



**GEM**

RESIDENCES

CLUB • CONDO

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# PORTRAITS: THE PLAYERS OF TOA PAYOH



**BERNIE ONG & SAUDI TAN**  
*FuelFit*

“Many of us spend a great part of our day indoors: at home, in our offices, in the shopping malls. Being in nature allows us to get away from this daily hustle and bustle. To be in contact with the ground, the grass or even just the wind creates different experiences and a space for us to appreciate the simple pleasures in life.”



**LIM YAO XIANG, 33**  
*Former National Water Polo Player*

After training and competing at Toa Payoh for over 10 years, this space becomes a *place*. Travelling overseas, you learn to appreciate that what we have is a lot more than most others — we have been blessed with properly maintained pools, equipment and management.



**ANG XIN HUI & KEVIN CHOO**  
*Crossfit Enthusiasts*

“Training regularly helps me feel more energetic in the day. Certain daily activities, like climbing a flight of stairs, are a breeze now! It builds your mental capacity as well. A holistic lifestyle is not just about exercising — it’s also about eating well and resting well.”

**DARYL LEE, 23**  
*National Volleyball Team, Middle Spiker*

“Training on the same ground that hosted the 1973 SEAP Games motivates us to become better. We respect our history and aim to create more history for the future generations.”

