


How we survive party season

With plenty to do and so much fabulous festive food to contend with, it can be tough getting through this crazy period in one piece. **SASHA GONZALES** asks *Shape*'s advisory panel and other health experts how they do it.



"Standing around for extended periods at parties can be a torture. To relax my foot muscles and ease the pain, I massage a tennis ball slowly around my heels and the arches of my feet."

GREIG PRICE, PODIATRIST,
PHYSIOACTIVE



"Christmas dessert displays are super tempting. I always survey the spread before deciding what to eat. Grouped together, they look amazing but when I scrutinise each one, I'd notice if they're too dry or have too much cream on them, and then I'd think to myself: 'Nah'. I only go for sweets that look good and make sure I take tiny helpings."

JACLYN REUTENS, CLINICAL AND SPORTS DIETITIAN,
APTIMA NUTRITION & SPORTS CONSULTANTS




"I try not to exacerbate my already frazzled nerves by limiting my intake of festive treats. Too many goodies throw my blood sugar level off-balance, causing me to feel lethargic and irritable."

DR JULINDA LEE, GYNAECOLOGIST AND AGE-MANAGEMENT
SPECIALIST, PACIFIC HEALTHCARE SPECIALIST CENTRE



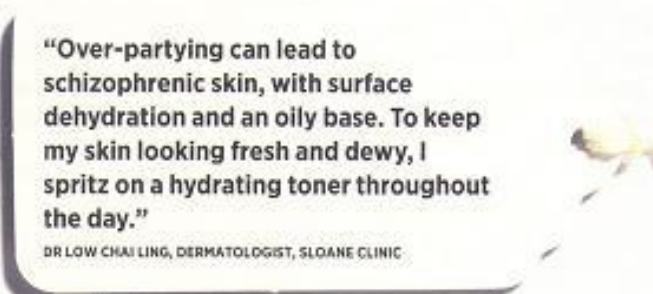
"I don't stop exercising during the festive season, no matter how busy I am. It really is an issue of time management. After a day of feasting, there's nothing I look forward to more than a good workout."

JOAN LIEW, CO-FOUNDER, FITNESS FACTORY



"I go raw after all the indulgence, loading up on fresh salads of lettuce, celery, green apples, walnuts and red grapes. Instead of mayonnaise, I dress mine with cold-pressed olive oil and fresh lemon juice."

SUSIE RUCKER, NUTRITIONAL THERAPIST, BODY WITH SOUL



"Over-partying can lead to schizophrenic skin, with surface dehydration and an oily base. To keep my skin looking fresh and dewy, I spritz on a hydrating toner throughout the day."

DR LOW CHAI LING, DERMATOLOGIST, SLOANE CLINIC



"I make a juice blend of fresh celery, beets, cucumbers and green apples, and drink it twice a day to hydrate my body and replenish the antioxidants."

DR VANESSA PHUA, GP WITH AN INTEREST IN AESTHETICS MEDICINE, ASIA HEALTH PARTNERS

"At a buffet, I usually stick to salads as well as baked and steamed dishes. If I've over-indulged, I make sure I work out for an extra 30 minutes the next day and watch my diet the following week."

DR TONG KHIM LENG, CHIEF AND SENIOR CONSULTANT, DEPARTMENT OF CARDIOLOGY, CHANGI GENERAL HOSPITAL



"It's okay to turn down invitations to parties you don't want to attend. Saying 'no' to others can sometimes mean saying 'yes' to yourself."

MARTHA LEE, CLINICAL SEXOLOGIST, EROS COACHING

"When I'm stressed out from shopping or tired from attending functions, I just exercise more. Sounds odd but it works! I jog in the park where I'm surrounded by trees and fresh air. It sure beats sweating it out in a crowded gym."

DR ONG KIAN CHUNG, RESPIRATORY SPECIALIST, MOUNT ELIZABETH HOSPITAL



"Most social functions happen later in the day so I usually schedule my exercise in the mornings. I also avoid attending parties on two consecutive nights because I want to be able to exercise on alternate mornings. That said, I don't worry about skipping a workout. If it's missed for a good reason, that's okay. I just look forward to my next session."

TAN SWEE KHEUNG, KINESIOLOGIST AND PROGRAMME DIRECTOR, FIFTH RAY INTEGRATED ACTIVITIES

"I go easy on makeup when I attend year-end parties, especially those that last well into the night. Too much can clog the pores, leading to breakouts and a dull complexion."

DR GEORGIA LEE, MEDICAL DIRECTOR, TLC LIFESTYLE PRACTICE CLINIC

"I try to modulate my stress with exercise and relaxation. Stress can lead to skin flare-ups like acne and eczema. I also ensure I get enough sleep, so I look and feel well-rested."

DR LYNN CHIAM, DERMATOLOGIST, MOUNT ELIZABETH NOVENA SPECIALIST MEDICAL CENTRE

"I make it a point to have regular balanced meals, so I don't end up overeating at parties. It's easy to eat a lot when you're happy."

