

‘Improving your health with lifestyle medicine’

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Dr Chrystal’s vision is to educate and motivate the individual and population towards better health outcomes.

Her mission is to help make sense of the rich Science articles that are important to health to the everyday person through her articles and to highlight the key health issues that affect you.

Welcome to a new year of 2025!

Happy new year and wishing you good health and success in the year ahead.

As we settle into the first month of the year, let us take a moment to reflect on one’s health.

When the order of health (physical and mental) is placed as first priority in life, all good things will align.

In my first article for 2025, I'll like to start off with this quote:

' If your habits don't change, you won't have a New Year- You will just have another year'.

For a change(s) to happen, we need to review our habits and take appropriate and sustainable changes.

The word 'habit' by definition is **a settled tendency or usual manner of behaviour.**

I will like to introduce to you what '**Lifestyle Medicine**' is and how we can use this framework to address unhealthy habits and make improvements towards healthier habits.

What is lifestyle medicine?

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. It also provides effective prevention for these conditions.

The 6 pillars of lifestyle medicine



1. WHOLE FOOD, PLANT-BASED NUTRITION

Choose whole grains and whole grain products over refined grains and other highly processed carbohydrates, skip the sugar drinks, choose healthy fats, limit red meat and avoid processed meat.

2. PHYSICAL ACTIVITY

Be more physically active. Aim for a minimum of 150mins per week of moderate intensity exercise for a start.

3. STRESS MANAGEMENT

Learning healthy strategies to manage stress can lead to improved health and productivity.

4. AVOIDANCE OF RISKY SUBSTANCES

Don't smoke and don't drink alcohol.

5. RESTORATIVE SLEEP

Strive for 7 or more hours per night for optimal health

6. SOCIAL CONNECTIONS

Positive social connections and relationships affect our physical, mental and emotional health. Leveraging the power of relationships and social networks can help reinforce healthy behaviours.

Key points

- Make healthy lifestyle choices.
- Engage with your doctor regularly for your health checks.

Health tips:

Surround yourself in a conducive healthy living environment.

Be mindful of the physical and digital environments you surround yourself in. Spend more time engaging with health seeking behaviour activities and communities to inspire and motivate your fitness journey.

Engage with your doctor and health professionals regularly.

Schedule regular health checks with your doctor, health coach and other health professionals.

Food for thought:

Be thankful for a day to make a difference to your health while you are healthy and safe.

Never take for granted your health when healthy.

Make improvements if you are not.

Develop a healthy relationship with exercise. It is the best thing you can do for yourself.

Do something today that your future self will thank you for.

The best day to start exercising is today.

Final Thoughts:

The next time you have your health screening done, spare a moment to reflect on your lifestyle habits and discuss with your doctor on ways to improve the above towards a better and healthier you and our planet.

'Towards better health outcomes'



Dr Chrystal Fong provides comprehensive health screening and GP services to suit your individual needs.

We hope to be of service in improving your health and well-being

Schedule an appointment with Dr Chrystal Fong:



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About the author:

Dr Chrystal Fong Chern Ying (MBBS Melbourne, FRACGP) is currently practicing as a family physician at Asia HealthPartners under the subsidiary of Singapore Institute of Advanced Medicine (SAM) Holdings, located at Lucky Plaza, Orchard, Singapore.

Dr Chrystal Fong is listed on the editors list of health screening providers on Health365, a healthcare, wellness and aesthetic medicine publishing agency in Asia.

She is featured in the Britishpedia's 6th edition of 'Successful People in Malaysia and Singapore'.

With her interest in lifestyle medicine, medical technology and longevity medicine (Certified), she also takes personal pride in living the lifestyle medicine pillars herself and advocating through her sports communities and social media platforms.

Her personal mantra being 'The world is changed by your example, not your opinion.'

Being certified in Wellness and Behaviour modification with International Sports Academy, her consultations incorporate health coaching methods.

She is a member of the Singapore College of Family Physicians, Singapore Medical Association, Singapore Society of Behavioural Health, Singaporean Society of Lifestyle Medicine, American College of Lifestyle Medicine, HIMSS (Healthcare Information and Management Systems Society).