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Highway to Health

Hello Hildans! Welcome to our first issue of Kinetic Herald!

On a daily basis, life can be very hectic. If it is not running from one place to another, then it is filling up payment vouchers or marking worksheets. This hectic lifestyle can affect our meal time and occasionally some of us even skip lunch. So what more if someone asked you to take up a physical activity? Where would you find the time?

Kinetic Herald is here to suggest ways you can deal with these day to day routines and achieve your Highway to Health.

In this issue, we will be looking at how to establish a good dietary routine in our day to day affairs. We will also recommend simple workout routines you can do at home. Last but not least, we will be updating you on our Kinetic session for the month of January.

Nutrition: Quantity & Quality

Typically, our main meals for the day are breakfast, lunch and dinner. Wait...what? Where's supper? What's life without supper! #iwantmysatay

Some may find this omission of supper a culture shock and as fellow Singaporeans we can empathise. However when you look at the recommended quantity of meals one should take per day, you will not see the need to have supper!

A recommended quantity is 5. Before you go celebrate and start googling for the *Top 5 buffets in Singapore* on ladyironchef's blog, allow me to guide you through how that works out.

The 5 meals are namely breakfast, snack, lunch, tea and dinner. Depending on the level of activity for an individual, the recommended amount of calories consumed per day differs. Take a look at the chart shown below.

Gender	Age Group	Calories Intake (Sedentary)	Calories Intake (Moderate)	Calories Intake (Active)
F	19 - 30	2000	2000 - 2200	2200 - 2400
F	31 - 50	1800	2000	2200
F	51 & above	1600	1800	2000 - 2200
M	19 - 30	2400	2600 - 2800	3000
M	31 - 50	2200	2400 - 2600	2800 - 3000
M	51 & above	2000	2200 - 2400	2400 - 2800

Here's an example of a lady, who is 35, having 5 meals a day.

Meals	Time of consumption	Calories Intake (Sedentary)	Calories Intake (Moderate)	Calories Intake (Active)
Breakfast	6.00am - 7.00am	500	600	650
Snack	9.00am - 10.00am	250	250	300
Lunch	12.00pm - 1.00pm	450	550	650
Tea	3.00pm - 4.00pm	200	200	200
Dinner	6.00pm - 7.00pm	400	400	400

