

Anna Tong

Exercise Physiologist / Sports Trainer

Bachelor of Science in Exercise and Sports Science

Singapore Sports Medicine Center (SSMC)

Anna obtained a Bachelor of Science in Exercise and Sports Science from Edith Cowan University. From her course of study, Anna has gained extensive knowledge and practical experiences in administering various fitness tests for individuals with different fitness level.

Anna has undertaken several internships within organizations such as Singapore Sports School (SSP) and Vital Motion Fitness (VMF). During her placement with SSP, she assisted various sports departments with sports-specific field testing, strength and conditioning coaching, match analysis and basic injury management of the student-athletes. Prior to SSMC, Anna worked as a Personal Trainer, ensuring the safety of the clients by assisting, monitoring and instructing proper exercise techniques and providing fitness consultations to increase clients' awareness on their health and fitness. In addition, she was an assistant tutor with SMF Institute of Higher Learning for the Exercise and Sports Science course.

Anna is a certified Sports Medicine Australia (SMA) Level 1 Sports Trainer and holds a Standard First Aid Certificate with the Singapore Red Cross Society. Currently a member of the Singapore Kendo Club (SKC), she has won in several national and international kendo competitions. Represented Singapore twice in the Kendo ASEAN Tournament (2007, 2010) and achieved team champion for the latter, as well as a two-time consecutive winner for Best Kendo Spirit Award.