

KICKBOXING CHALLENGE

We all had a real hard time with this challenge, and it was impressive to see those who completed this!! Congratulation to these 3 guys and 5 ladies!! Truly amazing!!

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ABS & LOWER BACK CHALLENGE

The core is more than your abs, it's your entire body. Think of your core as the trunk of a giant tree. A tree can't stand strong against the wind or support all those branches if it isn't a solid. A tree with a weak trunk would crumble against the slightest pressures.

Your core is the same thing. Strengthening your core u can give you a strong support and allow you to perform dynamic movements without injuring yourself. Here is the CHALLENGE:

- Oblique Crunches
- Leg Raise (+Leg Lift)
- Back HyperExtension

Day 1 10 OC 10 LR&LL 10 BHE	Day 2 11 10 10	Day 3 12 11 11	Day 4 13 11 11	Day 5 14 12 12	Day 6 15 12 12	Day 7 REST
Day 8 16 13 13	Day 9 17 13 13	Day 10 18 14 14	Day 11 19 14 14	Day 12 20 15 15	Day 13 21 15 15	Day 14 REST
Day 15 22 16 16	Day 16 23 16 16	Day 17 24 17 17	Day 18 25 17 17	Day 19 26 18 18	Day 20 27 18 18	Day 21 REST
Day 22 28 19 19	Day 23 29 20 20	Day 24 30 21 21	Day 25 31 22 22	Day 26 32 23 23	Day 27 33 24 24	Day 28 REST
Day 29 34 27 27	Day 30 35 OC 30 LR&LL 30 BHE					

Oblique Crunches

Oblique crunches are great for targeting what many people refer to as their love handles. Oblique crunches work primarily the obliques and the upper abs because you are performing spinal flexion and rotation.

- Lie on your back, hands behind your head.
- Keeping lower back pressed on to the bench/floor, lift your shoulder blades off the floor and then curl your upper body diagonally across your body towards your left knee.
- Contract your abs and obliques as hard as you can at the top of the movement.

Leg Raise (+ Leg Lift)

Leg raise is ideal for strengthening the lower rectus abdominus and hip flexors.

- Lie on your back, keeping your knees slightly bent, lift your legs straight in the air.
- Keeping lower back pressed on to the bench/floor and lift your legs up to the air
- Slowly lower your butt back on the bench, then also lower your legs while keeping your back flat against the bench/floor throughout the movement
- Keep tension on your abs by not lowering all the way to the floor.

Back Hyper Extension

This hyper extension exercise both stretches and strengthens your lower back. It's the perfect complement to crunches to develop a strong, balanced midsection.

- Lie on your stomach, facedown, arms behind your back and legs straight out behind you.
- Pull your abs in, squeeze your butt, as if you're trying to create a small space between your stomach and the floor.
- Slowly lift your chest off the floor and then return to the floor.



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

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Last month's health journal, we have discussed on the benefits of regular exercise on our physiological & psychological health. Now we go into the effect of exercise on our immune system and endocrine system. Remember that our systems are all interrelated and their beneficial effect can lead us to a healthy, productive and prolonged life.

Immune System

Battling another cough or cold? Feeling tired all the time? Taking a daily walk or following an exercise routine a few times a week may help you feel better.

