

Health Journal December 2010

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

Healthy Hearty Christmas Celebration!

Christmas is coming! Christmas is definitely one of the most popular festivals in the world. We share good times and great joy with our beloved ones. We meet old friends. We find peace. And we make wishes (not to gain weight after the holiday, maybe). You are the one we treasure, so we are not just here saying "Merry Christmas" to you, we also help you fit into your tight pants or little black dress as you wish, but most importantly, we do hope for you to be physically and mentally fit so you can enjoy life and taste every bit of joy in this festive season!

In this December's Health Journal, we will provide you with tips to avoid gaining fat while you can still have fun. We also prepared an easy-to-follow cardio program for you, which may just take 15-20 minutes out of your morning.

Please sit and take 5 minutes to unwrap our present for you!



ANA AT CHRISTMAS

Other Visitors



"The joyful ambience and positive energy here can help you forget your salty sweat and sour muscle easily during training."

ANA Team

Food tips

1. Don't skip breakfast even if you will have a big meal at night. You should rather eat properly rather than skip other meals during the day. Example: Special K + skim milk + half cup of blueberries + boiled egg white
2. Don't eat late at night. Try to arrange your Christmas dinner earlier in the evening. There are mainly 3 purposes: to avoid overeating due to hunger; to burn some of the extra calories earned from big meal; to leave more time for activities such as indoor games like Wii sport game / Christmas lighting appreciation after dinner so you don't need to get home later (sleep late will affect your hormone secretion)!
3. If you are lucky (or... unfortunate) enough to go for a Christmas buffet, please don't run towards those meat items or dessert at the beginning. Here are more tips for you:
 - a. Use a smaller plate rather than a bigger plate for taking food.
 - b. Try the following steps: have fresh salads, fresh fruits and clear soup to start your buffet, then go for soba, sushi, soup noodles or rice (avoid the fried version or those with heavy sauce), finally seafood, turkey, BBQ or grilled foods, lean meat and desserts.
 - c. Take food with moderations. Take little amounts of each item so you won't overeat too much and you will be able to try more varieties of food. This helps you get a more balanced diet.
 - d. Eat slowly. It can lower the work load of your digestive system. It also allows the body to give you a signal of fullness before you overeat. Normally, one of the hormones called CCK, which secretes from your hypothalamus, will give a feeling of fullness after 30mins.
 - e. Don't focus on eating and neglect the one sitting with you. Having buffet is a time to celebrate Christmas and have fun. Let's share your joy with the others and talk more. This can also help you eat slowly.
 - f. Don't forget to hydrate yourself by drinking a lot of water
4. If you cook the Christmas dinner, here are also tips for you:
 - a. Focus your meal on salad, soup, and carbohydrates (remember the golden composition – 55-65% carbohydrates, less than 20% protein and less than 30% fats and at least 25g dietary fiber?), and a few plates of lean meats such as seafood, turkey or grilled beef and vegetable skewers.
 - b. Avoid creamy soup. Minestrone, tomato soup, or mixed vegetable soup is recommended.
 - c. For vegetables, try to make it as raw as possible to obtain more phyto-chemicals. Avoid creamy sauces.
 - d. Trim any visible fat before cooking.
 - e. Try to grill, bake, stew, steam, boil or BBQ food ingredients rather than fry and roast them.
 - f. If you love dessert, you better cut down the other carbohydrates from the main dishes like bread, rice, noodles, pasta, potatoes..... For dessert, good choices are baked pear/apple served with fresh fruits, colorful fresh fruits jelly in glass topped with yogurt, wholegrain ginger cookies, a Christmas cake made with wholegrain flour and black sugar/ sweeteners, olive oil, or low fat cheese.

Exercise

If you do not want to gain weight, not only should you be careful of your food choice, you should also increase your energy expenditure. Do you remember the below formula?

Energy In = Energy Out = Maintain Weight

While you try to eat well (decrease the extra calorie earn), why don't you also take a few minutes to exercise, which is the simplest way to increase energy expenditure?

Here is some knowledge regarding cardio exercise below. We also prepared 3 running programs targeting beginner, intermediate and advanced runners.

Type of training at different Heart Rate

There are several types of cardio training. Each type of training has their own purpose. You will be at different training under different Percentage of Maximum Heart Rate.

You can calculate your estimate max. heart rate with the below formula:

Max heart rate = $220 - \text{Age}$

50% - 60% = Moderate Activity or Recovery Zone.
Maintaining a heart rate in this zone is ideal for comfortable exercise to improve overall health. Start here if you are new to exercise or are in need of a recovery day between intense workouts. It is also a good zone for overweight people to begin burning fat. The effort level is low and allows time for the muscles and joints to wake up and prepare for a more active life.

60%-70% = Heart Health and Weight Loss Zone.

If you get "winded" walking up a single flight of stairs, start training in this zone. With your heart beating between 60% and 70% of your max you are conditioning it to pump more blood. Better circulation efficiency is the key to delivering more oxygen to your muscles. Stored body fat is the primary fuel in this zone. Your long, slow, distance workouts are in this level - with emphasis on slow.

70%-80% = Aerobic Zone.

If you can't run the soccer field like you used to, it is probably because you are not spending enough time in this zone. Training in the aerobic zone will improve cardiovascular fitness. Your body will more effectively transport oxygen-rich blood to your muscles. Your 30-mile road ride will begin to take less time. Your 10k's will improve, etc.

80%-90% = Anaerobic Threshold Zone.

