

# WE GOT MOVING!

by **Rodiah Hashim**

Exercise is part of a healthy lifestyle for everyone, and it's especially important for people with diabetes. But exercise doesn't necessarily mean

running a marathon or bench-

pressing 300 pounds. The goal is to get active and stay active by doing things you enjoy, from gardening to cycling to walking with friends.



DSS invited main speaker Dr Jason Chia, Consultant Sports Physician and head of Sports Medicine and Surgery Clinic, Tan Tock Seng Hospital to lead the seminar on 'Exercise! Let's

get moving...' on Saturday 14 April with his topic 'Exercise and the Diabetic: Doing It and Doing It Safely'. With sensible safety precautions, exercise is beneficial in many ways and easy to get started.

Podiatrists Tiffany Chew and Melissa Phua contributed with talks on basic diabetic foot care and diabetic foot in relation to exercise – such as even the simple act of tying shoelaces correctly can contribute to foot health! Exercise Physiologist Mr Ray Loh encouraged participants to stop being a couch potato. His talk 'Exercise: getting out of the couch and doing it' included guidelines on physical activities and starting exercise programs, supervised or on your own.

We wish to thank co-organisers Tan Tock Seng Hospital; Mr PM Moideen, vice-president for DSS, for his welcome speech; our distinguished speakers, as well as Accu-Chek, Soyjoy, Abbott Nutrition and Lions Club International Foundation for their kind sponsorship. We also wish to thank NTUC Healthcare and Ego Pharmaceuticals Singapore Pte Ltd for sponsoring the attractive doorgifts.

**SIGN UP NOW FOR OUR UPCOMING DSS EVENTS!**

## A Visit to **Gardenia Bakery**

**Wednesday, 12 September 2012**

**1pm to 4pm**

**Limited to 40 participants on a first-come, first-served basis**

**Registration fee: \$5 for DSS members; \$10 for non-DSS members**

**For more information, please call us at 6842 3382 or 6842 6019**

## “ Fakta-fakta mengenai berpuasa di bulan Ramadan ”

forum anjuran

## Persatuan Kencing Manis Singapura

7hb Julai (Sabtu)

**9.30 pagi–12.00 tengahari**

Bilik Activiti di Pusat Pendidikan Kencing Manis Bedok

Blk 141 Bedok Reservoir Rd #01-1529

Singapura 470141

Pemeriksaan Glukosa Darah percuma untuk 50 peserta pertama!

Penaja Utama :



Penganjur:

