Two years ago as a smoker:
She can’t run for 10 mins

Now, as a non-smoker:
She runs marathons

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After nine years of smoking she quit. She said: "I took five hours for my 20 cigarettes a day, she realised first full marathon—I am hoping to finish it in 4 ½ hours this year," she said.

For her, every day is a no tobacco day. She said: "I will try and help those who want to quit every day, not just on World No Tobacco Day."".

YOUTH AMBASSADORS

The HPB also started the Youth Advolution for Health (YAH) in September last year, which encourages youths to lead a healthy lifestyle, by using youth ambassadors.

Such as non-smoker Ms Celeste Phua, 22.

Said the undergraduate at Singapore Management University: "It is a serious message but we want to put it across in a fun way."

For World No Tobacco Day, there will be a "Face the Facts" event. It is a youth-led event.

Adopting the theme of "Face the Facts", five teams of youth ambassadors will parade along Orchard Road on Saturday, from noon to 5pm.

They will share with passers-by some of the misconceptions of smoking, as well as the benefits of a smoke-free lifestyle.

Among the myths Ms Phua and her young friends will be helping to dispel are:

- Smoking is only a social thing;
- It is very easy to quit;
- Smoking helps you to lose weight.

Get personal advice at roadshow

THE Health Promotion Board is organising a Quit Fix roadshow from 1 to 5pm today.

Head down to Toa Payoh Hub to receive free personalised quit smoking advice offered by trained pharmacists (supported by the Pharmaceutical Society of Singapore), health screening by Singapore Anti-Tuberculosis Association and attractive discounts on Nicorette by Johnson & Johnson.

Also remember to catch the youth ambassadors in action on Saturday at the following spots: Wisma Atria, Far East Plaza, Plaza Singapura, The Heeren and Orchard Cineleisure. For more info, please visit www.yah.sg.