

TOTAL HEALTH NEWSLETTER

PREVENTATIVE EXERCISES

for neck and back pain in office workers

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Wonder why stiffness and soreness are no strangers to you after sitting for hours at the desk on computers in the office? When seated for a prolonged period of time, it is common for you to accommodate to your workstation and adopt a slouched position with forward poking chin. Compromised posture increases compression through the joints and overloads the muscles in the neck and back, leading to neck and back pain.

To address neck and back pain, both practicing a good posture and having a regular exercise routine are vital. Exercises can help maintain and restore flexibility, strength and endurance. Research studies suggest that regular strengthening exercises with stretching or aerobic exercises can help to prevent neck pain and low back pain.



Here are 6 quick exercises that you can do during breaks to prevent neck and back pain:

1. UPPER SHOULDER STRETCH

This exercise can be done sitting or standing. Place one hand on the opposite side of your head and one hand behind your back. Pull your head towards your shoulder, until you feel a stretch in your neck. Hold for 30 seconds and then repeat on the other side.

2. LEVATOR SCAPULAE STRETCH

This exercise can be done sitting or standing. Place one hand on the opposite side of your head and one hand behind your back. Pull your head downwards and towards the opposite side. Hold for 30 seconds and then repeat on the other side.

3. CHIN TUCK

This exercise can be done in sitting or standing. Face forward, bring your chin in but not down, and look straight in front of you. Hold this position for 5 seconds. Repeat this 10 times.

4. SHOULDER BLADE SQUEEZE

This exercise can be done in sitting or standing. With your arms at your side, keep your shoulders relaxed and down, not shrugged. Squeeze your shoulder blades together. Hold for 5 seconds. Repeat this 10 times.

5. SLOUCH CORRECTION

Sit upright on the edge of a chair. Slowly, allow your back to slouch down into a forward flexed posture. Hold this position for two seconds and then sit up and return to the upright posture.

6. SEATED DEEP HIP MUSCLE STRETCH

Sit upright in a chair. Place your right ankle on your left thigh, just above your knee. Place your hands on the shin of your right leg. Keep your back straight and lean forward until you feel a gentle stretch at the back near the buttock. Hold for 30 seconds and repeat with the other leg.

References:

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2. Shariat A, Cleland JA, Danaee M, Kargarfard M, Sangelaji B, Tamrin SB. Effects of stretching exercise training and ergonomic modifications on musculoskeletal discomforts of office workers: a randomized controlled trial. Brazilian journal of physical therapy. 2018 Mar 1;22(2):144-53.
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WHAT IS **NEWSTART** ?



Regarding the current pandemic situation, maintaining a balanced lifestyle is important to safeguard our physical and mental health. "NEWSTART" lifestyle can help us during this challenging time!

"NEWSTART" is an acronym for the eight lifestyle-principles: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest and Trust. People who follow the NEWSTART lifestyle can achieve their optimal wellness.

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Nutrition

A well-balanced plant-based diet can give our body excellent daily nutrition to keep our immune system healthy and strong. We should try to consume more fresh fruits, fresh vegetables, whole grains, legumes, nuts and seeds. Try to avoid sugar, trans fat, saturated fat and excess salt, so as to significantly lower the risks of overweight, stroke, diabetes and certain types of cancer.

Exercise

Regular physical activity helps to improve our immune system. It also helps to reduce the risks of chronic diseases like type 2 diabetes, heart disease, cancers, depression, anxiety, and dementia. Try to spend at least 150 minutes of aerobic activity every week, as well as muscle-strengthening exercise for at least 2 days a week.

Water

Drink 8-10 cups of water every day can help transport nutrients in blood, regulate our body temperature, get rid of metabolic wastes, and lubricate our joints.

Sunlight

Sunlight exposure does not only help us make vitamin D, but also help stimulate the brain to release a hormone called serotonin, which is associated with boosting mood and helping a person to feel calm and focused. Moreover, vitamin D can strengthen our immune system, and the deficiency in vitamin D can lead to increased susceptibility to infection.

