Another year has flown by and the festive season is here!

Malaysian food is a reflection of our diverse ethnicity and cultures. Everywhere we go, there are restaurants and stalls offering a diverse range of tempting delicacies, be it traditional or modern cuisine. It never fails to satisfy our taste buds, more so during the festive season. We have numerous ‘open houses’ where there is a tendency for us to overindulge.

Need some help to watch your waistline? Check out page 14 & 15 for exercises during the festive season, page 6 for 13 ways to eat healthier and page 13 for 5 tips to stay healthy during the festive season. There is also an article on page 10 & 11 for some gentle exercises in Chinese.

We had an amazing World Heart Day 2016 where more than 600 people gathered to celebrate this meaningful project. Turn to page 8 & 9 for details.

Browse through our pages for 2 Health Classes on “Healthy Fat” and “Meatless Protein”, patient testimony and more healthy recipes.

Wishing you ‘MERRY X’MAS, HAPPY NEW YEAR 2017 & ‘GONG XI FA CAI’!
A health class with the title of “Healthy Fat” was held on 17th August 2016. The objective is to educate public on the type of fat and what is healthy fat.

This health class was organized by Adventist Lifestyle Centre. A total of 32 participants have taken part in this health class. There were 2 sessions: presentation on healthy fat and cooking demonstrations. Two healthy recipes were demonstrated to the public which are Mushroom Bruschetta and Smashed Chickpea and Avocado Sandwich.

The participants enjoyed the sharing session and the food as well.
ON COOKING DEMONSTRATION

The December health class was conducted on 9/12/2016 in the form of cooking demonstration. This time the cooking demonstration focused on “Meatless Protein” where the recipe of mushrooms veggie burger was presented by a nutritionist intern from USCI University. The health class was not just a sharing session but also provides a platform for the intern to perform, learn and engage with the public.

The health class was held at VIP lounge from 3pm to 4pm and it was opened to hospital staff and the public. The objective of the health class was to educate the participants about the healthy method to make a mushroom veggie burger.

About 30 people (mostly senior citizens) attended the class where each participant was given the recipe and an evaluation questionnaire.

During the class, the participants were briefed on the information such as the alternative protein source for meat, comparison of both the real and processed patty, nutrients of the mushrooms veggie burger as well as introducing the brief making of the recipe. Ms Amalina another nutritionist intern was there to facilitate and assist the whole process of cooking demonstration as well. By the end of the cooking demonstration, pre-made burgers were served to the participants and they were asked to fill in the evaluation questionnaire.

Finally, the health class ended around 3:45pm with words of appreciation from both the emcee and the speaker. The participants have responded that the health class was informative and they enjoyed attending the class.

Prepared by Teddy Lee (USCI Intern)

As for the outcome, only 26 participants completed the evaluation questionnaire. According to the result, 100% of them found the health class was informative and helpful which most of them thought of using the recipe at home. 100% of them liked the recipe and 92% of them found it easy to gather and purchase the ingredients of the recipe. Lastly, 96% of them thought that the cooking demonstration has met their expectations.

In a nutshell, the general result indicates a positive interest from the participants.

Even though everyone said I looked fine but I felt weak & fatigued. I insisted on CT Scan and Angiogram procedures. The results were alarming! Showing 3 main arteries blocked of 100%, 90% and 85%. My suspicion was confirmed. I listened to the signals given out by my body but I did not expect it to be so severe. I was in the low-risk category except family history, my father and brother died of heart attack.

After consulting Cardiologists locally from Singapore and Australia, I was told that Coronary Artery Bypass Graft (CABG) surgery was inevitable. It is a major surgery not without risks. Again, my body started rejecting unhealthy food. During the two weeks before surgery, my body was seeking nutritious food to boost my immune system, prepare my body for surgery and also help with faster healing and recovery.

I was feeling stressed mentally, feeling anxious & depressed. Family support was essential at this stage. My loving husband was around to comfort and helped me reduce emotional distress. My 3 children in Australia took emergency leave from work to give me moral support. Having them by my side pre and post surgery helped to ease my fear and anxiety.

The CABG surgery was smooth and uneventful. Other than the few small wounds on my chest and thigh, I recovered relatively fast as I was fit before the surgery.

