

HealthToday

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THE FITNESS ISSUE

NEW YEAR, NEW YOU!
COME JOIN OUR 1ST
HITC MOVE RUN
DETAILS ON PAGE 18!

LET'S GO GREEN

PRACTICAL TIPS
ON SAVING
MOTHER
EARTH

AWKWAFINA

SURVIVES THE FAREWELL

SUBSCRIBE TODAY!

**SPECIAL PRIZES
TO BE WON**



IN THIS ISSUE

7 HITC Move Run Special

In this special feature, we'll share with you some reasons why you should run towards good health as well as the best and safest ways to start training for a marathon. To inspire you further, we have the story of Ivan Lim who transformed himself from a morbidly obese man to Ironman. Wait, that's not all! We are proud to announce the HITC Move Run 2020—registration details are provided. Here's to a new you in 2020!

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Fitness professional shares how he tracks his fitness and keeps in shape for competitions and shows.

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A professional fitness coach reveals the truth about working out.

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Introducing a new column: Zero Waste Malaysia's co-founder Khor Sue Yee explains about the zero waste movement and how we can all contribute towards bringing back the beauty of Mother Earth.

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Pank Jit Sin explores the delicious and nutritious pineapple. Pineapples are symbolic Chinese new year fruits because their name in Cantonese, *wong lai*, sounds like "luck coming."

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Nora Lum, a.k.a. Awkwafina, talks about her experiences with loss in the family and the ways people collectively cope with grief.


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Chris Lim, the new face behind 3 Legs Cooling Water, talks about the brand that has been a part of our heritage for the past 80-odd years.



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