

Living and eating healthy the Beckham way

By **N. RAMA LOHAN**
newsdesk@thestar.com.my

KUALA LUMPUR: He has been a picture of health for the last 25 years as a professional footballer, and David Beckham brought that precise image of himself to Malaysia.

As a retired footballer, the 42-year-old no longer takes part in rigorous training sessions, but an active lifestyle remains a key component of his life.

"I take my kids to the park because we all love riding bikes. And in the summer, we go to Los Angeles and go hiking at least twice a week," said the British star, who is currently spending much of his time in the United States working on his Major League Soccer expansion franchise for a Miami club, a game-changing deal struck with his former club, LA Galaxy.

Maintaining a healthy lifestyle is not only about working out and while Beckham does not avoid any food in particular, he believes eating healthily is important.

"I love food, so there's nothing I really avoid, but I just do everything in moderation, which is something I teach my kids, too," said Beckham, whose wife is British pop star-turned-fashion designer Victoria Beckham.

The couple are parents to sons Brooklyn, 18, Romeo, 15, and Cruz, 12, and daughter Harper, six.

"You can even enjoy your traditional dishes, but cooked in a healthy way. It's the small things that make a big difference in the end," he added.

"Golden Balls", as Beckham was known during his playing career for his dead ball specials and precise distribution, was in town as insurance company AIA's global ambassador.

The former Manchester United, Real Madrid, AC Milan, Paris Saint-Germain and LA Galaxy player made Kuala Lumpur his last stop on the AIA Healthy Living Tour, promoting the What's Your Why campaign, which took place in Hong Kong, South Korea and Singapore.



Global icon: Beckham greeting fans at Pavilion Kuala Lumpur.