

Dare to *dream!*

We all want positive change in our lives, and to fulfil our personal goals. Here are two women who made it happen! *BY CHAN LI JIN*

"I wanted to lose weight and become fit, without affecting my daily routine."

Siew Chuei Li, 38, Assistant Director, Centres of Excellence, Sunway Medical Centre

SHE WAS growing bigger after each baby, at one point reaching 81kg after having her second son in 2006. Plus a high-flying career meant long hours at work and no time for exercise.

SHE FACED a lack of stamina and flexibility. "I was often too tired to run after my kids," she says. "It also affected my self-esteem, seeing how out of shape I had become."

HER TURNING POINT was when she went from an XL size to XXL. Alarmed, she decided then that she needed to shed some weight.

SHE DID IT BY exercising and dieting for two years, but she only managed to bring her weight down to 73kg. Real results only kicked in when she signed up with the Sunway LEAN Club. "The programme provided a holistic approach involving a psychologist, dietitian, sports therapist and medical doctor."

SHE NOW weighs 61kg. "The programme worked because it suited my lifestyle. For instance, I don't fancy gyms, so I was advised to jog around my housing area instead. If it rains, I climb the stairs in my house. Initially I could only exercise for a short while, but now I can exercise 60 minutes comfortably four times a week. The bonus is being able to fit into my pre-pregnancy clothes again!"

Chuei Li's weight management tips:

- At buffets, head for the salads first to satisfy gnawing hunger. This way, you'll eat less.
- When eating out, just lower the food portions or share your food with someone.
- Don't skip your exercises while travelling, use mineral water bottles as dumbbells instead.
- Put a lid on soft drinks – each sip is laden with sugar and high in calories.