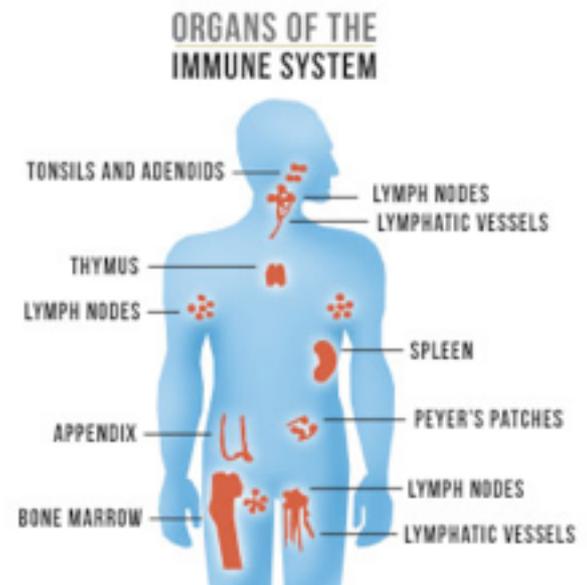
- Physical activity may help by flushing bacteria out from the lungs (thus decreasing the chance of a cold, flu, or other airborne illness) and may flush out cancer-causing cells (carcinogens) by increasing output of wastes, such as urine and sweat.
- Exercise sends antibodies and white blood cells (the body's defense cells) through the body at a quicker rate. As these antibodies or white blood cells circulate more rapidly, they could detect illnesses earlier than they might normally. The increased rate of circulating blood may also trigger the release of hormones that "warn" immune cells of intruding bacteria or viruses.
- The temporary rise in body temperature may prevent bacterial growth, allowing the body to fight the infection more effectively. (This is similar to what happens when the body has a fever.)
- Exercise slows down the release of stress-related hormones. Stress increases the chance of illness.

While exercise is beneficial, be careful not to "overdo" it. People who already exercise regularly are cautioned not to develop too vigorous a workout program in the hopes of increasing the immunity benefits. Heavy, long-term exercise (such as marathon running) could actually decrease the amount of white blood cells circulating through the body and increase the presence of stress-related hormones.

Studies have shown that the people who benefit most from starting (and sticking to) an exercise program are those who go from a sedentary ("couch potato") lifestyle to a moderately energetic lifestyle. A moderate program can consist of:

- Daily 30 minute fast walk/slow jog
- Going to the gym every other day
- Playing badminton, tennis, golf regularly

Exercise can help us feel better about ourselves, just by making us feel more energetic and healthier. So go ahead, take that aerobics class or go for that walk -- and feel better and healthier for it.



THYMUS
 A small organ located just behind the breastbone. This is where your T-Cells mature. (T-Cells; the "T" is for "thymus.")

LYMPH NODES
 Small, bean-shaped structures that produce and store cells that fight infection and disease. When you have an infection your lymph nodes can get larger &

BONE MARROW
 The yellow tissue in the center of your bones that is responsible for making white blood cells that are destined to become lymphocytes.

SPLEEN
 The largest lymphatic organ in the body. It contains white blood cells that fight infection or disease. It also helps control the amount of blood in your body.

Endocrine system

Your endocrine system consists of glands that release hormones that control physiological functions in your body. Exercise boosts the number of hormones circulating in your body and strengthens receptor sites on target organ cells. Your endocrine response to exercise can improve organ function, physical appearance and your state of mind. Vigorous exercise, in particular, might improve endocrine function.

Metabolic Rate

Exercise, particularly heavy weightlifting, stimulates the release of luteinizing hormone from your anterior pituitary gland, and luteinizing hormone triggers testosterone production. Exercise that involves intense bursts of energy also stimulates the release of thyroxine from your thyroid gland. Exercise can help you control or reduce your weight because testosterone and thyroxine speed up your metabolism.

