

Walking together for fun, health and team spirit

ARUL JOHN

Big on work-life balance, local structural steel specialist TTJ Design and Engineering encourages its staff to pursue a healthy lifestyle and took part in The New Paper Big Walk in 2014.

The company has a 36-year track record in design, supply, fabrication and erection of a range of structural steelworks for use in construction of buildings, factories, plants and infrastructure.

The company has worked on projects such as Changi Airport Terminal 3, The Pinnacle@Duxton, the Supertrees and aerial walkway at Gardens by the Bay, and the Bahrain World Trade Centre twin towers.

In a bid to promote the healthy lifestyle message, the company has signed up 36 employees to take part in the National Steps Challenge The New Paper Big Walk 2017.



Workers from TTJ Design and Engineering at the Big Walk in 2014.

PHOTO: TTJ DESIGN AND ENGINEERING

The youngest walker in the group is 25 and the oldest is 67.

Ms Alfreda Ho, a senior manager in the managing director's

office, said: "During the Big Walk in 2014, we were extremely proud to take a group photograph in front of The Helix, the world's first curved double helix bridge using duplex stainless steel at Marina Bay, an iconic project that was fabricated and installed by our team."

TREADMILL

Ms Jennifer Sabellina, 38, senior engineering coordinator, said: "I took part in the Big Walk in 2014 to get fit and have fun."

"I trained by taking long walks and walking on treadmills at gyms."

She also walks to and from Gul Circle MRT station and her workplace, a 20-minute journey each way.

Ms Sabellina said: "Walking with colleagues helps bond you and the rest of the group more effectively."

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WHEN Sunday, Nov 26, 7am
WHERE Starts at National Stadium, Singapore Sports Hub
HOW Register online at tnpbigwalk.sg
REGISTRATION FEE \$25 (Early-bird sign-ups enjoy a 25 per cent discount)
WIN Stand to win lots of lucky draw prizes, including the grand prize of an Osim uLove Massage Chair (bespoke version) worth \$9,585.

National Steps Challenge

The National Steps Challenge, launched by the Health Promotion Board (HPB), will be back for a third campaign.

Go to www.stepschallenge.sg to find out more about the upcoming National Steps Challenge Season 3 and how you can sign up and collect your free HPB steps tracker.

Terms and conditions apply.

Calling all Big Walkers

Is that you in this Big Walk photograph from the National Stadium? Or do you have any previous The New Paper Big Walk photographs of yourself, your family or your friends? Your photographs should be from between 1991 and 2006, when the event was held at the National Stadium. If your answer to either or both questions is YES, and you have registered to take part in the National Steps Challenge The New Paper Big Walk 2017, we want to give you a gift.

Send an e-mail to enquiry@tnpbigwalk.sg and indicate "TNP Big Walk 2017" in the subject header. In the e-mail, please indicate your name, contact details and the date of the issue of TNP where you were seen in the Big Walk photo.

You can also attach your own The New Paper Big Walk photos and tell us the year the photos were taken. You will need to bring the photos with you when you collect your gift. We will inform you when to come to collect your gift. Keep a lookout for more photographs that will be published in TNP.



TNP FILE PHOTO



OCBC X PAYNOW LUCKY DRAW WINNERS

GRAND PRIZE: S\$50,000 YONG H T, M SXXXX530B	2nd PRIZE: S\$30,000 SEAH S Y, H SXXXX785F	3rd PRIZE: S\$10,000 TAN C T SXXXX238H
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\$500 WEEKLY PRIZE WINNERS:

