

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

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- . *Full Body Sports & Therapeutic Massage .*
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Don't wait until January to start feeling good!  
 Help them to start off right with a 2015 Health Resolution!

*Call Now! Ask our staff for more details!*

Weight Management

Fitness



ANA 營養及體重管理中心 Nutrition & Weight Management Fitness Centre

*A special gift for You*

Nutrition Consultation



Personal Training

**One package of Weight Management Program ( 12 Sessions )**

Health





*In the season of joy we would like to present  
 our sincere wishes and kind thoughts.*

*May your Christmas and New Year be a time  
 of laughter, warmth, peace and happiness.*

*Best wishes from Wallace and ANA Team*

## WHOLE BODY GLIDING CHALLENGE

You would never expect two towels could give you such a sweaty workout!

- **Shoulder Scissor**
- **Plank & Single leg glider**
- **Reverse Lunges & Slide**



Congratulation to Angela Ho, Catherine Fok, Craig Shute, Fiona Shum, Janice Tsui and Shane Sibraa. Our hard working 'cleaners' whom helped out in mopping, making our floor clean and shine using your strong arms and legs! Very well done! A great exercise combination to do at home during the christmas holiday!

# Health Journal Dec 2014

**Christmas excess today means that the average person consumes 6,000 calories on Christmas day. Some people have already kicked off indulging in early December and go through until beginning of January, which can mean they gain 5-7 lbs by eating an average extra 500 calories per day.**

**To burn off Christmas day's calories alone you might need to do at least seven hours of hard exercise such as cycling or swimming. But keeping moderate exercise up before and after Christmas can help stop you putting on weight. There are plenty of easy calorie-saver methods for food preparation and cooking.**

**Here are ways to help you to cut 500kcal from your traditional Christmas dinner without sacrificing the taste.**

## Turkey

Turkey is a good source of protein and, without the skin, is low in fat. It provides B vitamins, which you need for energy production. The skin on a turkey, or any other roasted poultry, is where most of the fat is. If you remove the skin you can save around 40kcal per portion. Light meat also has slightly fewer calories than dark meat, so choose breast instead of leg or thigh. Cook it on a trivet or upturned ovenproof plate so it's not sitting in the fat.

Stop: 100g of butter-basted turkey, with the skin on, has 146kcal, 4.9g fat

Swap: 100g of skinless turkey has 104kcal, 2g fat

## Stuffing

Chestnuts are low in fat and a good source of potassium, which we need for healthy kidneys. Choose a chestnut or fruit-based stuffing instead of sausage meat.

Stop: 100g of sausage meat stuffing has 252kcal, 16g fat

Swap: 100g of cranberry, orange and roast chestnut stuffing has 162kcal, 0.8g fat

## Roast potatoes

Potatoes are a good source of carbohydrate and are almost fat free (before they're roasted in oil or fat). Baked potatoes are just as tasty but much better for you.

Stop: 100g of potatoes roasted in oil have 149kcal, 4.5g fat

Swap: 100g of baked potato has 109kcal, 0.1g fat



## Gravy

To make low-fat gravy, pour the turkey juices into a jug and wait for the fat to rise to the surface. Then carefully pour or spoon off the fat before using the juices to make gravy.

Gravy can be high in salt. Too much salt may increase blood pressure. If you have gravy, try not to add salt to your meal.

## Vegetables

Brussels sprouts are a good source of folate (a B vitamin) and vitamin C, which may help to protect against heart disease and cancer. They contain fibre, which helps to keep the digestive system healthy.

Serve plenty of vegetables as they're low in calories and fat, but don't smother them in butter.



Stop: one teaspoon (5g) of butter adds 37kcal, 4.1g fat (2.8g saturates).

Swap: use chopped fresh herbs or lemon zest to add flavor. They have almost no calories.

## Christmas Pudding

Christmas pudding is fairly low in fat and high in carbohydrate. It provides some fibre, B vitamins, potassium, iron and calcium. But have just one small portion after lunch as it's high in sugar.

You can boost your calcium intake by eating it with low-fat custard, made from semi-skimmed milk. Or have fat-free Greek yoghurt instead of brandy butter or double cream.

Stop: 1tbsp (15g) of brandy butter has 81kcal, 5.8g fat. 2tbsp (30g) of double cream has 133kcal, 14.2g fat

Swap: 3tbsp (45g) of low-fat custard has 27kcal, 0.6g fat. 2tbsp (30g) of 0% fat Greek yoghurt has 16kcal, 0g fat.

## Healthy Tips

- Don't wrap sausages in bacon or pastry. Grill, dry fry or bake them on a wire rack so that the fat drains off
- Don't have dips made with cream or cream cheese. Choose tomato-based dips, such as salsa, or mix some chopped herbs into low-fat yoghurt
- Serve rice cakes, oatcakes or plain popcorn with drinks, instead of crisps and salted nuts
- Some seasonal favorites do make healthy festive snacks. Satsumas are high in vitamin C, and roast chestnuts are low in fat
- Also keep in mind that do not skip meals and try to eat regularly to avoid overeating in one big meal

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## Exercise in Winter

As the days draw in and temperatures drop, you may be tempted to hang up your exercise gear and hibernate. Don't! Stay active throughout autumn and winter to beat those seasonal blues and feel on top of the world.

- You may be tempted to eat more during the colder months. Exercising will help you manage your weight better and keep your body in shape.
- Regular exercise will make you feel more energetic, which should make it a little easier to get out of your warm bed on cold, dark mornings.
- Your body's defenses will also benefit. There is research suggesting that moderate exercise can strengthen the immune system, thereby reducing the risk of coughs and colds.
- If the shorter days are affecting your mood, being active can improve your sense of wellbeing.



**Always warm-up and stretch for 10mins before you start. Walk at a brisk pace or jog to warm your muscles.**

**If you're starting a new exercise regime, don't overdo it. Slowly build the amount of exercise you do. If you can't manage 30 minutes in one go, break it up into 10-minute chunks.**

## Moderate Alcohol

You can be over the limit to drive on less alcohol than you may think. If you're out celebrating over the festive period, don't drink if you're driving.

Recommendation:

- Men should not regularly drink more than 3-4 units of alcohol a day
- Women should not regularly drink more than 2-3 units a day

Alcohol affects each person differently. Many factors will influence the level of alcohol in your blood, such as age, weight, how quickly your body breaks down chemicals, type of drink, the speed of drinking and the amount that you've eaten.

Even a small amount of alcohol can affect your driving in a number of ways, including:

- slower reactions
- increased stopping distance
- poorer judgment of speed and distance
- a reduced field of vision

Wishing you all a Joyful Christmas with family and friends!

Stay Warm and Be Safe on the road!

