

Undergraduate David Lau tells **Joan Chew** why you should know your body type when exercising

How do you keep fit?

I have three-hour salsa dance practices at Singapore Management University twice a week. The number of sessions can go up to five times a week a month before a competition.

I also hit the gym in school twice a week, spending 45 minutes to an hour on strength training each time.

From time to time, I play football with friends and find that it's a good way to bond with them.

How has your exercise regimen changed over the years?

In all honesty, prior to university, I was hardly into exercising.

My body type is what you would call a hard-gainer, someone who is naturally very skinny with little muscle definition.

In the beginning, when I was not yet accustomed to gym regimens, I did what everyone else was doing – repetitive hypertrophy exercises, such as bicep curls and shoulder presses, to induce muscle growth as quickly as possible.

As I read up and became more experienced, I now focus primarily on compound movements that require more than one joint and muscle group, such as deadlifts, bench presses and squats.

I am definitely not a gym expert and do not know many complex gym routines, so I just aim for five repetitions in five main exercises of squats, benchpress, barbell rows, overhead press and deadlifts.

This is quite a standard repertoire of strength-building exercises and I find these exercises time-efficient.

What is your secret to looking fabulous?

No matter how fit, lean or ripped you may look, having a positive mentality is key to being fabulous.

I definitely do not think I'm at that stage yet.

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

It must be my genes because I have been skinny since I was young. Still, I'm trying my best, step by step, to build more muscle mass.

What is your diet like?

I do not follow any specific diet. I eat four or five meals a day to provide my body with a sustained supply of nutrients. This isn't difficult as I get hungry very easily.

I try to load as much carbohydrates and protein into my meals as possible.

For breakfast, I'll have bread with a glass of milk or Milo. I also take muscle-building supplements in the

He's got the moves



ST PHOTO: JAMIE KOH

BIO BOX

Mr David Lau
Tai Wai

AGE: 23

HEIGHT: 1.71m

WEIGHT: 60kg

Mr Lau's interest in dance was piqued when he watched others groove to the beat when he was a student at Victoria Junior College.

Three years ago, at a freshman orientation camp at Singapore Management University (SMU), he finally had the chance to pick up basic salsa steps.

It spurred him to join the school's salsa dance club, Caderas Latinas, to hone his dancing skills.

In June, he was part of a dance group from SMU that represented Singapore at the Dance Grand Prix Europe 2014 – hailed as Europe's largest and most important amateur dance competition – in Barcelona, Spain.

His team of 12 salsa dancers came up tops in the Latin dance category, out of a total of 43 teams from 10 countries.

When asked about the appeal of dance, the third-year accountancy and business undergraduate points to "the allure of being able to lead a woman in dancing", he said.

Mr Lau is one of 17 recipients of accounting firm Deloitte's inaugural Inspire award, which is given to accountancy students in SMU and Nanyang Technological University to recognise their talents beyond academic grades.

"I saw the award as a chance to be a source of inspiration and to communicate to my peers and juniors that student life is not just about academics," said Mr Lau, who is the youngest of four children. His 70-year-old father is retired while his mother, 57, runs her own business.

morning to kick-start my day. I can have anything for the rest of my meals. In fact, I'm a sucker for local hawker fare.

I do not count my calories as that is mentally too exhausting.

What are your indulgences?

Though I do not consume sashimi regularly, it is something I cannot resist.

What do you do to recharge yourself?

I think dedicating time to exercise helps a lot in relaxing. Ensuring that I get sufficient sleep also helps too.

In the past, I've always scrimped on sleep because of work and school commitments. Now, I try to get about eight hours of sleep a day.

What are the three most important things in your life?

My faith, family and friends.

My life is governed by my religion, family is where my life started and friends are the people whom I see eye-to-eye with and who are my sources of fun and support.

Would you go for plastic surgery?

I'm not entirely against plastic surgery but I'm satisfied with how I look.

Do you think you are sexy?

Absolutely not. I still have a long way to go and need to work on my physique through exercise.

joanchew@sph.com.sg