5-15 minutes sun exposure daily can help produce vitamin D in our body, and lift our mood by increasing the level of serotonin.

Temperance

Learning to have balance and self-control in our lives is of paramount importance. We should not smoke, drink alcohol and use drugs. We should also have control of our entertainment time and get a balance between work and rest.

Air

Every cell in our body requires a continuous supply of oxygen. In order to breathe pure and clean air, try to stay away from air pollutants and chemicals, so that our bodies can be fully energized. Moreover, practicing breathing exercise in an environment with fresh air is also beneficial.

Rest

Many physical and mental disorders can be attributed to sleep deprivation. Inadequate sleep may cause memory loss, down-regulated immune system and emotional instability. Therefore, we should try to get seven to eight hours of sleep each night in a dark and stimuli-free environment.

Trust

Some studies show that people who believe in the Divine Power have less stress, depression, and even better medical outcomes. Even though we are facing various uncertainties now, trusting in God can bring us hope and peace in our mind.



Healthy Green Pea Guacamole *for The Summer*

When you would like to have a healthy guacamole dip as snack, but just discover that there is no nice avocado available? No worries! This healthy green pea guacamole recipe can give you another option. It is a tasty blend of frozen green peas, together with classic guacamole add-ins like fresh garlic and cilantro. You may enjoy this healthy dip with families and friends during this summer time!

INGREDIENTS:

2 cups frozen green peas
1 teaspoon crushed garlic
¼ cup fresh lime juice
1 tomato, chopped
4 green onions, chopped
½ cup fresh cilantro, chopped
Sea salt

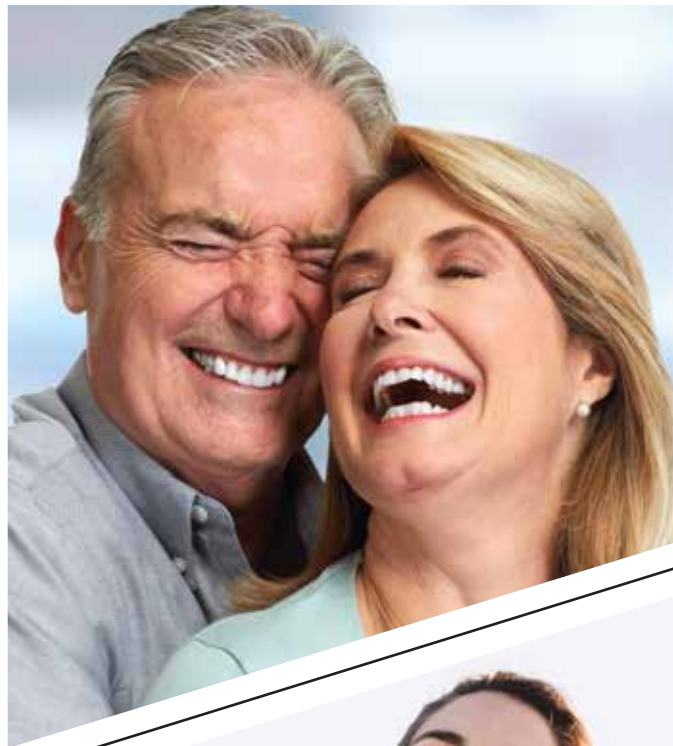
PREPARATION:

1. Blend the peas, garlic, lime juice in a food processor until smooth.
2. Transfer the mixture into a bowl and stir in the tomato, green onion and cilantro. Add salt to taste.
3. Cover and refrigerate for at least 30 minutes, to allow the flavors to blend.

