

# Health Journal November 2010

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

## ANA Fitness Idol Contest 2010



M1 & M2



W1 & W2

The first challenge of our 2010-2011 ANA Fitness Idol Contest – Chest Strength – has been ended on October 15, 2010.

We are very pleased to see the improvement of the overall result. 98.3% of participants have passed the Push up test while 84.5% of them fell into the “excellent” category according to our standard! The female and male champions are Judy Wong (105 push up) and Anthony Thompson (97 push up) respectively. Not only are the two champions the winners, everyone who successfully challenged themselves and broke their personal record is the big winner too! You may notice that your chest grows stronger. You may also be able to push up with ease now. We hope we can get same satisfying results in the next challenge – Triceps strength too!

To update you on our Fitness contest, the past week was the second week of the Triceps Challenge. It is encouraging to see many of you – just like in the push-up test – have made large improvements by yourselves! It is also amazing to see some of you have stretched your limit and made impressive breakthroughs! Please be confident in yourself! Just find a few minutes to practice at home or in the gym and we truly believe everyone can get a satisfying result at the end of the challenge!

## EATING OUT

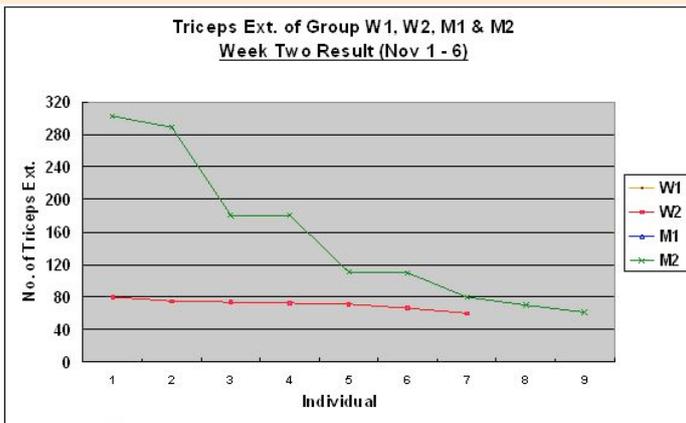
Diet of Urbanite Vs Ruralist (Table I)

Content of a meal	Urbanite	Ruralist
Refined protein	↑	↓
Animal food	↑	↓
Fat	↑	↓
Vegetable oil	↑	↓
Cholesterol	↑	↓
Calcium	↑	↓
Sodium	↑	↓
Vitamin A	↑	↓
While rice	Same	Same
Fiber	↓	↑

↑: comparatively higher in amount

↓: comparatively less in amount

Triceps Ext. of Group W1, W2, M1 & M2  
Week Two Result (Nov 1 - 6)



## Eating Out

As we can see in Table I, although foods obtained by urbanites contain more calcium and vitamin A which are essential to life, other components, such as cholesterol, saturated fat in animal food, sodium, which are harmful to our cardiovascular system when consumed in excess, outweigh the benefits of the formers.

It is good to cook at home because ingredients used and cooking methods are under control. However, due to business or social reasons, it is inevitable for us to eat out sometimes. For the sake of your health, here we have some tips for you when you need to dine out. (Some are from Gov sources)

Before the date:

- 1) It is better to choose the place for dining and even the dishes to order in advance. Try to choose a restaurant with variety choices of healthful food, such as salad, vegetables, seafood or lean meat; and with good cooking methods like baking, steaming, sautéing or braising. It also depends on how the restaurant following your healthy instructions when they prepare your food. E.g. less salt, oil, and sugar and no deep fried.

When you order:

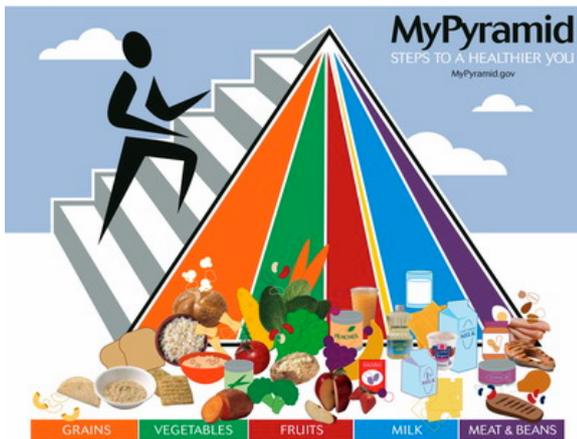
- 1) Take the active role. Try to be the one who order so you can choose dishes which are beneficial to the health of your friends' and family as well. If you are not the one who orders, do not feel embarrassed to give suggestions. You may have a good influence on your companions which make them more concern about their health too.

