Wilson Chay, who comes from a family of bodybuilders, exercises regularly, watches his diet and gets sufficient rest to stay healthy.

Joyce Tan

What is your secret to looking fab-  dulous?
I try to keep a healthy lifestyle and make sure I have eight hours of sleep every night.

What is your diet like?
For lunch, I eat lean meat with rice and steamed vegetables, and occasionally, I have salads with low-calorie dressings. For dinner, I eat seafood with vegetables and a protein shake for breakfast.

What are your indulgences?
Chocolate and prawn noodles.

How important is it for you to keep up with your fitness rou- tine?
It’s very important. The key is consistency. Exercise is like a gentle meditation; it helps you relax and focus on your breathing.

What’s the most extreme thing you have done in the name of fit- ness?
I have never done anything extreme for fitness because I’ve always believed in taking a sensible, balanced approach to exercise and diet.

What are the three most impor- tant things in your life?
Family, good health and happiness.

What’s your favourite and least fav- orite part of your body?
My favourite part is my triceps because they form the bulk of the upper body. My least favourite part would be my calves because I have a below-average muscle in that area.

What is your diet like?
My diet is quite clean now. For breakfast, I have organic oats with mixed berries and a protein shake. For lunch and dinner, I eat mainly red meat, fish and vegetables. I also enjoy a occasional junk food, although I like to enjoy a glass of red wine and prawn noodles.

What is your diet routine in mid-2014, I have implemented a few friends and colleagues to lose weight and keep fit for a decade.

How has your active lifestyle in- fluenced your family and friends?
Since I resumed my exercise and diet routine in mid-2014, I have inspired a few friends and colleagues to lose weight and keep fit for a decade.

How would you go for plastic surgery?
No, I don’t think so.

Do you think you’re sexy?
No, I don’t see a need to.

What is your current fitness rou- tine?
I try to go to the gym four times a week, with a mix of cardiovascular and strength-training exercises. I also try to do a form of glucose

How important is it for you to maintain our health and fitness?
It’s very important. The key is consistency. Exercise is like a gentle meditation; it helps you relax and focus on your breathing.

What are the side effects of radiotherapy and chemotherapy?
The suitability of radiation and chemotherapy depends on the type, stage and site of the cancer. Radiotherapy can cause skin reactions and sometimes the skin may peel off at the completion of radiation. This is called radiation dermatitis but it will recover after the completion of treatment. It is important to note that the daily radiosensitivity can vary. For more detailed information, do consult your doctor.

Dr Choo Bo Ai

Radiotherapy is a type of treatment that can cause the DNA of cancer cells to break and lead to cancer cell death. It uses an external form of high-energy rays equivalent to X-rays or internal form of internal radiation using high-energy gamma rays. Although the surrounding normal cells can also be affected, they usually recover and function normally.

Radiotherapy is usually used in advanced stage cancers. As radiation is only delivered to a local area of the body, the side effects are limited to the area affected. On the other hand, chemotherapy is given through the blood or ingested orally, and has generalized side effects on dividing cells of the body.

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BioBox

WILSON CHAY

AGE: 55
HEIGHT: 1.76m
WEIGHT: 56kg

Two years ago, he won the Men’s Grand Master title at the Singapore Bodybuilding & Fitness Association (SBFA) men’s division, becoming the oldest competitor in the event. He watched his bodybuilding competition on TV.

That year, he also took part in the Fitness Movement (BM) Singapore Natural Bodybuilding (SBF) competition, where he came third in the Men’s Bodybuilding Masters category. His plans to compete again when he is older.

Wilson Chay is a former officer in the Singapore Police Force and a landscape contractor. He started bodybuilding at 15, stopped exercising in his 60s and revived in 2014. He has never done anything extreme for fitness because he’s always believed in taking a sensible, balanced approach to exercise and diet.

Wilson Chay, who is an adjunct lecturer at the Singapore Management University, featured in the Health Ministry’s I Feel Young SG campaign.

Wilson Chay, who is married with a 15-year-old son, has a passion for health and fitness.

Whether a cancer patient is referred to the Health Ministry’s I Feel Young SG campaign or is referred to the inflammation process for radiation therapy, it will not harm the patient’s body.

For example, in treating breast cancer, radiation can cause skin reactions and sometimes the skin may peel off at the completion of radiation. This is called radiation dermatitis but it will recover after the completion of treatment. It is important to note that the daily radiosensitivity can vary. For more detailed information, do consult your doctor.

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