Great to be still around!
13 ways to Eat Healthier During Festive Season

How do you keep your health, fitness and weight on track during the festive season? Try these expert-backed strategies:

1. **Make time for breakfast:** Eat a breakfast comprising protein and fibre; they will stabilise your blood sugar and keep you going till mid-morning.
2. **Be realistic:** Aim at maintaining your current weight.
3. **Get your exercise fix:** A moderate and daily increase in exercise can help offset the increase in eating and calories.
4. **Never skip meals:** Eating regular small meals, in addition to dinner, will keep your blood sugar stable and prevent cravings.
5. **Eat before you step out:** Before leaving for a party, eat a light snack to curb your appetite.
6. **Survey the buffet:** Walk past the buffet table and choose your favorite foods only.
7. **NO sugary foods:** Rich sugary foods make us crave more rich and sugary foods.
8. **Take small helpings:** You’ll find that small helpings of your favorite dishes are far more satisfying than overdoing it.
9. **Stockpile fruits and veggies:** Any meal should comprise a large portion of fruits and vegetables.
10. **Mind your beverages:** Beverages are loaded with sugar and calories, and can invite you to overeat. Don’t overdose on juice either; whole fruit is way better.
11. **Keep an eye on the alcohol:** Alcohol is fattening. Control the amount of alcohol you consume and try not to over-indulge.
12. **Compensate when you can:** If you binge at lunch, go light for the rest of the day.
13. **Practice healthy cooking:** Make your favourite dishes healthier like brown rice and choose for fruit salad instead of ras malai.

Source: www.twvns.org

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**[材料]**
- 低筋面粉：100g
- 即时燕麦片：100g
- 玄米油或冷压初榨椰子油：70cc
- 无糖豆浆：50cc
- 有机甜菜根糖蜜：30cc

**[作法]**
1. 将所有材料放入容器中搓揉混匀备用
2. 每次取约十元硬币大小的分量,搓揉紧密后压成扁平状,排放于烤盘上
3. 烤箱预热10分钟，以100度C烤约30分

This year, Penang Adventist Hospital collaborated with the Lions Club, Mended Hearts Penang and St Jude Medical to organise a World Heart Day Campaign with the aim to raise awareness on the importance of a healthy heart.

This meaningful project was endorsed by the Penang State Government.

The main highlight of the event was the 25km fun ride from Beach Street to Queensbay Mall called 'Cycle for Hearts 2' and 'Amazing Hunt', a treasure hunt within the Georgetown World Heritage area.

40 crew members of St Nicholas Home brought their tandem bicycle to cycle with the participants.

Other activities include health screening; CPR demonstration and Zumba dance were conducted during the event.

About 600 people have participated this event.
农历新年是个喜庆的节日，到处都洋溢着欢乐的气氛，然而许多人会不节制饮食、熬夜、过度劳累，忽视日常运动，对心脏和身体造成负担。对于心脏病患者而言，这些均是不良的行为，容易导致心脏病发作。因此，我们开心过年的同时，也要对我们的心脏多加呵护。

欢庆新年，当然少不了各种佳肴美食，可是满足口腹之欲的同时也勿忘要照顾我们的心脏。“病从口入”，这句话人人皆知，却又经常无视其严重性。过度进食会使腹部膨胀，压迫及上抬横膈肌（diaphragm），占有心脏活动的空间，进食后，消化器官会占有更多的血供导致心脏的供血相对不足，因此建议每餐只摄取八分饱。此外，新年佳肴多属重口味及高热量，含高盐分、糖分和脂肪，需要一定的运动量加以消耗，否则过多的热量转化成脂肪进入血液，导致血液浓稠，心脏负荷增大，容易引起心脏病。

佳节期间忙于打理各种家务事而忽略了运动是造成心脏病发作的重要因素之一。适量运动向来是心脏医生向大众推荐防治心脏病的良药，以有氧运动的效果最佳。所谓的有氧运动，是大肌肉群的全身性运动，主要锻炼与吸氧输氧有关的器官和组织如心，肺及血管。运动中有力而加快的呼吸，使肺吸入更多的氧气供心脏及血管利用，从而促进新陈代谢，加速冠状动脉和心肌病变的恢复。不仅如此，有氧运动还可以把沉积在血管壁上的胆固醇肃清并转运出去，从而软化血管，提高心脏的应变力，减少心源性猝死的机会。

