

Actress shocks fans by revealing age after hiding it for 30 years

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A Hong Kong actress has shocked fans [after finally revealing her age](#) after keeping it a secret for 30 years.

Carman Lee Yeuk-Tung, has a very youthful appearance and barely appears to have aged since she posed for a cassette ad 30 years ago.



Carman Lee Yeuk-Tung, a Hong Kong actress, has shocked fans after finally revealing her age after keeping it a secret for 30 years. Photo: Instagram/carmanlee0816

The Cantonese actress took to Instagram this week to reveal she's 54 years old, writing, "Life is never defined by others, we all have to live well, 54 years old, happy birthday."

One fan commented, "Happy birthday gorgeous and you still look young and age is just a number."

Another was shocked, writing that she looked no more than 20 years old. Someone else wrote, "Happy birthday!! Still look 34yrs old."

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"Age is always only a number," another added.

Carman wrote on Weibo, the Chinese equivalent of Twitter, "I have spent most of my life and welcomed my 54th birthday."



Carman barely appears to have aged since she posed for this ad 30 years ago. Photo: Instagram/carmanlee0816

"People may think that a woman would no longer be in the peak of her life once she passes 30. In fact, no matter when and at what age, [a woman] shall not stop advancing."

She thanked her mother for bringing her up and her colleagues who helped shape her career.

The actress then added, "I would like to thank myself too. Right now, I am calmer and more determined than before. I wish that I would be able to keep this calm mentality and healthy body consistently for life."

"One's life should never be defined by others, we should all live well."

She's previously hinted at her age, but never explicitly said how old she is.

In one Instagram snap she shows off her six-pack abs and the caption reads, "After more than ten days of uninterrupted training, six pack abs appeared unexpectedly."



Fans were shocked to find out Carman's age given her youthful appearance and six-pack abs. Photo: Instagram/carmanlee0816

"No matter how old you and me are, as long as you work hard, there is nothing you can't do."

At the time, a fan wrote, "Why hasn't she aged?" Another added, "She is becoming younger and younger."

Carman has previously said that her youthful appearance is down to keeping her skin moisturised, especially the skin on her hands and neck.

She also stresses the importance of staying out of the sun in summer and getting a tan.

Apparently, the actress rarely consumes snacks and only eats nuts if she feels hungry at work.

She also drinks a lot of water, but doesn't drink tea or coffee.

When it comes to her physique, she reveals she has always had a regular workout routine and focuses a lot on her core.

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