

True Fitness Mega Combat 2011
20 August 2011

“Fantastic workout!”, “It was great fun!”, and “Love the energy!” were some of the feedbacks from participants of True Fitness Mega Combat 2011. The buzz of activities for this year’s event started as early as 3 hours prior to the actual workout on Saturday, 20 August 2011.

Simply ask Mega Combat participant Ms. Winnie Tee. “I arrived at 1.20pm before the registration starting time at 2pm and was shocked to see a queue snaking! A lot of people showed up earlier to check-in and they looked really eager to work out.”



Since its humble beginnings in the earlier years with a smaller group of participants, this year’s Mega Combat (Singapore’s first mass outdoor Body Combat™ event) saw its biggest and best edition yet.

Forecasts had predicted a weekend of rain, but good fortune had prevailed and we enjoyed good weather throughout the entire event. Eight energetic True Fitness instructors led a mass following of more than 600 enthusiastic participants in an hour long Les Mills Body Combat™ workout at Suntec City’s Fountain of Wealth. Bursts of energy rose against the lively blare of music as the afternoon sun shone even brighter.



This year's event was made a special one with True Group Brand Ambassador Denise Keller, Celebrity Emcee Paul Foster and the hunks from Manhunt 2011 Singapore. The dynamic team kicked and punched along to a wide array of martial-art disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai in this signature event organised by True Fitness.



True Group Ambassador- Denise Keller

Actor/Host/Model- Paul Foster

Top 5 Manhunt 2011 Singapore Winners

Mr. Patrick Wee, Founder and Group CEO of the True Group shares, "One of my visions, when setting up the True Group, was to share the message of health and wellness in new and refreshing ways. Just for today, we have brought our popular Les Mills Body Combat™ class right out of the gym to you here."



At the end of the workout, three lucky draw winners walked away with great prizes worth over \$3000, comprising of items such as adidas shopping vouchers, Davidoff Champion fragrance sets, Redken haircare product hampers, iPod nanos, Jabra® headsets and Timex timepieces.

No matter what the results were, everyone went home as winners with goodie bags and a great sense of achievement.



Founder & Group CEO of the True Group- Mr. Patrick Wee