心脏病患者进行有氧运动，科学合理的方法是从小运动量开始，循序渐进变换柔和的原则，逐步增加运动量。建议每天锻炼3-5次，每次大约30分钟以达到最佳效果。

接下来为大家推荐一些简单易学的动作：

1. **开合跳（jumping jacks）**
跳起时，双脚打开，双手伸直举高。手掌向中间点拍掌；再次挑起时，双脚合上，双手放下。不断重复动作。

2. **坐太空椅 (wall sit)**
找一面墙，将背部贴墙，悬空坐下，直到大腿与小腿呈90°，想象自己坐在一张隐形的椅子上，站起再坐下。

3. **踏台阶 (step-up)**
找来一张矮凳或家中的梯级，右脚先踏上，左脚随之踏上，在凳子上立正；然后右脚踏回地面，左脚跟随，为一组动作。不间断地重复和期间需不时换边做。

4. **原地提膝跑 (high knee running in place)**
双手手肘屈曲，手掌打开向下，右脚立定，提高左膝，膝盖提高至可碰到手掌即可。左右膝交替进行。

5. **深蹲 (squat)**
两脚与肩同宽，双手向前伸直，臀部往后蹲下，大腿与小腿约呈90°，膝盖不可超过脚尖，蹲下后再起身，不断重复。

6. **弓步 (lunge)**
站立，左脚踏前一步，身体重心往下压，右脚在后方半蹲状态，腰背挺直，前脚和后脚的膝盖均呈90°。做完后回复站姿，换脚再做，循环双脚交替地重复动作。

7. **卷腹 (abdominal crunch)**
平躺在地上，头至臀部贴地，膝盖屈曲，双手微微提起。然后慢慢的抬起头、肩及上背，腰腹卷曲，双手刚好触摸到膝盖即可，再缓缓躺下，重复动作。

这个农历新年，让我们一起动起来，爱护心脏，安心过年！

By TEH KAI SHENG（physiotherapist）郑凯胜（物理治疗师）
5 TIPS TO STAY HEALTHY IN THIS PERIOD OF FESTIVITIES

At this time of the year, when everyone tends to go overboard on fat, sugar and alcohol, it’s important to take extra care of yourself. Here are a few simple rules that will allow you to take full advantage of the holiday season.

**TAKE CARE OF YOUR DIGESTION**

The day following a party is often marked by headaches and stomach pain. Acetaminophen and vitamin C-packed lemon juice (taken on an empty stomach), are important allies in the fight against unpleasant morning after.

Deployed in tandem, they can relieve migraines and help purify the body by expelling toxins and burning fat.

Drinking lots of water with high levels of minerals and bicarbonates will forestall hangovers and counterbalance the dehydrating effects of alcohol.

Green tea, thyme, artichoke, fennel, black radish and mint infusions help cleanse the liver, while ginger, cumin and turmeric have anti-inflammatory properties that are beneficial in the wake of excessive consumption of fat and sugar.

**STOCK UP ON GREEN VEGETABLES**

No need to starve between parties. Eat plenty of green vegetables for fibre, poultry and fish for lean proteins and drink plenty of broth. At the same time, avoid coffee, sugar, alcohol and fat, and yes that may mean foregoing leftovers from holiday dinners.

**STAY ACTIVE**

Start early and keep moving. Exercise promotes the release of endorphins, stimulates the cardiovascular system and burns calories. Walking or biking to work are good starting points, or if you are on vacation, set aside some time for your favourite sport.

**TAKE A GUILT-FREE NAP**

The body needs more energy to digest gargantuan dinners, so give yourself some additional rest. Even if you are at the office, you should still be able to take 20 minutes to give yourself a break.

**MANAGE YOUR STRESS**

To fully oxygenate your body and avoid that worn-out look, take the time to do some deep breathing.

This exercise will help you to recover your energy, and also has the added benefit of massaging your intestines – breathe in through your nose and keep your thorax relaxed while pushing out your stomach.

Breathe out and allow your stomach to relax. Repeat four times. Take a break. Breathe in while pushing out your stomach for count of three. Breathe out through your mouth for a count of six.

While breathing out, concentrate on the movement of your stomach, which will align with your spine. Repeat four times.

**Method**

1. Heat 1 tbsp of oil in a large non-stick frying pan, add the paneer and fry gently until crisp. Remove with a slotted spoon and set aside. Add the remaining oil and the cauliflower to the pan, and cook for 10 mins until browned. Add the onions, and a little more oil if needed, and cook for a further 5 mins until softened. Stir in the garlic and curry paste, then pour in the passata and 250ml water, and season. Bring to a simmer, then cover and cook for 18-20 mins or until the cauliflower is just tender.

   2. Add the frozen peas and crispy paneer to the pan and cook for a further 5 mins. Stir through most of the coriander and garnish with the rest. Serve with basmati rice or naan bread, raita or your favourite chutney.

