



BUSINESS REGISTRATION NO. : 53124021E
www.activered.sg

Name: Jason Lim
Job Title: Director / Senior Kickboxing Instructor /
Senior Fitness Trainer
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Organisation: Active Red
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URL: www.activered.sg



Qualifications:

Singapore Representative for World Association of Kickboxing Organisations (WAKO)
Presenter for WAKO Accredited Active Kickboxing Fitness Trainer Certification Course
Boxing for Fitness – Thump Advanced Instructor Course by Thump Training Systems, Australia
Boxing for Fitness – Thump Level 1 Instructor Course by Thump Training Systems, Australia
Mediball Professional Practitioner certified by AOK Health Pte Ltd (Australia)
Level 1 Technician Accreditation certified by International Society for the Advancement of Kinanthropometry (ISAK – University of Western Australia)
Trainer of Special Population certified by American Fitness Professional Association (AFPA - US)
Fitness Trainer certified by International Sports Science Association (ISSA - US)
National Coaching Accreditation Program Level 1 – Theory (SSC – Singapore)
Fitness Instructor certified by Singapore Sports Council (SSC - Singapore)
Basic Exercise Leadership certified by Singapore Sports Council (SSC - Singapore)

Accreditations

World Association of Kickboxing Organisations (WAKO)
THUMP (Boxing and Fitness) Training Systems, Australia
Fitness Australia
Kinect Australia

Specialties

Active Kickboxing based workouts, Strength and Toning, Circuit Training, Strength Training, Weight Management, Weight Training, Nutrition

Experience in Fitness:

Fitness Instructor with Club HDB since 1997 - 2004
Personal Trainer with California Fitness Centers from 2000 – 2002
Over 15 years of Martial Arts experience
Over 14 years of Sports, Health and Fitness experience

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Achievements

Voted 100 Most-Loved Beauty Professionals in Singapore by Cozycot 2011

Voted 50 Most Eligible Bachelors by CLEO Magazine

Placed 2nd in Club HDB Bodybuilding Competition, Novice Category

Placed 4th in Club HDB Bodybuilding Competition, Open Category