



# Health Journal Aug 2016

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: **We are very happy to be celebrating our 15th anniversary**  
: **on the 1st Oct, if you still have not reserve your place, call**  
: **us NOW (T:34279727) as we only have very limited space left**  
: **(deadline next Mon 5th)! For those who have signed up, have**  
: **you got your party costume ready?**  
: **Also stay tune to our BRAND NEW website launching in late Sept!**  
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**Integrating a variety of exercises that focus on strength, endurance, balance and flexibility into your workout routine helps break up the monotony and creates a more well-rounded fitness program that your heart and body will appreciate.**

## Strength and Resistance Exercise

Strengthening your muscles gives you the ability to perform everyday activities and helps protect your body from injury. Stronger muscles also lead to a boost in your metabolic rate, which means you'll burn more calories even when your body is at rest.

Weight-bearing exercises that use free weights, machines or your body's own resistance are the focus.

- **Increased strength of bones, muscles and connective tissues (tendons and ligaments)**
- **Lower risk of injury**
- **Increased muscle mass, which makes it easier for your body to burn calories and thus maintain a healthy weight**



*"The American Heart Association (AHA) recommends strength training at least 2 per week."*

## Endurance Exercise (Aerobic)

Endurance activity keeps your heart, lungs and circulatory system healthy and improves your overall fitness. As a result, people who get the recommended regular physical activity can reduce the risk of many diseases such as diabetes, heart disease and stroke

- **Walking briskly**
- **Running / jogging**
- **Dancing**
- **Swimming**
- **Biking**
- **Climbing stairs at work**
- **Playing sports such as tennis, basketball, soccer or racquetball**



*"The AHA recommends that adults get at least 150 minutes (2.5 hours) of moderate to vigorous activity per week. 30 minutes a day 5 days a week is an easy goal to remember."*



## Balance Exercise

Exercises that improve balance are important to prevent falls. Balance exercises are easy to incorporate into your routine and can be performed anywhere or anytime.

Having good balance is important for many activities we do every day, such as walking and going up and down the stairs. Exercises that improve balance can help prevent falls, a common problem in older adults and stroke patients. They can also benefit those who are obese since weight is not always carried or distributed evenly throughout the body. A loss of balance can occur when standing or moving suddenly. Often we are not fully aware that we may have weak balance until we try balance exercises.

### Test your Balance!

1. See how long you can stand on one foot, or try holding for 10 seconds on each side.
2. Walk heel to toe for 20 steps. Steady yourself with a wall if you need a little extra support.
3. Walk normally in as straight a line as you can.



*"Older adults at risk of falls should do balance training 3 or more days a week, with that a combination of weight exercise to strength the muscle"*

## Flexibility Exercise (Stretching)

Improving your flexibility starts with proper stretching. Flexibility exercises stretch your muscles and can help your body stay flexible. Being flexible gives you more freedom of movement for other exercise as well as for your everyday activities. It may also help you avoid discomfort when confined in a space for a long period of time (like a long meeting or a plane flight).

### Always practice safe stretching:

Relax and breathe normally while stretching. Then stretch while pushing the breath slowly out your mouth. Count to 10 slowly or time yourself for 10-30 seconds. Breathe normally during the stretch.

1. A stretch should always be smooth and slow, never jerky or bouncy. This can cause muscles to tighten and may result in injuries.
2. Hold the stretch for 10-30 seconds and repeat each stretch 3-5 times. Remember to breathe normally during each stretch.
3. As you become more flexible, try reaching farther in each exercise. A mild pulling feeling during a stretch is normal. Sharp or stabbing pain or joint pain means you should stop, you're stretching too far.
4. Always keep your joints slightly bent, never "locked" in a straight position. This may also cause injury.

**World Health Organization (WHO) defined health as**

**"state of complete physical, mental & social well-being & not merely the absence of disease/infirmity"**

**Always keep in mind that an all around**

**physical fitness & mental health is the key to a disease/illness-free life!**