Blood Sugar

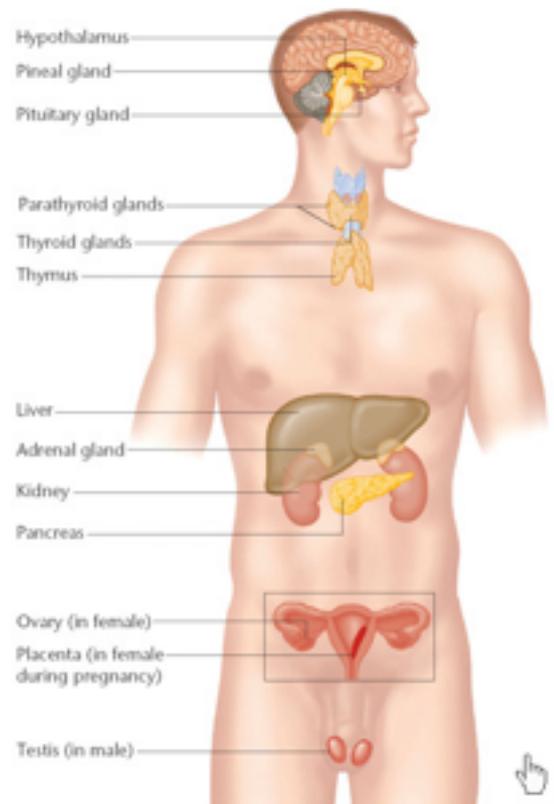
Insulin is a hormone that regulates your glucose, or blood sugar, by transporting it to muscles and tissues that use glucose for energy. Excessive insulin in your blood reduces your sensitivity to insulin and can lead to diabetes. More glucose stays in the blood when insulin sensitivity goes down, and high blood glucose can cause nausea, vomiting, shortness of breath, organ failure, circulation problems and can lead to coma if left untreated. Exercise might increase your insulin sensitivity by reducing blood concentrations of insulin. Blood insulin levels begin decreasing after 10 minutes of aerobic exercise, and weight training might increase your sensitivity to insulin at rest, say researchers at the University of New Mexico.

Blood Flow

The adrenal medulla releases epinephrine during exercise and increases epinephrine levels at higher exercise intensities. Epinephrine increases the amount of blood that your heart pumps. Epinephrine also enhances your ability to use muscles during exercise by widening blood vessels, which lets your muscles get more oxygen-rich blood. Thyroxine secretions during exercise increase the amount of blood in your body by about 30 percent, and these secretions might remain elevated for around five hours.

Psychological Effects

The effects of exercise on your endocrine system might positively affect your mental state. Exercise-induced testosterone might increase confidence and libido. Conversely, low testosterone levels might inhibit your motivation, self-confidence, concentration and memory. Your pituitary gland may produce a large increase in blood endorphin levels shortly after exercise begins. Endorphins block your sensitivity to pain, and can reduce tension or anxiety by inducing a sense of euphoria.



Mid Autumn Festival and Moon Cakes

The mid autumn festival, as known as the moon cake festival is a popular celebration for family gathering and feasting. When it comes to this festive period, various type of moon cakes are found, such as lotus paste with duck yolk moon cake, custard moon cake, and the ice moon cake. Before you start munching them all, make sure you know what you are eating!

Below tables are comparison between nutrition label of different brands of white lotus and double duck yolk moon cake, custard moon cake and ice moon cake.

雙黃白蓮蓉月餅營養標籤比拼

	美心	鴻星	奇華	聖安娜	東海堂	榮華
Price	每個重量(克)	185.0	—	185.0	—	185.0
Weight (g)	能量(千卡)	432.0	433.0	406.5	436.0	432.0
Energy (Kcal)	蛋白質(克)	7.4	7.0	7.6	7.7	7.4
Protein (g)	總脂肪(克)	22.5	24.5	21.2	23.9	22.5
Total Fat (g)	飽和脂肪(克)	5.0	4.8	4.5	5.2	5.0
Saturated Fat (g)	反式脂肪(克)	0	0	0	0	0
Tran Fat (g)	總碳水化合物(克)	50.6	45.9	46.7	49.9	50.6
Carbohydrate (g)	糖(克)	31.4	29.4	29.2	27.5	31.4
Sugar (g)	鈉(毫克)	28.1	22.0	112.1	89.0	28.1
Sodium (g)						63.0