When your heart is beating in this range, your body is producing lactic acid at levels it cannot effectively remove. Sprint workouts are designed to push your anaerobic threshold. Training in this zone conditions your body to tolerate lactic acid for longer periods of time. This will lead to muscle growth and significant improvements in athletic performance

90%-100% = VO₂ Max Zone

VO₂ Max is your body's maximum oxygen consumption level. It is measured in volume/time units. You may reach this zone only for very short bursts of time. When you go into oxygen debt by racing your buddy to the finish line you have reached your VO₂ max. Your lungs can't keep up your body's demand for oxygen and lactic acid floods into your muscles. Training in this zone increases enzymes in your muscles responsible for anaerobic metabolism.

Running/Walking Program I

Beginners Running Program: 20 mins in 5 weeks

WEEK		DAY 1	DAY 2	DAY 3
1		5mins walk 5mins fast walk 3mins run 2mins fast walk	5mins walk 5mins fast walk 3mins run 2mins fast walk	10mins fast walk 3 mins run 2mins fast walk
	No. of cycle	2	2	2
2		10mins fast walk 3 mins run 2mins fast walk	5mins fast walk 3 mins run 2mins fast walk	5mins fast walk 3 mins run 2mins fast walk
	No. of cycle	2	3	3
3		2mins fast walk 3 mins run	2mins fast walk 3 mins run	1 min fast walk 3 mins run
	No. of cycle	4	4	5
4		1 min fast walk 3 mins run	1 min fast walk 9 mins run	1 min fast walk 9 mins run
	No. of cycle	5	2	2
5		2 mins fast walk 10 mins run	2 mins fast walk 10 mins run	1 mins fast walk 10 mins run
	No. of cycle	2	2	2

Running/Walking Program II

Intermediate Running Program: 30mins in 5 weeks

WEEK		DAY 1	DAY 2	DAY 3
1		3 mins fast walk 3 mins run x 5	3 mins fast walk 3 mins run x 5	2 mins fast walk 4 mins run x 5
	No. of cycle	5	5	5
2		2 mins fast walk 4 mins run x 5	1 min fast walk 5 mins run x 5	1 min fast walk 5 mins run x 5
	No. of cycle	5	5	5
3		1 min fast walk 2 mins fast run 3 mins run x 5	1 min fast walk 2 mins fast run 3 mins run x 5	1 min fast walk 3 mins fast run 2 mins run x 5
	No. of cycle	5	5	5
4		1 min fast walk 3 mins fast run 2 mins run x 5	1 min fast walk 4 mins fast run 1 min run x 5	1 min fast walk 4 mins fast run 1 min run x 5
	No. of cycle	5	5	5
5		1 min fast walk 2 mins fast run 2 mins run x 7	1 min fast walk 2 mins fast run 2 mins run x 7	1 min fast walk 2 mins fast run 2 mins run x 7
	No. of cycle	7	7	7

Running/Walking Program III

Advanced Running Program: 45mins in 5 weeks

WEEK		DAY 1	DAY 2	DAY 3
1		1mins fast walk	1mins fast walk	1mins fast walk
		3mins run	3mins run	3mins run
		1mins fast run	(Incline:1-2)	(Incline:1-2)
			1mins fast run	1mins fast run
	No. of cycle	9	9	9
2		1mins fast walk	1mins fast walk	1mins fast walk
		2mins run	2mins run	2mins run
		2mins fast run	(Incline:1.5-2.5)	(Incline:1.5-2.5)
			2mins fast run	2mins fast run
	No. of cycle	9	9	9
3		1 min fast walk	1 min fast walk	1 min fast walk
		(Incline:2-3)	(Incline:2-3)	(Incline:2-3)
		1 min run	1 min run	1 min run
		3mins fast run	(Incline:1.5-2.5)	(Incline:1.5-2.5)
	No. of cycle	9	9	9
4		2 mins run	2 mins run	2 mins run
		(Incline:1-2)	(Incline:1.5-2.5)	(Incline:1.5-2.5)
		3 mins fast run	3 mins fast run	3 mins fast run
	No. of cycle	9	9	9
5		1 min run	1 min run	1 min run
		(Incline:2-3)	(Incline:2-3)	(Incline:2-3)
		4 mins fast run	4 mins fast run	4 mins fast run
	No. of cycle	45	45	45

2010 ANA Fitness Idol Contest

The second challenge of ANA Fitness Idol Contest had completed on Dec 10, 2010. Like in the First Chest Challenge, we are glad to see that all participants had strived for their very best during the Triceps Test. It surprised us that the average improvement made was 545% while the greatest progression was 775%!

The male and female champions were Mr Craig Shute and Ms Christina Chew and their records were 672 and 170 respectively.

The festive season is coming and it is time to make a change to! In order to encourage our clients to adopt a healthful lifestyle, the third challenge of the ANA Fitness Idol Contest will be your Cardiorespiratory Performance! The third challenge will start on Dec 13, 2010 and last until Feb 26, 2011. Unlike the last two challenges, the time period will be longer (11 weeks) so you will have plenty of time to get your cardiovascular ability improved! Please go to our Facebook page or look at the leaflet posted in our centre for more details.

Just by keeping an eye on what you eat while going for a run every morning, you can maintain your weight or minimize your weight gain after the holiday. Running/walking can also improve your blood circulation so you will feel refreshed and look better!

We wish you a Fabulous Christmas filling with happiness, energy and warmth!

BLESSING FROM ANA



“Hope you love our present and find it useful. Wish you a Joyful Christmas. Enjoy the holiday with you beloved ones!”

ANA Team