



Huffing and Puffing

Journey of Jason and Admond Tan

For those who are followers of Admond (Chinese congregation) and Jason's Instagram/Facebook, you might have noticed that these guys have been working out together. Curiosity perked so I decided to do an interview with them!

Alicia: Hi guys. Thanks for agreeing to the interview. First question for both of you - What made you guys decide on committing to weekly regular exercise?

Jason: For me, it started when 3 different brothers spoke to me about my health. I took it as a very obvious sign that God wanted me to honor Him with my health and body. Hence, I decided to start exercising and be serious about my diet. Brother Admond encouraged me to join him at the gym and that's where we began.



Healthy and delicious looking meal in one of Jason's posts

Alicia: Admond, I know you started working out earlier than Jason. What kicked u off into committing into a regular exercise routine?

Admond: I should say my exercise journey began in 2013, 5 years ago. At that point, I was very busy running a business and taking care of my family. It was basically, work, eat, sleep, rinse and repeat. It was stressful having to work long hours and I was basically eating the biggest meal of the day for dinner as late as 9pm or later and then it's bed time. My weight reached a whopping 133kg and that was the time I started to feel unwell. I was basically tired all the time and I had pain in my joints. I was serving as a worship leader in church during that period and after each worship leading, I felt my heart was going to stop any-time.

The warning bells came one fine morning in year 2012. While I was driving and sending my kids to childcare, I felt a sudden numbing of my right body and I could not control my footing when driving my car. I knew something was not right. After sending my boys to childcare, I got back into my car. Through God's protective hands, I was able to drive my way slowly to NUH's A&E. The nurses pushed me in and did a scan on me. Lo and behold...they found a tiny blood clot at my brain's left frontal lobe and the sensation I was feeling was that of a mild stroke.

My blood pressure was a whopping 260. As I lay on the hospital bed hearing all these news...man, I felt bad for not even bearing the simple responsibility of taking care of myself, which is God's temple and that at the age of 39, I was already on the verge of death. I felt I had let my family down. As a father, I should be someone my children can lean on for support and care and yet I've become a liability at such young age. After going through all the medical treatments and medications, I was finally discharged. At that point I knew God was giving me another chance and I am not going to rely on medication to determine my health.



**Admond's exercise companions,
Muffy and Winston**

I started off going on long distance walks with my dog(Winston). Gradually, the walk evolved into a jog. After six months, I was able to jog for around 2 km nightly. Apart from my nightly jogs, I started going to gym every alternate day. Initially I rounded up some church brothers and colleagues to commit to regular exercise with me but slowly they faded away and I was left alone with my routine. Glad that God didn't let me stop. Over the past five years, I've dropped 20kg and am now feeling better than before. I still go on nightly brisk walks with my dogs occasionally and now, I have a great training partner Jason with me at the gym twice a week. Continue to pray that we continue this journey till we reach the peak of health that we are called to have!

Alicia: How did this partnership with Jason came about?

Admond: It was the latter part of last year when Jason's wife saw me in church and remarked about my weight loss. I told her I've been exercising and she suggested that I could perhaps ask Jason along. Then early this year she texted me via Facebook, saying that she had been praying for Jason's health and she felt strongly about me bringing him along to gym and be a brother in this journey with him. At the same time, the Lord placed the same burden in my heart and so I asked him out. We met. We talked and voila! We began the journey in February.



The first meeting that started their journey

Jason: Prior to this, the Lord had already brought us to work together in the worship ministry for combined church events. Through all these, God has helped us grow in brotherly love in Christ.

Alicia: What exactly do you guys do when you guys hit the gym?

Admond: Haha, nothing complex. It's 20 mins of cardio and then the weights...AND encourage each other amidst all the grunts! We will usually end the session with a prayer.

Alicia: We know Admond has lost a lot of weight. What about you Jason? Since you've only just started this partnership a few months ago...

Admond: Last weigh-in... he lost 8 kg!

Jason: It's really a blessing from above. Every day is a conscious decision to battle and honor the Lord in the area of health. There is a lot of denying of self and choosing what is better for us. It's getting tougher I must admit, especially when work and family demands increase.

Pray that we can keep this journey up and hold one another accountable! Of course, we welcome anyone who wants to join us on this journey to honor God with the temple He has given us. I am encouraged that the Lord brings about partners and fellow pilgrims on our journeys. As long as we avail ourselves to meet with one another, pray for one another and encourage each other towards the goals God has set before us. It doesn't matter which congregation we are from; we are one church.

Admond: Amen! To add on, this partnership set us brothers accountable to each other. We are reminded not to slack off but pick our butts up to sweat, huff and puff at least twice a week.

Jason: Our usual gym times are Sunday afternoons at 4 pm (Jurong west sports complex) and Wednesday evening 8 pm (Gombak sports complex)


Alicia: Last question. I noticed you guys have been posting a lot of your workout session on social media. Any reason for that?

Admond: We want to let people know that in all things, it's always mind over matters. Everyone is busy in our lives and usually our body and health are the last thing we put efforts in. Trust us, there are times you really do not feel motivated to go to the gym and it's all in the mind. I always tell Jason, the best feeling in this world is when you are done with that day's session and walk out of the gym knowing you have kept your discipline.



Jason: Honestly, I know I could use all the accountability and encouragement I can get. Each 'like' or encouraging comment we receive always helps in pushing me forward and going. It's also another way to track our progress!


Alicia: Hopefully this sharing from both of you will motivate others to join in similar journeys to honor the bodies God give us.


Through you guys, I am reminded that fellowship isn't just limited to church activities and projects. Even brothers from two different congregations can have a great fellowship beyond the church.

 Jason Tan
May 9 at 9:17pm · [AL](#)
truly an exhausting past 2 months, brother Admond Tan rest well and let's get back to the gym together soon! as for tonight, I pumped on our behalf! 🙌🙌🙌



 Like  Comment

 5

 Admond Tan Awesome beastie look! Sure bro! Thanks for keeping up the momentum!
Like · Reply · 1d

BMI

In 1970, a 23-year-old Austrian named Arnold Alois Schwarzenegger became the youngest ever Mr. Universe. The Guinness Book of World Records once called him "the most perfectly developed man in the history of the world." Standing at 6'2" and weighing 235 pounds, he could bench press more than 500 pounds and barely had a ribbon of fat.

Yet, at his physical peak, his Body Mass Index (BMI) was 30.5, indicating that he was obese.