資料來源：上述月餅營養標籤

奶黃月餅營養標籤比拼

	美心	鴻星	奇華	聖安娜
Price	售價(元)	155(8個裝)	220(8個裝)	165(8個裝)
Weight (g)	每個重量(克)	66.0	60.0	36.0
Energy (Kcal)	能量(千卡)	420.0	334.0	436.0
Protein (g)	蛋白質(克)	8.7	8.6	8.1
Total Fat (g)	總脂肪(克)	23.3	13.4	25.3
Saturated Fat (g)	飽和脂肪(克)	12.7	4.6	12.8
Tran Fat (g)	反式脂肪(克)	0	0	0.6
Carbohydrate (g)	總碳水化合物(克)	44.0	44.8	44.2
Sugar (g)	糖(克)	19.3	8.8	24.5
Sodium (g)	鈉(毫克)	286.7	61.0	263.9

Smallest in Size
Highest in:
Energy
Total Fat
Saturated Fat
Tran Fat
High in:
Sugar
Sodium

註1：上述營養標素以每100克計算，全為法例規定須標示的營養素

註2：據食物安全中心資料，每100克含逾20克總脂肪屬高脂食物；含逾15克糖屬高糖食物；含逾600毫克鈉屬高鈉食物

Each unit weight (g)
 Serving size (g)
 Energy (Kcal)
 Protein (g)
 Total Fat (g)
 Saturated Fat (g)
 Tran Fat (g)
 Carbohydrate (g)
 Fibre (g)
 Sugar (g)
 Sodium (g)

A

美心特濃朱古力石板街冰皮(迷你)
 每個重量：60克
 食用份量：15克 (1/4個) 100克 (1 2/3 個)

熱量：46卡路里	304卡路里
蛋白質：0.6克	4克
總脂肪：1.7克	11克
飽和脂肪：0.6克	3.9克
反式脂肪：0克	0克
碳水化合物：7.2克	48克
膳食纖維：0.8克	5.3克
糖：3.6克	24克



B

美心栗子粒粒冰皮(迷你)
 每個重量：60克
 食用份量：15克 (1/4個) 100克 (1 2/3 個)

熱量：44卡路里	290卡路里
蛋白質：0.5克	3.3克
總脂肪：1.7克	11克
飽和脂肪：0.2克	1.3克
反式脂肪：0克	0克
碳水化合物：6.6克	44克
膳食纖維：0.4克	2.6克
糖：3.3克	22克



C

大旗冰皮迷你流沙芝麻豆蓉月餅
 每個重量：60克
 食用份量：15克 (1/4個) 100克 (1 2/3 個)

熱量：57.7卡路里	383卡路里
蛋白質：0.6克	4克
總脂肪：2.6克	18克
飽和脂肪：0.5克	3.4克
反式脂肪：0克	0克
碳水化合物：7.8克	52克
糖：4.2克	28克
鈉質：9.8毫克	65毫克



D

大旗冰皮迷你抹茶紅豆月餅
 每個重量：60克
 食用份量：15克 (1/4個) 100克 (1 2/3 個)

熱量：52卡路里	349卡路里
蛋白質：0.5克	3.3克
總脂肪：1.7克	15克
飽和脂肪：0.6克	3.8克
反式脂肪：0克	0克
碳水化合物：7.7克	51克
糖：4.2克	28克
鈉質：11毫克	70毫克



*** Ice moon cake filling**

- A) Chocolate rocky road
- B) Chestnut paste
- C) Sesame & green bean
- D) Green tea & red bean

Suggestion for a healthier Mid Autumn!

On a whole..moon cakes are CALORIE BOMBS and luckily they are only around for one month per year.

- For those who have cardiovascular disease or diabetes, they should only eat **1/8 of a moon cake per day**
- Share with friends & family, eat slowly and for healthy individuals, limit to perhaps **1 per week**
- Try to look for **sugar-free or lower sugar** option that are available with modern fillings such as frozen berries or yoghurt
- Avoid fizzy drink or sugary drink at the same time, replace with chinese tea such as Pu-erh tea or Oolong tea



ANA wishes you all a Happy Mid Autumn Festival! 中秋節快樂!