

Won Tzyy Ya, aged 62, was diagnosed with 3 major arteries (95%, 88%, 75%) blockages, undergo angioplasty with 4-stents implant in 2000, make a lifestyle change, begin to exercise daily, start with casual walking, cycling, brisk walking, long walks, and organizing daily/weekly group walks. His medical conditions are stable, medication is reduced to a bare minimum, taking a tablet of **Plavix** (Clopidogrel), cholesterol and blood pressure is normal.

Mr Won is sharing his health journey, motivating and inspiring, walk the talk, getting more people to start walking. Daily walks can improve our energy level, mental health, well-being, happiness, sleep better, explore new places, meet new friends, and most important to stay healthy. Walking is the best medicine! It is FREE and keeps the doctors away.