

news

Actor-model-host hopes good things come out of this year's Big Walk

Paul fosters good health

ARUL JOHN

Paul Foster has done it all – acting, modelling and hosting.

He will be seen on Suria from Dec 12, playing a pilot in science fiction thriller SR115.

Foster, 36, told The New Paper: “The story is pretty cool with an excellent cast and an awesome crew, and I am working with my favourite director.”

Other projects he is involved in includes Channel 5's Special Delivery. There are 13 episodes and six hosts. As the name suggests, the cast embarks on personal journeys to deliver something of importance.

“I have filmed episodes in Nepal and Ladakh, India, and my final adventure in Sarawak is scheduled a few days after the Big Walk,” he said.

He will be joining the National Steps Challenge The New Paper Big Walk later this month.

Foster, who is represented by Beam Artistes, is also preparing to host The President's Star Charity.

He said: “This is always something important to be invited to take part in, as a lot of money is raised for many beneficiaries in Singapore.

“Hopefully, I will meet President Halimah Yacob at the Big Walk first before hosting a national event representing her.”



Paul Foster is involved in a few projects, including The President's Star Charity.
PHOTO: COURTESY OF PAUL FOSTER

Foster said walking is the easiest form of exercise and that the link between the Big Walk and the National Steps Challenge this year is synergistic.

He added: “There is no price too high to take care of our health. It can be expensive, but if you need to stay healthy or get healthier, then it is a cost that must be covered.

“According to research, 10,000 steps a day is all it takes to stay balanced and healthy, so the Big Walk is the perfect ex-

NATIONAL STEPS CHALLENGE

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

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

National Steps Challenge The New Paper Big Walk 2017

WHEN Sunday, Nov 26, 7am

WHERE Starts at National Stadium, Singapore Sports Hub

WALK PACK COLLECTION If you have not collected your Walk Pack, you have until Nov 23 (Monday to Friday, 11am to 6pm) to do so

ADDRESS 2Connect@TS, 2, Pereira Road, #06-01

NEAREST MRT STATION TO COLLECTION POINT Tai Seng



ample of what we should be doing daily.

“It does not mean one must complete all 10,000 steps at once though. I have learnt ways to achieve this, such as taking the stairs more or parking the car further from the lift or my destination.

“As long as you leave your home and are active enough to walk around, you will be able to achieve 10,000 steps.”

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M'sian woman charged with receiving \$216,000 in ill-gotten gains

SHAFFIQ ALKHATIB

A Malaysian woman believed to be involved in several Internet love scams was hauled to court yesterday after allegedly receiving \$216,000 in ill-gotten gains.

Fong Bee Yeok, 38, was charged with five counts each of acquiring the money obtained through cheating, removing the cash from Singapore and transporting the amount across the Causeway without authorisation.

Those who want to carry more than \$20,000 in cash out of Singapore have to give a “full and accurate report” to an authorised officer.

Each charge involved between \$34,000 and \$48,000.

In Internet love scams, con artists befriend people on social media platforms before developing online relationships with them.

They would then dupe the victims into transferring money to them, claiming this was needed for business loans or legal fees, for instance.

Fong's crime spree purportedly started on Sept 10, when she received \$34,000 from someone named Ong Loke Boey at an eatery.

Court documents did not reveal any details about Ong.

Fong allegedly transported the money across the Causeway into Johor around 9.40pm that day.

She is said to have received money from Ong four more times before making similar trips to Malaysia between Sept 16 and 25.

Yesterday, Fong told the court that she intends to plead guilty and will not be engaging a lawyer.

She was offered bail of \$30,000 and will be back in court on Dec 18.

Her case comes amid a rise in Internet love scams.

According to the police, there were 349 reported cases of such scams between January and June, compared with 277 in the first six months of last year.

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MOH considering Medisave, Chas as options to help pre-diabetics

LINETTE LAI

The Health Ministry (MOH) is working on ways to help pre-diabetics identify and manage their conditions, it said in a press statement on World Diabetes Day yesterday.

This could include allowing them to use their Medisave under the Chronic Disease Management Programme, as well as tap the Community Health Assist Scheme (Chas). More details will be announced at a later date.

It is estimated that around 430,000 Singaporeans aged 18 to 69 have pre-diabetes.

This is when a person's blood sugar levels are higher than usual, but are not high enough to draw a diagnosis of diabetes.

If nothing is done, one in three individuals with pre-diabetes is likely to develop Type 2 diabetes within eight years.

“Awareness and early intervention of pre-diabetes play a critical role in our fight against



More than 4,000 food and beverage outlets in hawker centres and food courts have joined MOH's Healthier Dining Programme. TNP PHOTO: MOHD KHALID BABA

diabetes,” said Health Minister Gan Kim Yong in the statement.

“We hope that with greater support, pre-diabetic individu-

als will take more active steps to manage their condition, for better long-term health outcomes.”

In September, MOH launched

a Diabetes Risk Assessment tool to help adults aged 18 to 39 find out their diabetes risk.

Around 44,000 people have used it, with around a fifth finding that they were at higher risk, said MOH in its statement.

In yesterday's statement, the ministry also gave updates on various government schemes to get people to live healthier lifestyles.

For example, more than 4,000 food and beverage outlets in hawker centres and food courts have joined its Healthier Dining Programme, which aims to get food sellers, including at hawker stalls, to sell healthier versions of dishes that are lower in calories.

A separate scheme to get local food companies to produce healthier versions of staple foods has also seen interest from six oil manufacturers and four wholegrain manufacturers.

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