**ROCKIN’ MEDICAL STUDENTS**

Ms Chow Sau Yee and Ms Nita Thiruchelvam, both 22, winners of Sporty Babe & Buddy.

**What they do:** Rock climbing and running.

**Why:** Ms Chow and Ms Thiruchelvam have busy schedules. They are medical students at National University of Singapore, and were interns together at Singapore General Hospital. The pair, who run twice a week and rock climb once a week, say coming together for sports was “a natural process”. They have known each other since they were junior-college students.

Ms Chow had asked to join her pal, an experienced rock climber, on her rock-climbing sessions 1½ years ago. Interested to pick up running, Ms Thiruchelvam also asked to join Ms Chow on running sessions.

Now, both say that exercising together has earned them new hobbies, and that they push each other forward in their fitness goals.

They keep each other motivated, with Ms Thiruchelvam saying Ms Chow ensures she “feels the weight of her responsibility to exercise”.

There were a few times when she felt tired after a long day of school and was tempted to skip exercising. But her fitness buddy kept her in line, saying it would not be good to skip the workout.

They see exercise as a form of stress relief too, “since, as medical students, we are always studying”, Ms Chow said.

Their friendship has also been strengthened since they became fitness buddies. “We often go for meals after working out together,” said Ms Chow.

The pair intend to be fitness buddies for “as long as they are in medical school and, hence, have similar schedules”, Ms Thiruchelvam said.