



Congratulations to all our winners!

Your 2019 Health Resolutions are truly inspiring! Read some of our winning entries here.

“ I have always loved exercising. It has always been my individual motivation to keep fit, but I have never involved my loved ones, until recently. As we celebrated my dad's 59th birthday last year, I started noticing the deepening wrinkles on his face. Age is definitely catching up with him. I looked at my mum, and the same thoughts occurred. That's when I realised that the clock is ticking. With the help of AIA Vitality, I managed to make exercising fun for them. In return, with them living healthier, I can get to enjoy their love and company longer.”

- Chan Guan Hao

“ In my younger days, my “why” was simple – I lived a healthy lifestyle so I'd be a better, stronger and faster athlete. However, times have changed and I'm no longer at that stage. Nowadays, I don't have to be the powerful sprinter that I once was. Why? Because now, life is all about being there when your loved ones need you the most. It's about sharing your best and worst moments with the ones you cherish the most. I lead a healthy lifestyle to be around as long as possible to do all this and that, is my “why”.”

- David Cuison

“ In 2019, my wife and I will be welcoming our firstborn into the family! We are determined to continue our active lifestyle by committing to our goal of 10k step every day. Daily after dinner, we spend our quality time together by taking a stroll round the garden. Intentionally, we also achieved our weekly AIA Vitality reward which we will use it to reward ourselves with our favourite comfort food. We lead by example to demonstrate that staying active can be rewarding both physically and monetarily by taking 10ksteps a day! ”

- Neo Jun Wei Rustin

“ I've always been a health freak since young and now that I'm a Mother of 3 and 43 years old, I want to show my kids that age is not a barrier to staying fit and healthy. I lost my Father to heart Attack when he was just 37. During the post mortem we found out that he had existing heart issues which could have been solved by exercise and nutrition. My daughter sees me as a role model and has been working out with me. It's not about having six pack abs and cellulite free body. It's about your mindset and confidence.”

- Mdm Najma

Winners of Fitbit Versa

Chan Guan Hao	David Cuison	Neo Jun Wei Rustin	Michael Soh Seng Kee	Wong Hui Min
Marielle Reyes Encarnacion	Sophia Ang Teng Hui	Ng Huijing	Francis Teo Ling Yee	Neo Cui Fang Josephine

Winners of Polar A370

Ang Ee Lin	Chua Greco James Lopez	Low Hian Lay	Lu Xuehua Grace	Mdm Najma
Rana Muhammad Habibullah	Gwee Hanjie Kenneth	Lim Jun Jie Leon	Marissa Tang Liyan	Tan Yew Meng

Winners of A Pair of Golden Village Gold Class Tickets

Adeline Ang Keng Yin	Bryan Loh Guan Jie	John Ter	Chong Kok Siang	Choo Keng Kim Lisa
Ng Geck Ting	Lim Poh Geok	Nurul Ain Binte Ismail	Raymond Ng Kia Meng	Shubhanshu Gupta

All winners will be notified by email with details of prize collection.