- 2) When you sit down, order vegetable first. It will curb your hunger to prevent over-eating. Meanwhile, most vegetables contain phytochemicals which are beneficial to health. It can also help you excrete those unfavorable wastes and prevent constipation. Food contains more dietary fiber include grain cereals, dried beans, vegetables, and fruits, etc. In western cuisine, side dishes like mushroom, carrot, bell peppers, or even dried fungi, are also good way to increase dietary fiber uptake (but be aware if they are butter-cooked).
- 3) Choose lean meat, fish, skinless chicken, and tofu more often. Avoid high-fat or high-cholesterol meats, such as belly meat, offal, luncheon meat, sausages, chicken feet, fish head, etc. and deep-fried soy bean products such as deep-fried tofu, etc.
- 4) Try to avoid dishes with cured meat or preserved ingredients, such as sausages, salted fish, salted egg, and pickled vegetables, such as sauerkraut (pickled cabbage) and pickled olives. Dishes cooked with salty condiments, such as spare ribs with preserved black beans and pork with sauerkraut, should also be selected less often.
- 5) Choose dishes seasoned with natural low-salt condiments like ginger, spring onion, garlic, and onion, etc.
- 6) Low-fat cooking methods include steaming, boiling, baking, grilling, and stewing. Examples of low-fat foods include noodle soup, boiled vegetables, grilled fish, and roast chicken etc. Avoid deep-fried and oily foods like French fries, deep-fried chicken, spare ribs, etc.
- 7) When you have questions about the cooking method/ ingredients of a dish (especially Asian dishes with special names), try to ask waiters/waitresses about it to avoid ordering any undesirable dishes, especially those which cause you food allergynant cells, but not in normal cells.

8) Due to commercial reasons, regardless the volume of your stomach, more restaurants nowadays serve food in large portion in order to earn more money. Therefore, you have to ask waiters/waitresses about the portion of food before ordering. Not only can this avoid ordering too much food (a waste of food, which is not environmental-friendly), it also helps you save more money and prevent you from overeating (many of us are not happy to see food left on the table). It is stupid to have to pay to torture our stomach right?

When you eat:

1) Eat the correct amount of each food. The golden composition of a meal (in volume): 50% grains, for the remaining 50%, do eat 2/3 vegetable and 1/3 lean meat. This is to stick with the correct proportion of macronutrients intake: 50-70% carbohydrates, less than 15-20% protein and less than 30% fat.



According to thermal dynamic, you can maintain your current body weight if energy intake equals energy output. You can lose weight if energy intake is less than energy output. On the contrast, you will gain weight if energy intake is larger than energy output. For a better weight management, if you eat more than you need at the restaurant, please do more exercise to increase energy output in order to keep yourself fit!

2) Many people may have a misunderstanding that carbohydrates are calorie-packed (4Kcal/g) so they should be avoided. In fact, fat has the highest density in terms of calorie (9kcal/g). If you want to keep in shape, you should choose food which is less oily rather than skipping carbohydrates. Always trim off visible fat from meat and remove the skin of poultry before eating.

3) Watch out the sauce! Most of them are high in saturated fat, salt, and sugar. Avoid oily sauces like coconut sauce, cream sauce, curry sauce, and salad dressing in order to cut down on the intake of fat. Choose sauces and dressings of lower fat content, such as tomato sauce and low-fat salad dressing.

4) Wine has a high density of calorie (7kcal/g) while soft drinks are high in sugar. Try to order sugar-free soft drinks. It is even better to have distilled/plain water to hydrate yourself. Not drink more than 5-7 glass of wine a week. We suggest a red wine for the better choice.

5) Please note the ingredient of dessert. Some desserts are not only high in sugar, but also loaded with saturated fat or trans fat which pose risks to the health of your heart.

6) Examples are crème brûlée, ice-cream, cheese cake, cookies etc.

Health is the most treasurable wealth we get. Once it is lost, we cannot get it back. We hope this health journal can help you adopt a better lifestyle, in turn better health, and better life!

**Be Fit, Eat Smart,  
Exercise More!**