

Samy Vellu on a liquid-diet weight loss regime

Not 2 5 MAY 2002

KUALA LUMPUR, Thurs. — Prime Minister Datuk Seri Dr Mahathir Mohamad is not alone in striving for a healthy lifestyle. Works Minister Datuk Seri S. Samy Vellu also says he is making an effort to be fit.

During a meeting with the organisers of the Second World Engineering Congress today, he said:

"I am trying a liquid diet to lose weight, but it seems to be making

me eat more in the morning and night!"

He said he had just started the diet recommended by his doctor five days ago.

Dr Mahathir, in Seoul yesterday, had told a Malaysian student that his secret was that he did not smoke.

Samy Vellu, 66, also said he did not smoke and his problems were

related to tiredness and unhealthy eating habits.

"I finish work at 1am sometimes and I eat my so-called dinner after that. Then I sleep, which is not healthy."

He said most politicians' problems were stress-related.

"If we work hard, we fall sick but if we just lie there and do nothing, we will fall sick too," he joked.