



30 DAYS CHALLENGE

Congratulations to all that has made it to the final level of the Legs challenge! Hopefully at this point you are feeling fabulous, stronger with your legs and butt, and healthier than when you started. Remember that consistency is the key to success, and one of the main goals of our challenges was to build a healthy habit that fits into everyone's busy lifestyle.

The following 11 guys and 7 Ladies successfully completed our second challenge.

Anthony Thompson, Bob Adams, Craig Shute, Eric Tsui, Kevin Li, Manson Fok, Mark Christal, Mark Hart, Morgan Lau, Shane Sibrra and Simon Ashton.

Alexandra Lai, Angela Ho, Anna Cheung, Cecilia Tsang, Chan Yuen Han, Eilie Fong and Janice Tsui.

Next.. we have another combination for you..Arms Challenge!! This time, the challenge will last for 60 days as this really is a tough one and we want you to really push yourself to improve and make a change to yourself...**BRING ON THE CHALLENGE NOW!**

ARMS (PECTORALS, TRICEPS, BICEPS) CHALLENGE

Day 1 10 Climber 12 Push up 10 Dip	Day 2 10 Climber 12 Push up 10 Dip	Day 3 12 Climber 15 Push up 11 Dip	Day 4 12 Climber 15 Push up 11 Dip	Day 5 14 Climber 18 Push up 12 Dip	Day 6 14 Climber 18 Push up 12 Dip	Day 7 REST
Day 8 16 Climber 21 Push up 13 Dip	Day 9 16 Climber 21 Push up 13 Dip	Day 10 18 Climber 24 Push up 14 Dip	Day 11 18 Climber 24 Push up 14 Dip	Day 12 20 Climber 27 Push up 15 Dip	Day 13 20 Climber 27 Push up 15 Dip	Day 14 REST
Day 15 22 Climber 30 Push up 16 Dip	Day 16 22 Climber 30 Push up 16 Dip	Day 17 24 Climber 33 Push up 17 Dip	Day 18 24 Climber 33 Push up 17 Dip	Day 19 26 Climber 36 Push up 18 Dip	Day 20 26 Climber 36 Push up 18 Dip	Day 21 REST
Day 22 28 Climber 39 Push up 19 Dip	Day 23 28 Climber 39 Push up 19 Dip	Day 24 30 Climber 42 Push up 20 Dip	Day 25 30 Climber 42 Push up 20 Dip	Day 26 32 Climber 45 Push up 21 Dip	Day 27 32 Climber 45 Push up 21 Dip	Day 28 REST
Day 29 34 Climber 48 Push up 23 Dip	Day 30 40 Climber 50 Push up 25 Dip					

**IF IT DOESN'T CHALLENGE YOU,
IT DOESN'T CHANGE YOU.**



Always Warm up and stretch before and after exercising.

Mountain climber

- Get into a plank position with hands planted directly under the shoulders, slightly wider than shoulder width apart
- Now you should stretch out your left leg for stability. Bend your right knee and bring it up in the direction of your right hand
- You should be in a similar position to the one you would be in if you were climbing a mountain or tree, except horizontal instead of vertical
- After bringing your right knee up, return it to the original position and do the previous step with your left leg



Push ups

- Get on your knees with hands planted directly under the shoulders, slightly wider than shoulder width apart
- Engage the abs and back so the body is neutral
- Begin to lower the body, back flat, eyes focused about three feet in front of you to keep a neutral neck—until the chest nearly touches the floor. Don't let the butt dip or stick out, the body should remain flat from head to toe all the way through the movement
- Draw the shoulder blades back and down, while keeping the elbows tucked close to the body, so the upper arms form a 45-degree angle at the bottom of the push-up position
- For the advance level, straighten your legs to challenge yourself



Triceps Dip

- Position your hands shoulder-width apart on a secured bench. Slide your butt off the side of the bench with your knees bend
- Straighten your arms, keeping a little bend in your elbows to keep tension on your triceps and off your elbow joints
- Slowly bend your elbows to lower your body until your elbows are at about a 90-degree angle. Keep your back close to the bench, then return to starting position
- Keep your shoulders down as you lower and raise your body
- For the advance level, straighten your legs to challenge yourself



Health Journal Apr 2014

Your Action plan to “Beat the Bedtime Blues”

After a marathon meeting day at work or a blowout with a significant other, it may seem impossible to enjoy 8 hours of blissful sleep. But those tough times may be when we really need the rest, since skimping on sleep actually makes it more difficult to handle stress. So stop tossing and turning. We've got the best tips on how to get a good night's sleep even when you're stressed.

Tryptophan

A sleep-enhancing amino acid that helps make serotonin and melatonin. They are both hormones that regulate various human functions such as sleep, appetite and mood. Serotonin, which is produced in the body, is known as a neurotransmitter; this means it is responsible for sending messages between nerve cells. Melatonin is a neurotransmitter-like substance that plays a vital role in regulating circadian rhythms, which in turn control sleeping patterns, hormone release and body temperature. The followings are the best sources of Tryptophan, Walnuts, cashew nuts, sunflower & pumpkin seeds, kidney beans, bananas, honey, milk, yoghurt, soy milk and eggs.



Magnesium and calcium

Research has shown magnesium and calcium to be effective as a natural remedy for insomnia. They work together to calm the body and help relax muscles. A lack of these minerals may cause you to wake up after a few hours and not return to sleep. Calcium helps the brain use the amino acid tryptophan to manufacture the sleep-inducing substance melatonin. This explains why dairy products, which contain both tryptophan and calcium, are one of the top sleep-inducing foods. In magnesium deficiency, chronic insomnia is one of the main, central symptoms. Magnesium rich foods include spinach, banana, nuts, seeds, fish and whole grains.

Beware of Hidden Caffeine

Even moderate caffeine can cause sleep disturbances. But don't forget about less obvious caffeine sources, like chocolate, cola, tea, and decaffeinated coffee. For better sleep, cut all caffeine from your diet four to 6 hours before bedtime.

Beware of Heavy & Spicy Foods

Lying down with a full belly can make you uncomfortable, since the digestive system slows down when you sleep. It can also lead to heartburn, as can spicy cuisine. Make sure to finish a heavy meal at least 4 hours before bedtime.

Exercise and fresh air

Exercise produces endorphins which lift our mood and increase metabolism. However, exercise produces stimulants that stop the brain from relaxing quickly, so it's better to exercise earlier in the day rather than last thing at night.



Don't work in bed, or even in your bedroom

Turning the sheets and pillows into a makeshift desk makes it harder to see the bed as a place for rest. And definitely put away the laptop, phone, and any other technological devices well before bedtime. The artificial light coming out of these gadgets can mess up the body's natural sleeping cycle.

Take a power nap

If the stress monster kept you from getting a solid night's rest last night, try dozing off during the day. 10 to 20 minutes should be enough to wake up feeling refreshed and more alert. Just make sure to keep naps to the afternoon, so you'll still be able to sleep soundly at night.

Go to sleep at a reasonable hour (And make it a habit)

Especially when we're overwhelmed with work, it can seem tempting to stay up all night putting the final touches on a project. But pulling an all-nighter can make it much harder to focus the next day. And consistently staying up until sunrise may impair learning abilities and contribute to higher anxiety levels. Stick to a regular bedtime and things may look better in the morning.



Wind down

It's important to take some time to unwind between shutting the computer screen and crawling under the covers. Try taking a warm shower or sipping some herbal tea. If nagging worries are keeping you awake, write them down in a journal. Or mellow out, as you're drifting off with some relaxation or classical tunes.