



We Train Trainers To Train Never Be The Same
培訓專才 開拓不一樣的未來

For this Christmas, Do you have any good idea about a gift that benefit the health for your beloved family and friends?

Gift Certificates are now available!



. Weight Management Program .

. Full Body Sports & Therapeutic Massage .

. Full Body & PNF Stretching .



Don't wait until January to start feeling good!
Help them to start off right with a New Year Health Resolution!

Call Now! Ask our staff for more details!

Weight Management

Fitness



A special gift for You

Nutrition Consultation



Personal Training

One package of Weight Management Program (12 Sessions)

Health





Health Journal Dec 2013

Having a Healthy Christmas

On Christmas day most of us can consume up to 6000 kcal (25104 kJ), that's 3 times the recommended daily intake for women and over 2 times for men. Studies show that, on average, people gain at least 5 lbs (2 kg) in the four-week Christmas period. This is because we tend to increase our calorie intake by about 500kcal per day. This sounds a lot but it is equivalent to a few handfuls of crisps, a mini sausage roll and a couple of glasses of wine so it is easy to gain this weight, but it can be much harder to lose.

The following table idea will help you to do the calories count for your Christmas meals!

Food item	Calories (kcal)	Food item	Calories (kcal)
1 glass cider or sparkling grape juice	120	2 small chocolate chip cookies	150
1 glass wine	120	1 shortbread cookie	100
1 bottle of beer	271	½ cup ice cream	145
1 cup coffee with cream and sugar	50	1 slice of mincemeat pie	360
5 large olives	92	1 slice fruitcake	324
½ cup mixed nuts	440	1 slice cheesecake	372
½ cup fresh fruit	60	3 cups salad greens with 2 tblsp. dressing	210
1 ounce tortilla or potato chips	150	3 cups salad with diet dressing	100
1 tablespoon dip for chips	75	6 ounces cured ham	300
1 cracker with cheese	70	6 ounces white and dark turkey	340
2 oz. boiled shrimp with cocktail sauce	80	6 ounces goose	400
2 oz. Swedish meatballs	100	6 ounces prime rib	330
2 chocolate mints	60	½ cup mashed potatoes	150
1 candy cane	60	½ cup gravy	150
1 small piece fudge	70	1 baked potato with sour cream	150
1 iced gingerbread cookie	100		

Those figures are quite overwhelming..but don't panic, there are ways you can do to prepare for a healthier Christmas!

- Nuts are also traditional to have around at Christmas and a small handful can be a healthy snack to fill up on if you **avoid the salted ones**. Nuts provide fibre, contain a wide range of vitamins and minerals and are a good source of protein. They also contain monounsaturated fat and other unsaturated fats called 'essential fatty acids', which the body needs from the diet for good health. Watch out though because nuts are high in fat, so only eat in moderate amounts.
- Fruit is a great snack to fill up on between meals. Try seasonal satsumas and festive dried fruits such as dates, figs and cranberries. An 80g portion of fresh and dried fruit both count towards your 5 a day.





Health Journal Issue 38. Dec 2013

- The skin on turkey or goose is where most of the fat is. **Remove the skin** and save about 50 kcal (409 kJ) per portion. Light meat has slightly fewer calories than dark meat. Before cooking, prick the skin to allow the fat to run out and cook the bird on a trivet or an upturned ovenproof plate so it is not sitting in fat all the time.
- Replace sausage meat stuffing with a chestnut or fruit-based version.
- Cut your potatoes bigger for roasting. Larger ones absorb less fat during roasting as they have a smaller combined surface area than the same amount of potato cut into smaller pieces. This also applies to parsnips. Parboil the potatoes, brush with some olive or vegetable oil and then finish off in the oven.
- To make low fat gravy, pour the turkey juices in to a jug and wait for the fat to rise to the surface. Carefully pour or spoon off the fat before using the juices to make gravy.
- Serve a variety of vegetables as they provide essential nutrients and are all low in calories and fat provided they are not covered in butter. Use chopped fresh herbs or lemon zest rather than butter to add flavour. Just one teaspoon of butter adds 40 kcal (327 kJ).
- Serve Christmas pudding with custard made with **lower fat milk or low fat Greek yogurt** rather than double cream or brandy butter.



Avoiding weight gain

Exercise can help to reverse some of the effects of eating too much food. If you don't have time to follow your usual exercise pattern during the festive period, compensate by building physical activity into your daily routine. Walk up the stairs rather than taking the lift or get off the bus a few stops early and walk the rest of your journey. Rather than watching the TV after Christmas lunch, go for a brisk walk or a gentle bike ride. A breath of fresh air will help you feel refreshed, can help prevent indigestion and in 30 minutes you can use up 200 kcal (837 kJ).

Exercise

Try some of the following ideas to help you stay fit over the holidays:

- Ask for a gym membership as a Christmas present. That way you can stay fit all year round.
- Set yourself an exercise challenge for the New Year. Gather friends and family together, go for hiking, play badminton or long walk at the country park.
- Play with your children. They enjoy when you watch their games, but they love when you play with them. Try outdoor cricket, throwing a Frisbee, bike riding or swimming.
- If you're on a vacation, walking is the best way to become familiar with your holiday location. It's amazing what you can discover when you are on foot.
- Use the facilities at camping grounds, motels or resorts. For example, hiring a tennis court or badminton court is an inexpensive way to stay entertained for hours.



We Train Trainers To Train Never Be The Same
 培訓專才 開拓不一樣的未來



Congratulation to our colleague, Martin & his beautiful wife,

We hope your life together will be filled with joy, happiness and lots of love.

We would also like to thank you all our clients for joining their wedding. Especially to Cecilia and Patrick for being their civil celebrant, giving them the most memorable moment of their life.

