

Title: HSBC Revolution Credit Card Conscious Living Series With Jamie Pang**Get Going and Don't Stop****9-to-5 Auditor, 24/7 Fitness Enthusiast**

Joakim: Hello it's me Joakim Gomez and together with HSBC, we're going to be talking about Conscious Living. Which can mean many things – being happy and healthy in the mind and body, pursuing your goals and aspirations or being financially savvy. For this particular episode, we're gonna focus on the health aspect and I think we have the perfect guest for this one. It's fitspo Jamie Pang. Let's go meet her!

Joakim: Jamie, I'm going to start this by saying that the phrase 'conscious living', there're so many meanings to it, I think we can open a dictionary as well. What is your opinion on the phrase 'conscious living'?

Jamie: Conscious living has always been the basis of every aspect of my life. It has really kept me on the straight and narrow. And really more importantly, I can set really clear targets to reach my goals. And currently the main goal in my life right now is to stay fit and healthy. I'm not sure if it's obvious? (laughs)

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Joakim: It is! It is! (laughs)

Jamie: It is right? (laughs)

Joakim: I'm going to build on what you just said - fit and healthy. How did you actually get your start in fitness?

Jamie: Many people don't know this but I work full time as an auditor. And... (laughs) Yeah that reaction, all the time, I have that.

Joakim: Okay.

Jamie: Yeah so I mean working long hours, sitting long hours, I really didn't like what it was doing to my body. I felt very inactive. I felt very restless all the time and the unhealthy weight gain, it was so obvious. It's like jelly rolls and everything, so I just really wanted to get back in shape.

Joakim: Aside from the unhealthy weight gain, the jelly rolls that you spoke about earlier. Why is fitness and health important to you?

Jamie: I'm really a firm believer that we shouldn't take our health for granted. For me, it's really extra important given my family history with medical issues. Another consideration for me would be that I am planning to have children in the next five years or so. Yay. (Claps) I know. Yeah it's just a plan but you see it's really a conscious decision today to make our plans and our dreams a reality in the future.

Joakim: And for us, I'm assuming we are in the generation, millennials and all that.

Jamie: We can assume that.

Joakim: We more or less have found full time jobs, we're working right now and I mean I love running but after a really long day at work I get mentally drained, physically drained and I go like, do I really still want to run? So where do you actually find the motivation for that?

Jamie: You're not gonna like what you hear but start in the morning.

Joakim: *Eh* how to wake up? Okay, never mind.

Joakim: So Jamie, for some people they think that having a fitness lifestyle is very expensive. You got to, you know, get gym classes, gym wear, sport shoes, technology, eat clean, do you agree with that?

Jamie: To be honest, I feel that fitness doesn't have to be an expensive affair. For myself, I buy really simple gear and home workout material, like for example, equipment or little dumbbells. For you, you like running right? So I guess all you have to do is to invest in a really good pair of shoes. If you are really looking to not spend a single cent, I guess there's a lot of free workout videos on the internet. They are really useful.

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Joakim: If for example someone is watching you for the very first time and they are going, okay I want to actually get started in this routine, what is your best advice for them?

Jamie: No one can help you except yourself. The biggest thing is to get started and once you get going, you can't stop, you really can't stop. I guess you can start small, you can start slow but you just have to get started.

Joakim: And if you're watching this, you might be going, *aiyah* these two millennials talking so much about fitness, do they actually walk the talk? Trust me you will see it in a while. And for me, what inspires me is, I love my dad but I think he might kill me for saying this publicly, but whenever I see him and his big belly and I go, look when I'm 60, I don't want that belly for me so I do want to take care of myself and also look good hopefully when I'm at that age.

Jamie: I'm sure you will.

Joakim: Oh, compliment from Jamie Pang! One final question before I actually get put through a *bo pang chance* routine from Jamie - what do you wish to see different in our community here in Singapore?

Jamie: I would really like to see everyone in general to really, take charge of their future. And by saying that I mean, by having a plan and putting it to immediate action because that's what really what conscious living is about. You could really start with something really simple like just taking the stairs instead of the lift. Because what you do today really impacts what you have tomorrow. And that's really the biggest mind set change that I would like to see in people these days.

Joakim: If you do follow Jamie on Instagram you would know she has this movement – the #bopangchance movement. It was started by, or rather the name was suggested by one of your followers. Tell us more about that.

Jamie: It was just a way of publicly committing myself to a fitness challenge with my followers. I just told them, "You know what? I'm going to start 30 days. Are you guys going to join me or not?" And they were like, "Yeah! But what's the hashtag?" And I was like, "We need a hashtag?" But I don't have a hashtag. So I just opened up a Q&A and said, "Guys, throw me your best ones." This was the best one. Obviously.

Joakim: Very punny, I like it. Very memorable as well. Alright, I'm pretty sure our friends at HSBC planned this. So, go easy on me Jamie.

Jamie: No, I can't.

Joakim: That's fine

Jamie: It's called *Bo pang chance* for a reason.

Joakim: Yeah, okay, fine.

[Start Exercise Montage]

Jamie: You are damn competitive!

Joakim: Who asked you?

Jamie: Next up we have the burpees.

Joakim: Wah got burpees. Let's go.

Jamie: You want to take ten?

Joakim: No! Keep going, bo pang chance!

Joakim: My thighs are crying for mercy. I'm just going to sit here for a bit. Jamie, you take over.

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Jamie: Is that it?

[End of Exercise Montage]

Joakim: So in a nutshell, exercise and healthy living requires a conscious effort. And we must set aside time to make it count. And like what Jamie said earlier, it's all about taking the very first step. Be sure to check out the other two episodes for HSBC's Conscious Living series. My name is Joakim Gomez and I'll see you soon.

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