

新年快樂
恭喜發財



Dear friends,

Wishing you a Happy Lunar New Year! Have you been busy doing your New Year shopping like stocking up on festive goodies and revamping your wardrobe? Or getting ready to indulge in reunion dinner with your family? If you are worried about putting on extra pounds during this New Year, pick up our fitness as well as diet tips in this issue and enjoy all the great food you have been waiting for...

Do you know by taking 2 slices of BBQ pork, 8 peanut cookies, 10 pineapples tarts, 50g of chocolates and 10 shrimp rolls can pile up to as high as 1500kcal a day. And that is the daily amount of calories an average lady will need to take. For gentlemen, you can still safely splurge till 2500 kcal a day.

Check out some of the calories facts to help you manage your food intake better:

- **Chocolates per 100g: 550kcal**
- **Pineapple Tarts per 100g: 277kcal**
- **BBQ Pork slices per 100g: 228kcal**
- **Wax Sausages per piece: 244kcal**
- **Peanut Cookies per 100g: 477kcal**
- **Shrimp Rolls per 100g: 494kcal**

*Calories levels are calculated according to individual products and can differ from brand to brand. Please check nutrition labels for exact figures.

The Right Product

DuoLean™

Can't resist the temptation from Chinese New Year food delights?

With DuoLean™, you can now enjoy all your favourite food and block out those excess oil and carbohydrate with its two all-natural ingredients NeOpuntia® and Alpha Trim®.

- **NeOpuntia® from Cactus**
 - Bind fats from food and increase metabolism of the body.
- **Alpha Trim® from Wheat Extract**
 - Delay carbohydrate breakdown into simple sugars.
 - Prolong satiety and delays the urge to consume more food
 - Reduce post meal blood glucose peaks

Take 3 capsules with 12-16oz of liquid twice a day (before any 2 main meals). Remember to carry DuoLean™ during your Chinese New Year visits. It is also ideal for you to add on 4 capsules of FibreNet™ when you are having Chinese New Year feast and reunion dinners!



The Right Nutrition

Are you choosing the right food?

When planning for reunion dinners or ordering from a menu, you can make a healthier choice. Try to select fish, chicken or pork that are steamed, grilled, broiled or baked instead of fried ones.

Do you know you can have a low-fat meal with chicken? A roasted chicken have 7 times more fats than a skinless boiled one. Be a good friend to your health and boot out the fats to keep your weight in watch. When cooking, opt to add less oil, salt and sugar. Adding fruit and vegetables can enhance flavours to your food.

If steamboat cuisine is your choice for reunion dinner, satisfy your craves with vegetables, tofu and fish slices instead of prawns or offal meats such as liver. Having a chicken soup base beats the Tom Yam base by saving you from 17 times of fat.

A healthier diet can prevent obesity which increases the risk of many killer diseases such as diabetes, stroke, heart diseases and certain forms of cancers in Singapore.

(Source: Health Promotion Board and Centers for Disease Control and Prevention - U.S. Department of Health & Human Services)



The Right Exercise

Flatten your stomach and shape up your waist

If you are shy about wearing tight fitting clothes around your waist, try out our recommended exercise this month, Abdominal Crunches. This exercise focuses on the upper portion of your abs and the muscles around your waist.

Abdominal Crunches

- Step 1:** Lie down on your back on the floor with your knees bent and gently press your lower back to floor.
- Step 2:** Put your hands behind your head and cradle your head in your hands. Keep your elbows back.
- Step 3:** Contract your stomach by lifting shoulder blades up (a few inches off the floor) slowly and keeping your neck in alignment. Tuck in your chin to make sure you are not tilting your head.
- Step 4:** At the highest point away from the floor, contract your stomach as much as you can. Hold for a few seconds and exhale.
- Step 5:** Inhale and slowly lower back down to the floor.
- Step 6:** Repeat the crunches for 15 to 20 repetitions.

Note: Try not to put weight on your feet as you come up as you should initiate the movement from your abdominals. Breathe continuously throughout each repetition. Keep your lower back flat throughout the entire movement.