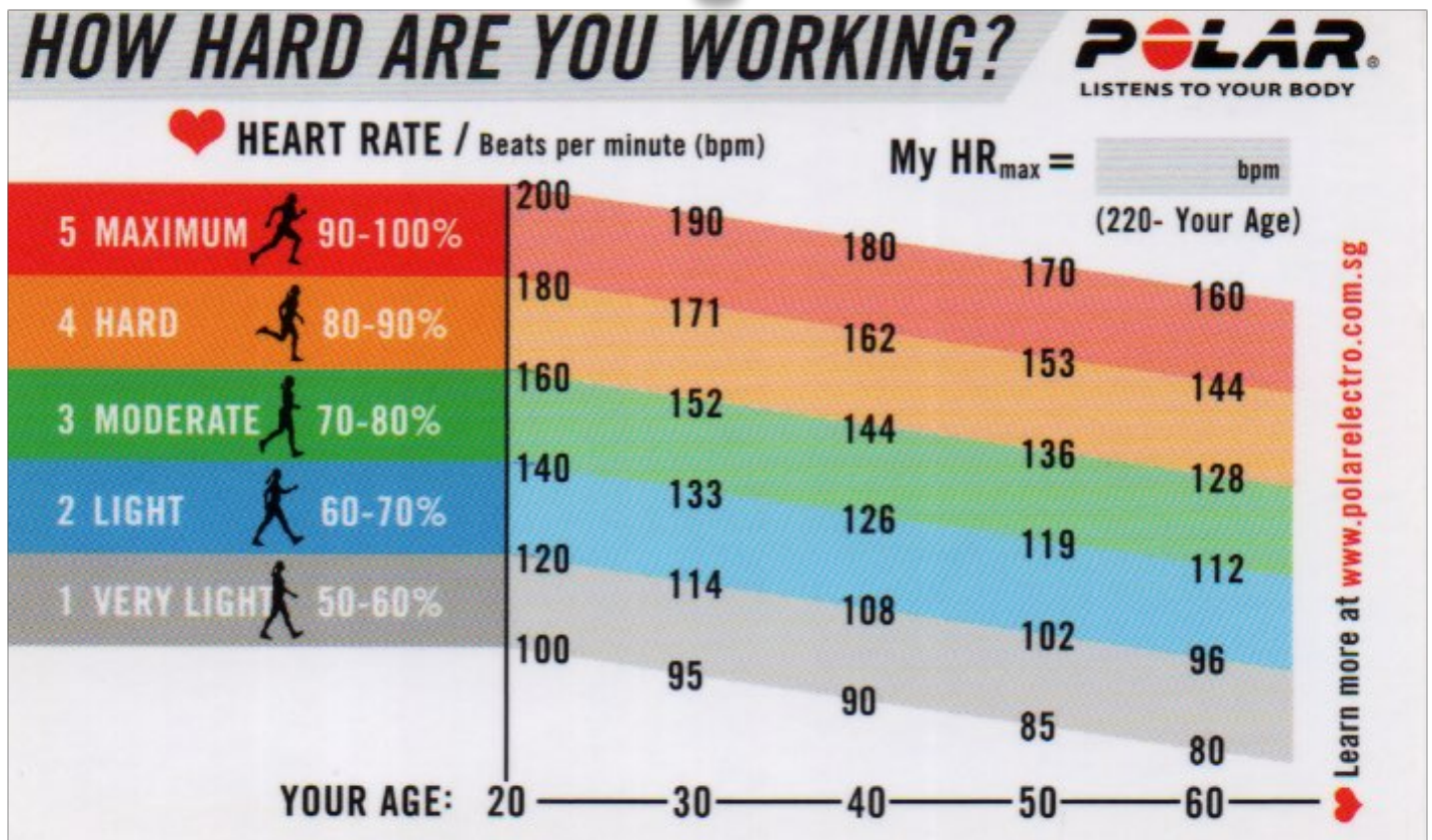
A 6-inch Subway Melt sandwich has 360 calories.

A Slice of broccoli cheese pie has 359 calories.

With proper planning of your meals, you will find yourself eating healthier meals providing sufficient energy to last you through the day!

Workout: The harder the better?

Because time is precious, we want the time we put into our workout to be effective. Just how much time and how hard do we need to exercise to make it a good session? Let's take a look at the following chart.



This chart helps you find out your maximum heart rate. So the equation to find that would be to subtract your current age from 220. For example, Mr Mah Ser Man is 30 years old.

$$220 - 30 = 190$$

Therefore, his maximum heart rate is 190 beats per minute (bpm). Using this data, he will be able to find out for himself the heart rate to attain for the level of workout he wish to attain.

Each level of workout serves different purposes. Assuming Mr Mah is in the pink of health, he can decide which level he wish to attain. Let's take a look at the next chart.

POLAR SPORT ZONES Max HR = bpm (220 - your age)
LISTENS TO YOUR BODY

	TARGET ZONE & INTENSITY % OF HR	PHYSIOLOGICAL BENEFIT / TRAINING EFFECT	DURATION
Maximize Performance	5 MAXIMUM 90-100%	↑ MAXIMUM PERFORMANCE CAPACITY - Tones the neuromuscular system - Increases maximum sprint race speed	less than 5 minutes
	4 HARD 80-90%	↑ LACTATE THRESHOLD - Increases anaerobic tolerance - Improves high speed endurance	2-10 minutes
Improve Fitness	3 MODERATE 70-80%	↑ AEROBIC FITNESS - Enhances aerobic power - Improves blood circulation	10-40 minutes
Lose Weight	2 LIGHT 60-70%	↑ TARGETS FAT-BURNING - Increases metabolism & basic endurance - Strengthens body for higher intensity work	40-80 minutes
	1 VERY LIGHT 50-60%	↑ BASIC ENDURANCE - Helps speed up recovery after heavy exercises - Improves overall health & metabolism	20-40 minutes

Mr Mah decides to set his goal to pass his IPPT 2.4 km run test. Therefore, he needs to improve his fitness. Based on this chart, he will have to exercise at a moderate level, with his bpm at 70-80%.

