



Genuine + Professional + Integrity

Betty Vong Jansen

“How to Slow Down the Aging Process & Improve the Quality of Life”



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After being retrenched from her job in the last financial crisis in 2001, Betty Vong decided to take matters into her hands. She started by looking after her own health problems and weight issues. At age 42, she was overweight, unhealthy and unfit. Having never exercised for more than 20 years, she engaged a personal trainer and lost 11 kg in 6 months.

Using herself as a testimonial, she started her own personal training business after getting certified by the American College of Sports Medicine. She also took a sports massage course with the Singapore Sports Council and has worked as a personal trainer and massage therapist for the past 7 years. During this period she also worked for the Singapore Sports Council looking after the National Gymnastics and Shooting teams.

In the past 4 years, Betty has been actively involved in helping people regain their health by slowly easing them into choosing healthier alternatives using safe, non-invasive and all natural therapies including lifestyle changes, nutrition and supplementation.

Six months ago, she discovered something that could help the body heal itself. Betty would like to share this new discovery that can help you slow down the ageing process and improve the quality of your life.