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Quick Health Chat!



1. Eat healthily whenever you can!

Healthy eating is healthy living! Eat in moderation and variation. Choose and eat wisely! For example, each time you have the craving for a plate of roasted chicken rice, remember that the "skin", "sesame oil chicken rice" and "chilli sauces", account for approximately 607 calories! You need to burn off those calories that will be easily converted into fats. A quick and simple way is to run on the treadmill for an hour at a speed of 8km/hr.



For healthier living, ask for plain rice and go without "skin" for your serving of chicken rice. Eat plenty of vegetables and fruits with at least 2 servings of each per day as recommended by the Singapore Health Promotion Board.

2. Avoid high sodium diet!

Salt and sauces are the main sources of sodium in the Singaporean diet. A diet high in sodium is linked to high blood pressure, which can lead to stroke, heart attack and kidney failure. Sodium acts like a sponge that holds water in our bodies. It expands our blood volume, which raises the pressure in our veins and arteries, hence leading to the health problems mentioned above.

3. Combat the Fats?

How do you know if you need to lose fats? One of the best ways is to find out the percentage of fatty tissue in your total body mass. You can do a detailed body composition analysis. The friendly staff at Amore Fitness can provide more details and recommendations to help you shed those flabs.



4. Lose weight the healthy way!

If your body has less than 1,000 calories intake per day, you are likely to be listless and moody and the weight that you have lost is going to come back with a vengeance.

A crash diet, like the name suggests, burns fats quickly. The trouble is, you are also burning muscle and lean tissues at the same time. In short, you will burn out physically, mentally and emotionally.

A good diet plan involves eating the right amount of nutritious food at the right time of the day and exercising on a regular basis. You can refer to the standard tables for an indication of the ideal weight for men and women of various heights. Remember to take the body types and age into consideration.

5. Exercise and stretching

Do you know that a simple exercise like "arm stretch and breathing" helps to improve lung capacity and oxygen level! Here are the steps:

- Stand up and interlace your fingers.
- Turn the palms and stretch forward 2-3 times.
- Inhale, reach your arms forward. Exhale, return to starting position.
- Repeat in 45 degree and vertical positions.



6. Regular exercises keep us in a good shape and mental health. The benefits of exercising are abundant and here are some of them.

- Increase overall confidence and self-esteem level.

Latest Events

Tri Factor (Tri-Bike)

Sun, Jun 14, 2009 - Mon, Sep 14, 2009

STA Intermediate Singles & Doubles II

Sat, Jul 18, 2009 - Sun, Jul 26, 2009

Pesta Sukan Carnival

Sat, Jul 18, 2009 - Sun, Sep 06, 2009

National Women Kayaking

Championships

Sat, Jul 25, 2009 - Sun, Jul 26, 2009

Family Martial Arts @ Kali Majapahit

Sat, Jul 25, 2009

[View Full Calendar](#)

Polls

Which sport would you like to see in the upcoming escapades?

- Aqua aerobics
- Archery
- Ballroom dancing
- Cable skiing
- Equestrian
- In-line skating
- Kangoo jump
- Karate
- Rock climbing
- Shooting

VOTE RESULTS





- Increase stamina, strength and muscle tone.
- Increase heart and lung efficiency.
- Increase flexibility, mobility and coordination.
- Reduce risk of higher blood pressure.
- Lower cholesterol level.
- An outlet from work or other stressful elements.
- Improve weight control management.
- Improve and redefine body contours.
- Improve overall skin elasticity and density.
- Improve bone density to fight osteoporosis.
- Improve networking with friends!

Remember, for your safety, always consult your doctor before undertaking any exercises, especially if you have a medical history or are currently on medication or undergoing any medical treatments.

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