THE POWER OF SMILING

One of my favorite things about living in Hong Kong is the opportunity to travel to a number of nearby countries without spending too much money. One of those countries stands out as one of the world's top tourist destinations, Thailand. According to the Thai Ministry of Tourism and Sports, almost 40 million people visited Thailand in the year 2019. To help you put that number in the right perspective, Canada has a population of about 37.5 million people. What attracts so many people to Thailand? While there could be many answers to that question, such as wonderful white sparkling beaches, great weather, incredible gastronomy and a relatively safe country, one aspect of Thailand's culture presents itself as one of the main attractions: the attitude and smiles of the Thai people. Yes, Thailand is known as the "Land of Smiles". Thais really do smile, or "yim", a lot, even in situations where a smile is not always warranted. Saving face is important to many Thais. Instead of showing an emotion like anger or anxiety, for example, some locals will simply slap on a smile and act as if all is well. This attitude has earned Thais a reputation of one of the most welcoming nations on planet earth.

Why are smiles so important? A smile has many day to day benefits. Not only can it give us greater confidence, as well as influencing our social lives, but it can also give us a boost in our careers and relationships. Even people that are perceived by society to be not too attractive, will become attractive when they smile. In scientific terms, there are a multiple studies that have shown that smiling releases endorphins, natural painkillers, and serotonin. Together these three neurotransmitters make us feel good from head to toe. Not only do these natural chemicals elevate your mood, but they also relax your body and reduce physical pain. Smiling is a natural drug. How about you? Do you smile much? If you don't, I invite you to change that, begin today, put a smile to your face, it will make you feel much better and it will make bad situations easier to handle.



Reference:

1. Anderson, Kelly. "Culture Trip." [bbc.com](http://www.bbc.com/travel/story/20170123-where-people-dont-like-to-say-no). N.p., 5 Dec. 2017. Web. 4 Jun. 2020.
2. Stibich, Mark. "Very Well Mind." [verywellmind.com](https://www.verywellmind.com/top-reasons-to-smile-every-day-2223755). N.p., 4 Feb. 2020. Web. 4 Jun. 2020.

OUR PRAYER ROOM AND WORSHIP SERVICE

Caring for the whole person—body, mind and spirit — is an integral part of our hospital's approach to health care. Hong Kong Adventist Hospital takes every effort to look after your spiritual and emotional needs.

We have a prayer room which is located on the ground floor opposite to the entrance. It is opened to people of all faiths.

Our clinically trained chaplains are available 24-hours a day, seven days a week to offer guidance and counseling. For those who request, prayers are offered for the patients and their families.



Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

A short inspiring morning message is offered every weekday from 9am to 9:30am in La Rue Building 7B. All patients are welcome to attend.

Please feel free to call upon our chaplains for emotional and spiritual support or to just have a listening ear.

May God bless you. **From the Chaplain's Office**

TAIKOO PLACE

will be in service by early July

The brand new Adventist Medical Center - Taikoo Place will be in service by early July. A multitude of medical services is offered, such as general and specialist services, day surgeries, diagnosis, radiography, health assessment and physical therapy. Located on the 19/F at Oxford House, Taikoo Place with over 11,000 sq. ft of space, it provides an easily accessible, one-stop medical service center for nearby workers and local residents alike. For details please scan the QR code.



Lifestyle Management Center (LMC) is a crucial component of Hong Kong Adventist Hospital, articulating its mission, aiming to provide health education to both our patients and the general public regarding the benefits of 'Total Health'.

Through services and programs such as the Lifestyle Medicine Clinic, comprehensive lifestyle assessment, health screenings, delicious vegan cooking demonstration, fitness club and interactive educational programs, participants can begin to restore their own health through lifestyle modification.

Our success depends largely on your participation and support. Let us strive together to promote better holistic health in our society.

DONATE TODAY



Your benevolence not only makes a significant difference to our beneficiaries but also opens doors that they never imagined possible!

WEBSITE:
www.hkahf.org.hk

DONATE FOR A BRIGHT FUTURE



Your generosity will contribute to the healthy lifestyle education to the general public through Lifestyle Management Center. It will help our center run health seminars, cooking and fitness classes and health programs in order to educate the public on how to prevent, improve and even reverse chronic diseases.

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