

# Keeping fit is his job

For PE teacher and rugby player Bryan Ng, playing sports is the best way to keep fit. He speaks to **Ng Wan Ching**

## What do you do to keep fit?

Playing sports is the best way to keep fit.

Earlier this month, I was training hard three to five times a week, for two hours each time, with both the Singapore Cricket Club rugby team and the national rugby team.

On the club level, I was preparing for the Singapore Cricket Club International Rugby 7s and on the national level, I was preparing for the HSBC Asian Rugby Sevens Series.

The national team continues to train at the same intensity throughout the year.

When I was in school, I never went to the gym and thought going to the gym was for people who wanted to look good.

Now, I understand it is important as gym sessions help the body get more powerful.

I go to the gym two or three times a week and do squats, bench presses and other exercises.

I often go wakeboarding and play tennis with my girlfriend. I also run and swim a lot.

Keeping fit is part of my job, as I am a physical education teacher.

## What is your secret to looking fabulous?

It is having the love and support from my loved ones.

Life has its ups and downs, but the people around me make me a person I am happy to be.

And when you feel fabulous, it is hard not to look fabulous too.

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

I injured my shoulder about four months before the South-east Asian (SEA) Games in 2007. I thought I wouldn't be part of the SEA Games squad because of the injury.

Even though I felt unfit at the time, I persevered and worked hard and managed to fight my way back into the national squad in time for the SEA Games.

## How did you start playing rugby?

I actually went against the wishes of my mother.

When I was in secondary school at Anglo-Chinese School (Barker Road), I was a swimmer and water polo player. My mother was happy because she felt those were the safest sports.

But I always wanted to try rugby.

In Sec 1, I had to choose between an overseas trip to Australia for water polo and another to Malaysia for rugby.

Even though rugby was new to me and I might not have made the team, I decided to go on the rugby trip. I fell in love with the sport instantly.

## Why do you love it?

I really love the intensity of the game and the camaraderie among the players.



**BIO BOX**

Mr Bryan Ng

**AGE:** 26

**HEIGHT:** 1.77m

**WEIGHT:** 74kg

The vice-captain of the national rugby team is a self-professed sports nut who also represented Anglo-Chinese School (Barker Road), St Andrew's Junior College and Singapore Management University (SMU) in tennis, sailing, water polo, swimming and floorball (a type of floor hockey).

He used to work at a media agency but quit to devote more time to rugby. In July, he became a physical education teacher at Kong Hwa School.

He is one of Singapore's most accomplished rugby players, having scored the winning try to help Singapore win the bronze medal in the 2007 South-east Asian Games.

Then aged 20, he was Singapore's top scorer in the competition.

His father is self-employed and his mother is an administration officer. He has two older brothers and a younger sister. His girlfriend, 24, is a consultant at a public relations agency.

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You tackle and hit your opponents hard on the field, but after the game, everyone is still friendly towards one another. What happens on the field, stays on the field.

I definitely appreciate all the friends I have made through rugby, both with the national team and with the Singapore Cricket Club.

## What is your diet like?

When I was in school, I didn't have a proper diet as I was always the guy who could never get fat. I just ate and ate.

Now that I am a little older, I try to be more disciplined and keep away from fried, oily and fast food (although the occasional indulgence does not hurt).

But I still have a hard time gaining weight and putting on muscle mass, so I take protein supplements to help with that.

## What are your indulgences?

I love movies. While rugby players are supposed to be manly and tough, my guilty pleasure is snuggling on the couch with my girlfriend and getting her to help me put on a facial mask while we watch our favourite movies or TV serials.

And I guess I should count rugby too – the

persistent, almost-daily training sessions do not leave me with much free time.

## What do you do to relax?

I relax by spending time with my loved ones, who are integral parts of my life.

They let me be myself and support me in everything I do. Even when I am feeling down, they still love me. They are the pillars of my life.

I also love going to church, because that is where I am able to give thanks for everything that I have.

## What are the three most important things in your life?

God, family and love. But rugby is not far behind.

## Would you go for plastic surgery?

Not for vanity's sake, but I did suffer a gash on my nose once during a rugby match and needed 18 stitches to repair it. I had to have a plastic surgeon do it as a general surgeon would not have been able to perform the procedure.

## Do you think you are sexy?

Just to my girlfriend, I guess. At least, I better be.

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