

HUOY TYNG

PROFILE



WITH YOU EVERY
STEP OF CHANGE



ABOUT HUOY TYNG

Huoy Tyng is a health coach, trainer, and researcher who brings science into everyday practice. **She holds a Master's Degree in Exercise Science from Concordia University, USA, and is currently pursuing her PhD at Universiti Malaya.** Her journey in performance began early, at 15, she represented Kedah as a state badminton player.

In order to expand her knowledge of mind-body health, she enrolled in a course called the "Personal Trainer Development Program," which is certified by The American Council of Exercise (ACE), and achieved official certification as an ACE Certified Trainer. Additionally, as a HRD Accredited Trainer, she delivers health and wellness programs to the general public and various companies.

She observed that many people do not prioritize their health and subsequently suffer from preventable illnesses. She emphasizes the importance of recognizing that our own well-being is the most valuable asset we possess. Huoy Tyng believe that true health extends beyond diet and exercise and encompasses our thoughts, emotional responses, and understanding of our physical well-being

Over the years, her work has been shared through various media platforms, including a live interview on Bernama News Channel (2017), a feature on 988 FM (2019), and an international interview with Shoutout Atlanta (2023), where she spoke about health, well-being, and work-life balance.



Huoy Tyng's main goal in coaching is to help individuals reconnect with their mind and body, using movement and awareness as tools for healing, growth, and purpose. Enjoy the joy of living!





OUR SERVICES

- PERSONAL TRAINING
- GROUP TRAINING
- WORKPLACE WELLNESS
- IN HOUSE TRAINING
- PUBLIC TRAINING



MEDIA FEATURED

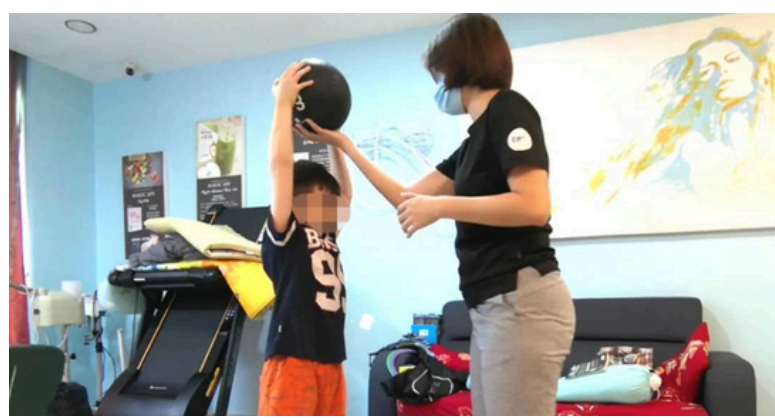
- 988 FM Interview Topic: EHT Lifestyle journey and working with special needs
- Bernama Today Live Interview on Topic: Better Way of Being Happy & Healthy
- Shoutout Atlanta - "What's the right work-life balance for you?"



EXPERIENCE

- PhD Candidate, University Malaya
- MSc. Exercise Science, St.Paul, USA
- ACE Certified Personal Trainer
- Autism Fitness Trainer (Level 2)
- HRD Accredited Trainer
- Prenatal & Postpartum Trainer





SPECIAL NEEDS PHYSICAL FUNCTIONING

The foundation of special needs physical functioning programming is based in fundamental movements. Basic goal is to increase strength, stability and motor planning in all major movement patterns. As strength, stability and gross motor deficit are the greatest physical challenge to quality of life.

With respect to each area of physical performance, here are the main goals:

- Motor Planning: Increase fluidity of movement and biomechanically efficient/safe technique
- Strength: Increase muscular functioning while decreasing compensatory movement in the major patterns (pushing, pulling, squatting, hinging)
- Stability: Develop control over the joints, particularly shoulder and hip during both unloaded and loadbearing exercises
- Strength Endurance: Increase work capacity to enable safe, controlled performance of load-bearing (ex: carrying) exercises and activities for extended time



AREA COVERED:

- Identifying current movement deficits and abilities
- Developing regressions/progressions to bridge deficits and enhance current skills
- Introduce programs that have an appropriate variety of movement activities for the purpose of mastering and generalizing physical abilities
- Allowing and programming for creativity and spontaneity in movement (play or initiated exercise)
- Implementing age- and skill-appropriate activities
- Determining whether an exercise should be progressed or regressed for an individual at any specific time