



EVELYN LIM

FITNESS AMBASSADOR

CONTACT

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EDUCATION

2025

- Basic Exercise Science Certification
- Basic First Aid and CPR/AED Certification

2024

- TTSH Community Fall-to-Fit Program
- Seniors Stretch Band Fitness Instructor Certification by E3Sport

2021

- Balanced Body MOTR

2019

- Sports Massage by FHYSIO

2010

- Functional Training by Marcel Daane

2007

- Facilitated Stretching by Robert McAtee

2006

- Total Resistance Exercise (TRX) competency

2004

- Certified Fitness Trainer, International Sports Science Association (ISSA)

2000

- Certificate in Teaching (Higher Education)

1989

- BArch, Mackintosh School of Architecture, Glasgow, Scotland, UK

1985

- Arch Diploma, Singapore Polytechnic

LANGUAGES

- English ●●●●●
- Malay ●●●●●
- Mandarin ●●●●●
- Cantonese ●●●●●

WORK EXPERIENCE

- Kwong Wai Shiu Care St George AAC** 2021 - PRESENT
Health & Wellness Executive
 - Designed a community wellness programme called Roving Silver Gym (RSG), offering strength training (using ankle/wrist weights and resistance band) for seniors in the community within St George. The programme reaches out to seniors of various fitness/health level from CFS 1 (very fit) to CFS 6 (living with moderate frailty).
 - Conduct RSG exercise in HDB void deck/pavilion, 3 sessions per week, 60 seniors (CFS1-3)
 - Run RSG (seated exercise) in HDB void deck/AAC, 2 sessions per week, 16 seniors (CFS4-6)
 - Train staff to build their competencies and capability in conducting strength training for seniors. Trained more than 7 staff.
- BCA Academy** 2008 - 2018
Part-time Lecturer, Interior Design Diploma
- The Write Stuff Pte Ltd** 2004 - PRESENT
Project Manager and Consultant
 - Marketing and communication collaterals and videos for various multi-national corporations, hospitals, organisations, educational institutions, leisure clubs.
- FaithActs** 2004 - 2021
Senior Workout Programme Coordinator
Volunteer senior workout lead instructor and trainer
 - Conceptualised and designed the first outreach programme for seniors called WOW (We're Of Worth), Reached out to more than 1,000 seniors.
 - Raised up and trained more than 80 volunteers for the workout programme.
 - Tailor-made for FaithActs an exercise workout for seniors, to watch and follow along at home, during the pandemic outbreak in 2020.
- Point Architects** 2000 - 2004
Design & Project Coordinator
- Singapore Polytechnic** 1998 - 2000
Lecturer, Module Coordinator Architecture Diploma
- Architect Consortium International; Akitek** 1990 - 1998
Tenggara II; Swan and Maclaren Architects
Architect Assistant

SKILLS

- Project Management
- Group Fitness Instruction
 - Strength Training for Seniors
 - Stretch Band for Seniors
- Personal Fitness Training

REFERENCE

- Cindy Koh**
The Write Stuff Pte Ltd / Director
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