Emily K. (December 2014). Recipe from Good Magazine, issue 5.

**Ingredients**

- 2 tbsp sunflower oil.
- 225 pack paneer, cut into cubes
- 1 head of cauliflower
- 2 onions
- 2 garlic cloves, crushed
- 2 tsp masala paste
- 500 g passata
- 200 g frozen peas
- Basmati rice / naan bread to serve.
- Favourite chutney

**Recipe**

Heat 1 tbsp of oil in a large non-stick frying pan, add the paneer and fry gently until crisp. Remove with a slotted spoon and set aside. Add the remaining oil and the cauliflower to the pan, and cook for 10 mins until browned. Add the onions, and a little more oil if needed, and cook for a further 5 mins until softened. Stir in the garlic and curry paste, then pour in the passata and 250ml water, and season. Bring to a simmer, then cover and cook for 18-20 mins or until the cauliflower is just tender.

Add the frozen peas and crispy paneer to the pan and cook for a further 5 mins. Stir through most of the coriander and garnish with the rest. Serve with basmati rice or naan bread, raita or your favourite chutney.

Source: the Star newspaper
A regular exercise regime is essential for a healthy and happy lifestyle. Physical activity helps maintain a healthy weight range, improves body strength and fitness, and has positive psychological effects. People who exercise regularly generally live happier lives and are less stressed than those who do not. Often described as the cheaper non-pharmacotherapeutic treatment alternative, or ‘exercise therapy’, the benefits of exercise are widespread throughout the body system.

Once festive season parties and celebrations begin it is all too easy to swap 30 minutes of exercise for an extra drink at the bar. While letting your hair down for a couple of days will not do your health or fitness any harm (within reason!) when this extends from the beginning of the Christmas parties in early December to well into the New Year it becomes a problem. Furthermore, the more time you spend out of your regular habit the harder it will be to restart your regular regime.

Why is it difficult to exercise during the holiday period?
It is not difficult to list valid reasons that exercise and nutritional regimes are interrupted during the holiday period. Long distance travel and the associated jet lag, interference with usual routines, entertaining visitors, additional responsibilities as well as the general holiday atmosphere all make it very difficult to stay motivated and keep exercise a priority.

Weight gain over the festive season
There is a well documented tendency for people to overindulge during the festive season which commonly leading to substantial weight gain over the holiday period. Studies have shown that people generally gain as much as 50% more weight per week during holiday weeks compared with non-holiday weeks. This highlights the importance of being aware of how much and what you are eating and to make sure you continue to achieve 30 mins of exercise a day over this period.

Exercise: Combating stress and depression over the festive season
Christmas can be a very stressful time and for many people it can also be a very depressing time of the year, especially those with broken homes or those who have lost loved ones. Accumulating evidence suggests that exercise has ‘antidepressant’ qualities; significantly decreasing stress and anxiety and combating the harmful consequences of stress on emotions, physical and mental health.

The relationship between exercise and depression is complex and as yet the mechanism underlying the therapeutic effects has not been established. Exercise has been shown to improve depressive symptoms and a lack of exercise has been shown to increase depression. Additionally, individuals that adopt a physically active lifestyle are less likely to develop depressive symptoms. A vicious cycle effect may exist between the two where an initial lack of physical activity can promote feelings of laziness, guilt and unattractiveness which can predispose a person to become more depressed which in turn affects motivation to begin an exercise program and so on and so forth. This could explain why it is so difficult to restart an exercise regime after taking a break over the festive period and highlights the importance of maintaining good habits over this time.

Festive season exercise tips
Still not motivated to engage in physical activity during the holiday period? It is not unusual to come to the end of the year and believe you need a well deserved break from all the hard work you have been doing all year, and this is understandable. But who says that you need to wake up at 6am and do weights at the gym? During the festive season it is wise to change your exercise goals. Not only will this help you to keep motivated but will expose different muscles to a work out.

The festive season is a time for family and friends. Try changing your normal exercise routine to fun activities the whole family can enjoy. Encourage a game of street or beach cricket with the kids, a backyard game of ‘chasey’ or a swim at the beach. Social exercise does not feel like the regular ‘work out’ and it gives everyone a chance to participate.

The festive season can be a very stressful time so taking some time out to participate in yoga, tai chi or pilates will be a beneficial exercise to combat stress while also keeping up with an active lifestyle.

Remember!
It is natural to lose enthusiasm for exercise over the holiday period but try not to let this discourage you. Modifying your routine slightly will keep you active and you will be more likely to be motivated in the New Year.