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
LEOW J Y SXXXX222D	LEE P M KXXXX203	TAN C H SXXXX459C	TEO K S, D SXXXX447G	LAI H M SXXXX411B	TAN B S, A SXXXX517F
YAP T S SXXXX653I	LEE J Y, A SXXXX019A	ASAD M AEXXXX032	CHUA S T, S SXXXX378F	TAN C H SXXXX139J	ATIKAH B S SXXXX743B
GANGWANI V SXXXX114F	ONG W S, E SXXXX503A	LEE Y N, A SXXXX422B	CHUA Q Y, S SXXXX229F	LOW C N SXXXX380J	TOK W Y SXXXX011H
ANG N T SXXXX015H	RAVEENDRAN A SXXXX666J	JIANG P Y SXXXX689F	CHUI M L SXXXX113H	CHUE W L SXXXX263I	NG Y H SXXXX160B
LEE Y S SXXXX197I	TAY Y Y, S SXXXX712E	ONG L A SXXXX853A	YONG M H SXXXX328E	TEH C H SXXXX071Z	FUNG S J SXXXX527E
CHENG W M SXXXX387Z	SULAIMAN B M Y SXXXX754H	LOW S P, J SXXXX710H	THNG L C SXXXX477E	ONG L F SXXXX812H	CAI H P, G SXXXX512I
THULASIR S/O A SXXXX716G	GOH Y H, S SXXXX434G	CHIA Y L, S SXXXX655F	HONG T H SXXXX666Z	CHEE H S, E SXXXX160D	LAI H M SXXXX692D
WONG H S, M SXXXX102E	GAN S W SXXXX458C	LIM X T, P SXXXX678F	IVAN M M AAXXX086	LIM Y C, K SXXXX931G	LOW P P, V SXXXX681B
SOON X L, S SXXXX988E	YAP Z C SXXXX507H	ONG H L, K SXXXX776D	LIM C P SXXXX203F	YAP G T SXXXX128H	NG W M, A SXXXX643B
NICOLAS A AAXXX365	JIANG X Y SXXXX603A	WONG W A SXXXX047E	LI M Y SXXXX806C	TANG K F SXXXX953J	LIU S Y, M SXXXX472H
SZIE Z W SXXXX618I	NG H Z, J SXXXX290Z	GUO M X SXXXX810D	SOO M M SXXXX583F	LEONG C M SXXXX651Z	CHAN P SXXXX745E
TAN J M SXXXX449F	LIM J W SXXXX388C	YEO Y M, N SXXXX479I	RODRIGUEZ C A XDCXXX468	WONG J W SXXXX709H	TAN S G SXXXX303D
LEE P X, T SXXXX725C	EDWARDS A W EXXXX776	RAMALINGAM S S SXXXX077E	TEOH O C, J M SXXXX350J	SIA M J SXXXX455F	YONG W P SXXXX312F
HO Y S, S SXXXX075G	TAN L H SXXXX206E	KHONG Z Y, V SXXXX412I	WONG W Y XXXXXXX6442	CHUA X J XXXXXXX5554	CHAN C H SXXXX422F
HUANG G B GXXXX4406	TAY C Y, M SXXXX744I	POCK E SXXXX595G	YOW S Y SXXXX566G	NGIAM T C SXXXX387J	LEONG W K SXXXX914F
LI, X EXXXX125	WANG S Q SXXXX788D	NORIDAH B K SXXXX519C	BOH S S SXXXX703C	CHEONG S H SXXXX098Z	DUBS M XXXXX997
KEK S F SXXXX201C	YEO Z X, M SXXXX030Z	KHOO F C, A SXXXX542G	LEE Z M, J SXXXX026E	AZLINA B K SXXXX220I	ANGELA W M SXXXX883I
ANG S C SXXXX330H	CHAN W S KXXXXX713	TAM V Y SXXXX003E	HO L F C SXXXX825H	LIM Y W, A SXXXX919G	NGO S Y, V SXXXX384E
LIM E W SXXXX688G	CHIAM C Y, C SXXXX249A	LEONG W L, J SXXXX825H	TAN A H SXXXX943E	KOH M, N SXXXX927A	LIM W J SXXXX120Z
YEU P C SXXXX532E	RAMU K SXXXX951H	ZHAO W J, A SXXXX172I		TAN P P SXXXX157Z	SENGALRAYAN J M SXXXX749A

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