Mr Shay has reached optimum fitness and is in good mental health.

Mr Shay himself knows good friends and family members who are obese. Obesity is a severe problem he reaffirms, by saying that it can lead to Type 2 Diabetes or even strokes. As a trainer, Mr Shay discourages them from believing they need to be 'super-fit' with toned muscles but instead wants to help them focus on their health. He says the most important thing he does when working with obese individuals is being supportive of them and says that even though the process of working through obesity is slow, the results make it worth the sacrifice. When obese people overcome their challenges, they gain a sense of accomplishment and a desire to help other people share the same feeling of happiness. They become motivated to work out and help others do the same. In the context of a workplace, excess working hours and unhealthy diets lead to obesity. Mr Shay helps these individuals combat the problems they face.

 It's important not to criticize obese people and tell them they're overweight- they already know that, and that's why they're here asking for help. It's important to realize that obese people have the same dreams and ambitions as everyone else and just because they are overweight, that doesn't mean they aren't human too. "It's a marathon, not a sprint", Mr Shay so rightly says.

 Mr Shay recommends obese people to start doing small things like walking for two kilometres, eventually, jog and finally run. Proper exercise will come later, he says. Obesity comes with joint problems, so Mr Shay cautions that a particular activity prescribed for them would be dangerous. Instead of using the internet, overweight people should ask others to help them work out like other colleagues in the office or their managers. A comfortable work environment is vital because non-strenuous working hours result in a smaller risk of obesity. Obese individuals tend to binge food which increases their risk of diseases.

People fighting obesity may initially tend to cheat on one particular day of the week. If a specific day is incredibly busy at his/her workplace, he/she may compromise on their healthy diets and instead opt for fast food. Mr Shay is a very passionate teacher and trainer, and if work colleagues are in the habit of working out, they automatically encourage obese people to do the same. Stronger antibodies mean fighting off more diseases and gradually, as obese people become thinner, they can work a reasonable number of hours which would suit them and enable them to live a balanced life as well.

Obese working professionals must ask themselves "Why am I exercising? Because I want to be fit, combat my obesity, and because I feel it's important to balance work and exercise. "

Mr Shay concludes by saying progress is slow, and patience is essential. The effort will lead to more energy, and he says “The Journey Starts With You!!”