

*Remembering
Lee Kuan Yew
1923 - 2015*



KH

KINETIC HERALD

A special tribute to Mr Lee Kuan Yew

Mar & Apr 2015

It has been an emotional week of national mourning. Our founding Prime Minister, Mr Lee Kuan Yew passed away peacefully on 23rd March 2015. He was 91.

Singaporeans from all walks of life paid their last respects to Mr Lee, visiting tribute sites specially set up all over Singapore. Many withstood the harsh weather conditions and long hours of queueing just to see Mr Lee for one last time at the Parliament House, where the lying in state took place.

Social media was amassed with personal writings, articles and videos to commemorate what Mr Lee has done for Singapore. Leaders from all over the world paid tribute to this great man at the funeral service. Even the Parliament in New Zealand paid special tribute to Mr Lee. In India, the national flag was flown at half-mast on Sunday (Mar 29) to signify a day of mourning for Mr Lee. Certainly, the impact Mr Lee has made is not confined to our little red dot. He was indeed a "lion among leaders."

Kinetic Herald wishes to pay tribute to Mr Lee, by showcasing how he was a true advocate of a healthy lifestyle and a person we should model after.

Leading by Example

Mr Lee was a busy man, who worked tirelessly to make Singapore a better place for Singaporeans. Although he had much to accomplish in a day, he knew the importance of maintaining a healthy lifestyle in order to “remain in business”. His pragmatic mindset led him to kick habits that affected his livelihood and worked towards adopting a healthy lifestyle.

This excerpt was first published in The Straits Times on Aug 11, 2013



When I was in my 30s, I was fond of smoking and drinking beer. I quit smoking because it was causing me to lose my voice at election campaigns. That was before medical research linked smoking to lung and throat cancer, among other things. Oddly enough, I later became hyper-allergic to smoke.

The drinking gave me a beer belly and it was showing up in pictures appearing in the press. I began to play more golf to keep fit, but later on turned to running and swimming, which took me less time to achieve the same amount of aerobic exercise.



It was a conversation that Mr Lee had with his daughter, Dr Lee Wei Ling, on the benefits of aerobics exercises that led him to try it. He decided to brisk walk in between golf shots. It subsequently became a run around one or two fairways after his golf game. He found it more beneficial than playing golf to counter the sluggishness.

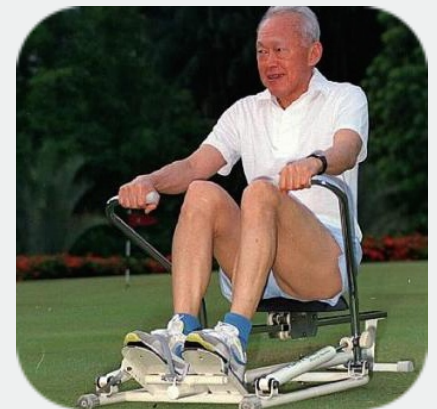


This running exercise routine stuck with him, even on overseas trips. He would head out for a jog either in the morning or before dinner. He felt that the aerobic workout enabled him to eat, sleep and feel better overall.



His foldable stationary bicycle accompanied him if there were no gymnasium facilities at the places he was visiting overseas.

Because of his joint problems in his later years, Mr Lee cut down on jogging and did more stationary cycling as well as stationary rowing to keep his upper limbs in shape.



Mr Lee, like the rest of his family, lived to eat. His late mother, Madam Chua Jim Neo, who died in 1980 at the age of 75, was well-known in culinary circles and an expert Nonya cook whose cookbook is still on sale in bookshops. "I can eat anything and enjoy it, if it is good to eat," he said. But he avoided food which were too oily or sweet.

His diet changed with age when his metabolic rate slowed down and his body could not burn up calories as quickly as before. "It is just silly to eat more than you can burn up ... With time and age you must change, otherwise you are just overloading your system," he said.

While he once used to enjoy his sirloin steak and other "good food" without any qualms, he ate very little meat in his later years. He changed his diet to include more fish and soya bean curd, plenty of vegetables and fruits, wholemeal bread and cereals. Mr Lee kept to water and drank plenty of it throughout the day.

With such a healthy lifestyle, one positive by-product has been that he always felt fresh and alert. Mr Lee also made sure he had six and a half or seven hours of sleep too. He even tried meditation as well to help him relax and take the stress off his mind.

Even though Mr Lee is no longer with us, he remains as an inspiration to many for what he has achieved. As we aspire to do our best in our profession, likewise, do the same for your health by adopting and maintaining a healthy lifestyle.

Let us all remember Mr Lee Kuan Yew not just as a leader, a politician or our founding prime minister and even more so as an advocate for a healthy lifestyle, in order to achieve the things he did.

The PE team salutes Mr Lee Kuan Yew.



Kinetic Herald Editorial Board

Isaac, Vai, Zakie & Aloysius

Information adapted from the following:

- <http://www.channelnewsasia.com/news/singapore/mr-lee-kuan-yew-s-red-box/1738272.html>
- <http://news.asiaone.com/news/singapore/lee-kuan-yew-life-after-cabinet-and-death>
- <http://www.channelnewsasia.com/news/singapore/mr-lee-kuan-yew-public/1746416.html>
- <http://news.asiaone.com/news/singapore/staying-fit-anywhere-any-way>
- <http://www.pmo.gov.sg/mediacentre/transcript-minister-mentor-lee-kuan-yew%E2%80%99s-interview-seth-mydans-new-york-times-iht-1>
- <http://nicolastang.com/2015/03/26/keeping-fit-mr-lee-kuan-yews-way/>