

保健秘诀是坚持运动

对一名年近九旬的老人而言，李资政算是相当健康的。除了曾植入心脏起搏器以改善心跳不规则症状及身体一些部位时而酸痛之外，他并没其他严重的病痛。

他透露自己的保健秘诀之一就是坚持运动，即使大腿、膝盖和臀部因运动而变得酸痛，也不就此放弃。他现在除了每天坚持游泳，也骑脚踏车，偶尔也会步行。

“如果你停止运动，情况将会更糟。医生是这么对我说的，所以要继续运动，身体有任何酸痛，就去做物理治疗。”

李资政每星期会去做一次物理治疗，以纾解骑脚踏车后腿部出现的疼痛。他也学会了如何使用热敷袋 (heat pad)，以在运动后舒缓酸痛。

6 华人有个君子的概念，就是指一个人一直都表现得很平静而镇定，不会发脾气，也不会被吓得说不出话来。这也是我一直尝试在做的，除了我被赶出马来西亚的时候。当时我实在无法自我控制。

——李资政谈到一个人在领导职位上，必须表现得像个君子那样坚强和受人敬畏



喝温开水成为习惯

喝温开水成了李光耀资政的习惯。令人意想不到的是他这一习惯竟然还传给记者麦丹斯的妻子。

他在访谈中向李资政透露，当妻子从他口中得知李资政平日总是喝温开水之后，现在也养起喝温开水的习惯。

原来他几年前访问李资政后，便把他喝温开水的习惯告诉妻子，而她之后也不明所以地跟着喝起温开水来。

其实，李资政早年并没喝温开水的习惯，天天总是喝大量的热茶，后来发现茶有利尿作用，才改喝温开水。这个转变过程原来还有一段小插曲。

上世纪80年代，他一回在北京人民大会堂同当时的中国共产党中央总书记赵紫阳会晤时，侍员频频为他添加热茶，而他为了保持喉咙湿润，也一杯杯地喝。那知会谈举行到一半，他因尿急必须先上厕所。

后来，他才从医生那里得知茶原来有利尿作用，加上本身又不喜欢喝咖啡，结果就选择了温开水。

“我听耳鼻喉科医生说，如果你喝冷水，就会降低鼻腔和喉咙的温度，使你对咳嗽和感冒的抵抗力下降。所以我喝温开水，为了不让沸腾的热开水烫伤自己，我避免喝热开水。但是，我女儿会在咖啡里加冰块后一饮而尽。她不要紧，因为才50多岁。”

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Fu Kang Healthcare Supply Pte Ltd
Tel: 67385754 Fax: 67258403
<http://www.fukanghealthcare.com>

Swimming and cycling keep MM fit

■ You did make a reference in an interview with Time magazine to something that goes beyond reason, as you put it. You referred to a book by Pierre D'Harcourt, who talked about people surviving the Nazi concentration camps, saying it's better when they have something to believe in.

Yes, of course.

■ And you said that the communists and the deeply religious fought on and survived. That there are some things in the human spirit that are beyond reason.

I believe that to be true. Look, I saw my friend and cabinet colleague, Hon Sui Sen, who was a deeply religious Catholic. He was finance minister, a fine man.

In 1983, he had a heart attack. He was in hospital, in ICU. He improved and was taken out of ICU.

Then he had a second heart attack and I knew it was bad. I went to see him and the priest was giving him the last rites as a Catholic.

Absolutely fearless, he showed no distress, no fear. The family was around him, his wife and daughters.

With priest delivering the last rites, he knew he was reaching the end. But his mind was clear and absolutely calm.

■ Well, I am more like you. We don't have something to cling to.

That's our problem.

■ But people see you as the supremely reasonable person; reason is the ultimate.

Well, that's the way I've been working.

■ Well, you did mention to (US

journalist) Tom Plate, they think they know me but they only know the public me?

Yeah, the private view is you have emotions for close members of your family. We are a close family; not just my sons and daughter and my wife and my parents, but also my brothers and my sister.

■ You have been fit. You have a stent, you had a heart problem late last year. But besides that, do you have ailments?

Well, aches and pains of a geriatric person, but all non-terminal. I go in for physiotherapy, maintenance, once a week. They give me a rub over because when I cycle, my thighs get sore, knees get a little painful, also the hips.

But if you stop exercising, you make it worse. That's what my doctors tell me – just carry on.

When you have these aches and pains, we'll give you physiotherapy. I've learnt to use heat pads at home.

So after the physiotherapy, once a week, if I feel my thighs are sore, I just have a heat pad. You put it in the microwave oven and you tie it around your thighs or your ankles or your calves. It relieves the pain.

■ So you continue to cycle.

Oh yes.

■ Treadmill?

No, I don't do the treadmill not always. When I've don't walk.

■ That's your primary Swimming?



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