DR PETER CHEN, DEPUTY PHYSICIAN LEADER, RAFFLES HEALTH SCREENERS



"I avoid the last-minute shopping rush by buying gifts well in advance. I like to adopt a theme and get everything in one go. This year, it's health-related and I've bought items like hula-hoops and sports gear."

DR GOH PING PING, CARDIOLOGIST AND ECHOCARDIOLOGIST,
MOUNT ELIZABETH MEDICAL CENTRE



"At Christmas, I eat only the foods I like and really want to eat – and not just because something's been placed in front of me."

DR GWEK KOK ANN, MEDICAL DIRECTOR
AND CONSULTANT GASTROENTEROLOGIST,
STOMACH LIVER AND BOWEL CLINIC

"I try not to stray from my usual diet-and-exercise routine. The body doesn't know it's Christmas, so a sudden change can throw your internal balance out of whack."

DR CHERYL KAM, FAMILY PHYSICIAN,
COMPLETE HEALTH INTERNATIONAL (CHI)

"Floss, gargle or use an inter-dental brush after parties where you've had something to eat. Food debris that remains lodged between your teeth can lead to decay and gum problems down the road."

DR LEE WAN ZHEN, REGISTRAR, PERIODONTIC UNIT,
DEPARTMENT OF RESTORATIVE DENTISTRY,
NATIONAL DENTAL CENTRE OF SINGAPORE



"It's too easy to get caught up with the shopping, eating and partying, but I try not to forget the real reason for the Christmas season, which is kindness. I think it's important to be loving and giving towards others, especially around this time."

DR ADRIAN WANG, CONSULTANT PSYCHIATRIST, DR ADRIAN WANG
PSYCHIATRIC AND COUNSELLING CARE

"There is such a thing as post-holiday syndrome. When all the 'busy-ness' of the Christmas period suddenly stops, it can feel like a real let-down. I ease out of the fun slowly by planning a rest day towards the end of the season."

DR JOSHUA KUA, SPECIALIST IN PSYCHIATRY,
RAFFLES COUNSELLING CENTRE



"Besides my regular morning workout, I tackle festive stress with 10 minutes of reading daily. It puts me in a relaxed frame of mind to deal with the rest of my day."

DR SEE HUI TI, SENIOR CONSULTANT, MEDICAL ONCOLOGY,
PARKWAY CANCER CENTRE

"I let myself indulge in Christmas treats like pudding and cake, but I go easy on the portions. Healthy serving sizes would be a matchbox-sized portion of fruit cake, half a mini mince pie or three cookies."

SARAH SINARAM, SENIOR DIETITIAN,
RAFFLES DIABETES & ENDOCRINE CENTRE



"Going on holiday with my family is the perfect way to de-stress after a hectic year. We hang out, have fun and pig out together. Being constantly on call makes it hard for me to bond with my family the way that I want, so I always appreciate these precious moments together."

DR ANN TAN, GYNAECOLOGIST AND OBSTETRICIAN, WOMEN & FETAL CENTRE

"I spend time with those closest to me and try to help the less fortunate. Knowing that you're giving loved ones and the underprivileged your time and attention is a great way to start the New Year on a more positive note."

DR CHARU NARAYANAN, GENERAL PRACTITIONER,
COMPLETE HEALTH INTERNATIONAL

"I find that an early-morning workout on Christmas Day - like a 5km run or a 30-minute yoga session - helps me to relax and focus on the rest of day. It's always a busy time in my household. We spend the afternoon opening presents, playing games with the kids and eating all my favourite festive foods."

DR LIN KAI WEI, GENERAL PRACTITIONER,
COMPLETE HEALTHCARE INTERNATIONAL



"I minimise the assault on my digestive system by doing a pre-party workout and by staying on-the-move after heavy Christmas meals."

DR CHOO DEE PHENG, FAMILY PHYSICIAN, RAFFLES MEDICAL



"I avoid overeating by filling up on high-fibre foods before anything else. This usually means fruits or salads with very little dressing."

DR TAY BENG HEA, SENIOR CONSULTANT ENDOCRINOLOGIST
AND DIRECTOR, WEIGHT MANAGEMENT SERVICE, JURONG HEALTH

"To make sure I have time for my family, I schedule some days off just after Christmas. No work and no parties - just blissful moments with my loved ones."

DR KIM HAYES, GENERAL
PRACTITIONER, COMPLETE
HEALTHCARE INTERNATIONAL



"Late nights and stress tend to deplete my skin of moisture and antioxidants. To counteract this and achieve a fresher complexion, I apply a hyaluronic acid serum and a vitamin C serum to my face daily."

DR EILEEN TAN, DERMATOLOGIST, DR EILEEN
TAN SKIN, LASER & HAIR TRANSPLANT CLINIC