

## BIO-DATA

### Jasmine H. Low & Nikki SL Yeo

Co-founders, AsiaFitnessToday.com

*Asia-Pacific's health & wellness advocates on a mission to halve NCDs by storytelling*



Nikki SL YEO training HK actor Oscar Leung



Jasmine H. LOW & her mother, Shirl

**Nikki SL YEO** started hiking with her mum Susan at the age of nine. An insurance consultant who achieved the Million Dollar Round Table award, Yeo noticed more and more of her clients were reaching out for help with insurance claims for chronic diseases. Yeo is a certified fitness coach with the American Council of Exercise, Treasurer of Exercise is Medicine Society Malaysia and an avid hiker. She created **Fun Fit Friday**, a safety-first fitness preparation program for corporate runners.

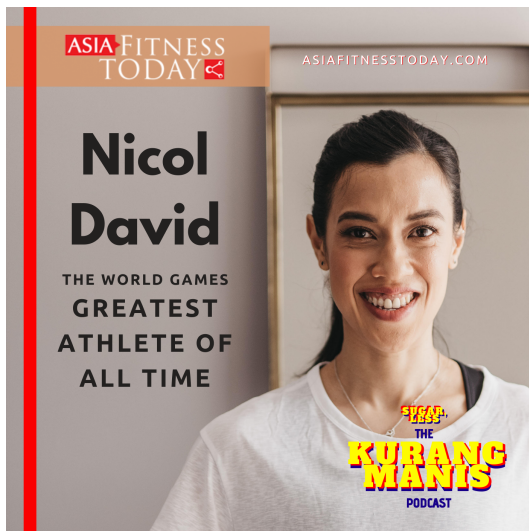
Yeo's foremost challenge was to get her co-founder **Jasmine H Low** to *move it*. Low's sedentary lifestyle coupled with an unhealthy diet were compounding effects from working late nights as a PR/event coordinator. Jasmine famously loved fried foods that were high in carbohydrates, ice cream and sugary drinks. The changes began to take shape when Yeo attended the Asia Fitness Convention in Bangkok. Upon returning from the life changing event, she removed all chairs in the office and replaced it with exercise balls. Yeo also holds a new role as co-host, co-producer and fitness consultant for the KURANG MANIS film and podcast project.

Pictured on the right is 75-year old Shirl. A former school teacher, two-time brain tumour survivor, former sportswoman and noodle fan with early onset dementia, Shirl is diabetic with chronic kidney disease. Shirl is our muse. To her right, daughter **Jasmine H LOW** was diagnosed as a pre-diabetic and that was a wake-up call for her to focus on her own health & wellbeing. Both mother and daughter have been on the path of chronic disease reversal. Low has 25 years of media, marketing and creative technology experience across print, outdoor, digital to broadcast.

Yeo and Low set up independent media portal **AsiaFitnessToday.com (2015)** and kicked off social enterprise **Move8.org Fitness Movement (2018)**. In 2019, Low picked up a 2nd prize from the Motion Picture Association Asia Pacific for **KURANG MANIS (Sugar, Less)**, a 45-minute documentary about six Malaysians who bare all about their hopes and dreams about New Malaysia and what it means to be amongst one in two Malaysians who are obese. Due to the MCO lockdowns, filming was not possible and both producers decided to kick off with **The Kurang Manis Podcast** on 9th February 2021.

# Our Experience

That same year in 2018, both **Yeo** and **Low** worked as production assistants and fixers in documentary production for international broadcasters like SkyNews, French TV, Swiss TV, The



Guardian and Channel News Asia under the guidance of mentor and award-winning journalist, Jules Rahman Ong.

- **Producers & Co-hosts**, [The Kurang Manis Podcast by AsiaFitnessToday.com](#), interviews with sports, fitness & wellness personalities from Asia Pacific.
- **Producers & Co-hosts**, [Move8 Fit for Good](#), interviews with fitness personalities who use their fitness for good.



- **Production Work**
  - **Production Assistant**, [Rockd Podcast](#) ft. Anthony Mundine & Jeff Fenech on boxing.
  - **Fixer**, [The Guardian UK](#). Article & Podcast 2019: Mugged by Macaques - the urban monkey gangs of Kuala Lumpur ([view](#)) with journalist, Jamie Fullerton & award-winning National Geographic photographer Rahman Roslan.
  - **Fixer**, [Greenpeace UK](#) Plastic Dumping in Malaysia
  - **Fixer**, [Swiss TV](#) European Plastic Waste in Malaysia

**The KURANG MANIS Podcast & Movie by AsiaFitnessToday.com**  
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# Our Experience

- **Fixer**, [Channel News Asia](#) Get Real uncovers how digital social tools are becoming a political weapon, and who is powering the cyber armies using them.
- **Fixer**, [CNA](#) - What's Really In Your Chicken Nuggets
- **Fixer**, M6 Capital French TV: French Plastic In Malaysia
- **Asst Producer**, [ADR](#) German National TV: The Positive Side of Palm Oil
- **Asst Producer**, [SRF Swiss Radio & TV](#) - Malaysian Palm Oil
- **Asst Producer**, [Swiss National Radio: Malaysian Palm Oil](#)
- **Experiential activation**
  - **Co-founders**, GIG independent media & creative technology group
- **Writer/PR Consultants**, [PRNews.gointernationalgroup.com](#) press release distribution
- **Writer & Producer**, [AsiaFitnessToday.com](#) sports, fitness & wellness website
- **Co-created** the [Move8.org](#) fitness movement
- **Lead**, [FAI World Drone Championships China 2018/2019](#) Team Malaysia
- **National Director**, [Electronic Sports World Cup](#) // [DreamHack Malaysia](#)

## MALAYSIA

### FILM WORKSHOP REVEALS DEEP TALENT POOL (cont'd)

the Malaysian diet, titled KURANG MANIS (NO SUGAR PLEASE), was awarded a trip to an international documentary conference to

further progress her project. ■

Below: Script to Screen Film Workshop event team and speakers step up for photo call.



### KURANG MANIS (Sugar, Less) film

<https://move8.asiafitnesstoday.com/kurang-manis-movie/>

Awarded the Script to Screen Motion Picture Association 2019 Malaysia Pitch Special Prize  
[As featured on page 19 of the Motion Picture Association Asia Pacific Reporter](#)

For interviews and media enquiries,  
contact: [info@asiafitnesstoday.com](mailto:info@asiafitnesstoday.com).

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