

7 March 2024



A public statement from the Lien Foundation

We are compelled to address some of the statements made in a Straits Times article, originally headlined “*Gym Tonic founder: I want to help seniors age fearlessly*”, featuring an interview with Mr Ken Tan, founder of technology company PulseSync, and published on Sunday 25th February 2024.

In the interview, Mr Tan had described himself as the inventor of Gym Tonic. We wish to clarify that it is a mischaracterisation. The origin story of Gym Tonic extends beyond that of a single "inventor".

We wish to express our gratitude to The Straits Times for acknowledging our concerns, and correcting the article and video after their publication.

Gym Tonic is a philanthropic programme that comprises the set-up of senior-friendly gyms island-wide specially for our ageing Pioneer and Merdeka Generations to regain strength, mobility and dignity in their golden years. After regaining strength, our seniors are able to return to jobs, to treasured roles in their families, to social lives, to complete their bucket lists.

The programme was announced to the public by the Lien Foundation in 2015. The concept took form after a learning journey to Finland where we learnt about the benefits of strength training and the successful conclusion of a local pilot run initiated by The Salvation Army Peacehaven Nursing Home. We have disbursed close to \$9.6 mil - our largest sum to a single eldercare project - to partners to expand the programme. There are 29 gyms currently, with more in the pipeline. Thousands of seniors have used it, and close to 1,000 are on the waitlist.

Focusing on the software development and integration, PulseSync played an important partner in making this happen. The contributions of other partners were vital too. The daily operations of the gyms are undertaken by 24 organisations, all of which are charities and community organisations that set aside precious space on their premises for the gyms and fund the operations to a tune that far exceeds the Lien Foundation’s contribution.

Over 10 years, this coalition of partners had come together, collectively and gradually shaping the Gym Tonic concept into the form we know today, in service of the seniors to whom we know we owe so much. It is a beautiful initiative, and one whose founding spirit should be recognised.

The amended article can be found here:

<https://www.straitstimes.com/life/style/gym-tonic-co-creator-i-want-to-help-seniors-age-fearlessly>