

ARE YOU MEN'S HEALTH ENOUGH?

TAN CHIN HOCK, 29 CUSTOMER RELATIONS OFFICER

It seems that Chin Hock bears

a heavy burden – besides looking after his mom who suffers from depression, schizophrenia and arthritis, he also functioned as his family's sole breadwinner for three years, when his father and brother were out of a job, on top of supporting his own family. "When you take a drink, remember the source," quotes Chin Hock, from an old Chinese adage. "I did what I had to do." He's not about to whine about the cards life has dealt him though. This chipper bloke finds time to keep his fitness razor-sharp – eight years after he completed his reservist training (ORD), he still scores Gold awards at his annual IPPT.

He's so passionate about keeping in shape that he's started his own website in July this year to spread the message of fitness on a voluntary basis (www.fitnesslifestyle.sg). "No matter what happens, stay positive," he proffers. What's most commendable is that he actually enjoyed the familial-duties so much that he's looking forward to having a child soon. "There's no responsibility greater than that," he says.



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