

He takes advice from a pop diva

The basics of good health, according to singer-actress Jennifer Lopez, keeps undergraduate Dhillon Poh on track. **Joan Chew** reports

How do you keep fit?

Up to six times a week, I attend high-intensity weights training and cardiovascular training classes at a gym with my friends. Each class lasts an hour, with short breaks in between.

On my own, I work out with weights and practise yoga two or three times in a week. I also hit the pool once a fortnight, swimming a distance of about 2km.

How has your exercise regimen changed over the years?

I used to frequent the gym at most twice a week, and I would merely use the treadmill and lift a few weights.

I now execute a whole range of exercises and also do moderate-weight, high-repetition aerobic conditioning.

This is a weights-training exercise where conventional heavy weights are lightened sufficiently so that more repetitions can be done.

For example, I can load 13.5kg on both sides of the barbell for my squats set and do roughly 134 repetitions, with small breaks in between.

What is your secret to looking fabulous?

I practise what American singer-actress Jennifer Lopez advocates – the basics of good health, which requires getting enough exercise, sleep, water, plenty of fruit and vegetables and, most importantly, keeping a strong mind.

Has there been a time when you were not fit and fabulous?

Yes, it was probably during primary school when I was laissez-faire about my health, appearance and well-being.

I would indulge in soft drinks every day, and eat lots of fried, processed and junk food. My exercise was limited to the physical education lessons in school.

What is your diet like?

I try to have balanced meals throughout the day, while avoiding fried or processed food and soft drinks. I typically begin a day with a smoothie blend which I prepare



BIO BOX

Mr Dhillon Poh

Age: 21

Height: 1.78m

Weight: 72kg

If healthy living is passed on through the genes, then it must run in Mr Poh's family.

Golf is his 60-year-old father's sport of choice while the other three family members like to hit the gym. His mum, also 60, also does yoga and his 28-year-old sister worked out regularly before her first pregnancy.

As for the first-year economics student at the Singapore Management University, he has set his sights on becoming a group exercise instructor at Fitness First, where he has worked out for the past year.

After he completes a series of instructor courses starting next month, he plans to teach the moderate-weight, high-intensity aerobic conditioning classes at the gym, juggling it with schoolwork.

He has a gameplan to schedule his school timetable so that it does not clash with teaching gym class.

This Sunday, the bachelor will be taking part in the 10km category of the NTUC Income RUN 350, organised by Young NTUC.

This run is in line with the global 350 movement, an awareness campaign to lower the amount of carbon dioxide particles in the atmosphere to below 350 parts per million. To prepare for the race, he is doing 5km to 10km morning runs two or three times a week to improve his stamina.

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myself. It consists of a whole lemon, a tomato, an apple and a variety of powders – oatmeal, maca, acai, turmeric, chlorella, spirulina, chia seeds, flax seeds and cinnamon. The ingredients may vary according to what I feel like having, but the key is to incorporate antioxidants, natural proteins and fibre.

Lunch and dinner can range from mixed vegetables with rice from food courts, to slightly more indulgent meals at restaurants, such as Aston's or Thai Express.

I do not see the point in counting my calories. I believe that as long as you eat and exercise well, your body and health should achieve equilibrium.

What are your indulgences?

Desserts like kueh lapis (nine-layer kueh) and cakes from bakery chain Cedele – not to mention alcohol, too.

I have these only occasionally, such as at a friend's birthday party or during festive celebrations.

What do you do to relax?

I enjoy drinking herbal tea before bedtime. I can drink them all day long if I have the whole day to myself.

I make these teas, which comprise nourishing herbs, such as rosemary, sage, oregano, fennel and rooibos. I am drinking one now, as I am typing this, made from fresh mint leaves, lemongrass, ginger slices, fennel and green tea, topped with two teaspoons of cloves and two slices of fresh lemon.

Years ago, when I was looking for ways to reverse ageing, I came across the healthful properties of such herbs, spices and tea.

What are the three most important things in your life?

Health, friendships and love.

Health is the very foundation of life, without which nothing else can be done. Friendships are important because we are not meant to go through life alone.

Love, because it is the most powerful entity in the world; it adds life to whatever we are doing.

Would you go for plastic surgery?

Like Jennifer Lopez, I would try my best to avoid going under the knife at all costs.

However, like pop icon Madonna, I would consider using fillers and intraceutical oxygen facials when I'm older to maintain the firmness of my skin.

Do you think you're sexy?

Yes, but there is definitely room for improvement.

joanchew@sph.com.sg