$$70\% \times 190 = 133$$

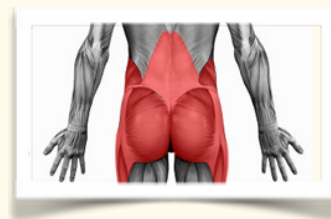
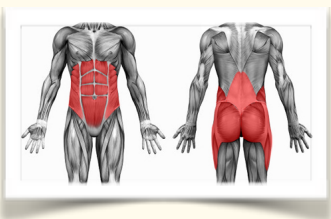
$$80\% \times 190 = 152$$

Hence, he needs to exercise at a heart rate between 133 - 152 bpm, for a duration of 10 - 40 minutes. This will improve his aerobic fitness and help him achieve his target.

There are many means of counting your heart rate. Heart rate monitors are widely available, or you could use the manual method. Simply do a short warm-up jog at a pace that is of the estimated intensity you wish to achieve, and take your pulse for 30 seconds (multiply the amount you count by two) after you stop jogging. It may not as accurate, but it still works!

So, working harder does not necessarily mean it is better. Knowing your goal and exercising at the correct intensity is what makes your workout session effective. #mythbuster

We will be introducing some exercises that will develop your core muscles. The core muscles are made up of 29 different muscles that are located in the hips, pelvic floor, buttocks, and lower and mid back. When combined, they basically act as the foundation for all of your body's movements. And since they work together it's a good idea to try and develop them together.



No matter what physical activity you're involved in, such as lifting, running, or playing sports, there's a good chance your core muscles are being used to control your functional movement, performance and balance. The core muscles are also depended on to help prevent injury and this is why they need to be strong. If you still have the yoga mat gift from teacher's day last year in wraps, its time to put them to good use!

Here's a workout routine you can explore. We will include the number of repetitions/duration for each exercise to help suit your needs.

Exercise Set	Light	Moderate	Intense
1. Jumping Jacks	5 counts of 4	7 counts of 4	10 counts of 4
2. Push Up	12	15	20
3. Plank	30 seconds	45 seconds	60 seconds
4. Squats	12	15	20
5. Mountain Twist	5 counts of 4	7 counts of 4	10 counts of 4

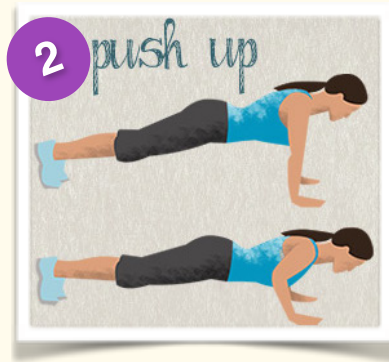
Take a 15 - 30 seconds rest in between.

Complete 2 - 3 sets, depending on your fitness level. Remember to do sufficient warm-up and stretching prior to workout!



Jumping Jacks

From a straight body position, do a jump on the spot to form a letter 'X' with your body. This is considered as 1 count. Return back to straight position, and continue on in successive repetitions.



Push Up

Get on all fours, or you may opt to place your knees on the floor. While maintaining a straight back, lower your body down by bending your elbows. Without touching the mat, push with hands to lift up your body. This is 1 count.



Plank

Get on all fours, with the forearm resting on the mat. Maintain a straight back, and hold that position. If you have a mirror, check that your body is kept straight all the time.



Squat

Stand shoulder width apart, with hands extended straight and parallel to the ground. While maintaining a straight back, bend your knees and lower your body till you are in a sitting position. Move back slowly to the original position. This is 1 count.



Mountain Twist

Get into a push up position. Lift the right knee forward, and twist your body to allow your right knee to touch the left elbow. Return to push up position, before lifting the left knee forward to touch the right elbow. Every touch of the knee is 1 count.

Kinetic Workout

A survey has been sent via Asknlearn, listing the options for the various sports you would like to participate in. Based on the survey, we will select the popular sports and conduct it during our monthly Kinetic Workout session. Come 28 January, we will be conducting our 1st Kinetic workout!

Remember to cast your votes!

Take Control

We hope this issue of Kinetic Herald has been informative for you. Start your journey on the highway to health and before you know it, you are in cruise control.

Stay kinetic!

Kinetic Herald Editorial Team

