

# MIND & BODY

FitAndFab

## School event got him running again

Prosthodontist Ansgar Cheng tells Joyce Teo that running helped him to lose weight

**Q** What is your secret to looking fabulous?

**A** I keep myself very busy with work at the clinic, eat based on how it will help me in terms of my health or fitness, sleep seven hours a day and exercise just a little more than enough.

I also floss five times a day as I am wearing Invisalign, which are virtually invisible and removable aligners, to correct my overbite.

**Q** How important is it for you to keep up with your fitness routine?

**A** I intend to continue improving on my fitness. I go everywhere by bus, MRT or walking.

**Q** Has there ever been a time when you were not fit and fab?

**A** From 1993 to 2011, I was unfit and out of shape.

I was a competitive runner in school. However, I cut down on my running when I started working.

I had to take care of my new practice, teach at the University of Toronto and take professional examinations from time to time. (I did my last professional exam when I was 38).

I didn't watch my diet then and weighed 80kg at my heaviest.

### Fitness routine

<b>Monday</b>	• Rest day
<b>Tuesday</b>	• Up to 5km fast run • Conditioning exercises
<b>Wednesday</b>	• Up to 10km run • Stretching exercises
<b>Thursday</b>	• 20x400m run • Core exercises
<b>Friday</b>	• Up to 10km run • Stretching exercises
<b>Saturday &amp; Sunday</b>	• 60min run with wife and daughters

Source: ANSGAR CHENG STRAITS TIMES GRAPHICS



### BioBox

**DR ANSGAR CHENG**

AGE: 50

HEIGHT: 1.69m

WEIGHT: 56kg

Dr Cheng, a prosthodontist with Specialist Dental Group and adjunct associate professor at the National University of Singapore, stopped running for nearly 20 years.

Since he started training for an event at his former high school a few years ago, running has been a part of his life again.

He is a Hong Kong citizen and Singapore permanent resident. He is married to Moonlake Lee, a Malaysian, whom he describes as a full-time coach to their two children, Alisa, 13, and Hana, 12.

Dr Cheng training for a run at the Botanic Gardens. ST PHOTO: AZMI ATHNI

**Q** What motivated you to start running again?

**A** In 2011, I met the coach of my former high school in Hong Kong, who told me that as an old boy, I could run in the 5,000m event on sports day. So I trained and went for the run. That motivated me to start running regularly.

**Q** What is your diet like?

**A** I used to eat a lot of food. Now, I have a balanced diet.

**Q** What are your indulgences?

**A** Durians and fruit.

**Q** What is the most extreme thing you have done in the name of fitness or diet?

**A** When I tried to run more than 10km every day for more than a week.

**Q** How do you maintain a healthy work-life balance?

**A** It's all about time management.

**Q** What are the three most important things in your life?

**A** My family: It gives me perspective and enriches my quality of life. Work: I feel like I'm always tap-dancing to work. And community: I enjoy interacting with people of all ages and backgrounds.

**Q** What are your must-dos before and after a race?

**A** I drink water and stretch before and after a race or training session.

**Q** How has your active lifestyle influenced your family and friends?

**A** My family of four runs with our coach Rameshon Murugiah and his FlexiFitness group. I am trying to keep up with my daughters.

A few friends have also joined me. And more and more of my colleagues are running too. Every year, we take part in various runs.

**Q** What is your most valuable sports-related possession?

**A** It's a team medal I received in 1982 from an inter-school cross-country run in Hong Kong. I got it because I was lucky enough to run

with a team of great runners.

**Q** Would you go for plastic surgery?

**A** If I have to, yes. But I don't see any need for it now and I worry about my wife getting jealous if I start looking like Andy Lau.

**Q** Do you think you're sexy?

**A** It doesn't matter what I think. What's more important is what my wife thinks.

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**FARRER PARK HOSPITAL**

## MANAGING YOUR HEALTH IN THE SILVER YEARS

23 July 2016, Saturday  
2pm to 5pm  
(Registration starts at 1pm)

Ballroom 1, Level 6  
One Farrer Hotel & Spa  
1 Farrer Park Station Road  
Singapore 217562  
(Located above Farrer Park MRT Station, take Exit C)



Thanks to advances in medical science and improved living standards, people in developed countries are now living longer than before. However, greater longevity brings with it the probability of old-age illnesses. To give yourself a better chance of truly enjoying your silver years, without major ailments, start understanding and taking care of your body.

### Join Us And Be Informed!

Learn from our specialists on what the common health issues are due to ageing, and discover the latest available prevention and treatment options.

### Programme Highlights:



**Why Do I Get Piles? What Are The Latest Treatments Available?**  
Dr Kam Ming Hian  
Specialist in Colorectal Surgery



**What Causes Loss Of Bladder Control (Incontinence) And How To Treat It?**  
Dr Simon Chong  
Specialist in Urology



**Common Problems In The Ageing Eye And Their Treatment Options**  
Dr Au Eong Kah Guan  
Specialist in Ophthalmology



**Ouch! My Knees Are Hurting And Giving Way**  
Dr S.S. Sathappan  
Specialist in Orthopaedic

\*Programme is subjected to changes without prior notice.

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## Breakfast Like A King<sup>1</sup> For A Royal Start

It is no cliché to say that breakfast is the most important meal of the day. As its name suggests, breakfast literally means breaking the overnight fast. Your body uses the leftover calories from the previous day to repair and restore itself while you sleep. So to avoid running on an empty fuel tank, you need to eat nutrient dense foods to shift your body and mind into high gear for the day ahead.

### It Pays To Be A Mindful Eater

Research<sup>1</sup> suggests that healthy breakfast eaters are better able to manage their weight than non-breakfast eaters. They will also be more likely to make healthier dietary choices throughout the day. And with more fuel in the body, they will be able to focus and perform better at work, and stay energetic in daily physical activities.

Cut back on tempting staples such as nasi lemak, chee cheong fun and prata. Consider wholesome foods like salads, fruits, whole grains and lean protein instead. Healthy eating is a habit that takes time, and more than a dollop of willpower, to cultivate. Choose long-term health over instant gratification!

### Oats - No Ordinary Grain

A favourite choice of wholegrain cereal, oats are known for their resilience to withstand soil conditions that other crops cannot thrive in. Oats tick all the right boxes for their high protein and fibre content. Oats also makes you feel full longer.

### Beta-glucan - Your Best Bet

Beta-glucan has been in the spotlight in the scientific community for decades. As your body cannot manufacture beta-glucan, you can only get it from outside sources such as oats. You are what you eat. So always include beta-glucan in your daily diet to enjoy the host of benefits it may bring.

### Complete Your Breakfast With A Nutritious Drink

You don't need a nutrition bible to know that milk is nature's most nutrient-dense food and that it offers a smorgasbord of goodness. MAGNOLIA Plus Oats Hi Cal Low Fat Milk is the perfect accompaniment to not just breakfast, but every meal of the day. It is formulated with less than half the fat and 67% more calcium than regular milk. The best part is, it is enriched with the goodness of oats and the power of beta-glucans to give you an even bigger boost of wholesome benefits.



<sup>1</sup> YourDiet Medical. 2015. Breakfast: The most important meal of the day

pure enjoyment. pure goodness. **F&N**