

TOTAL HEALTH NEWSLETTER



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Importance of flexibility *and how to measure*

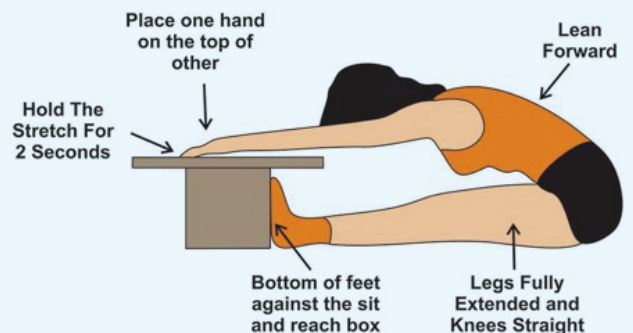
Flexibility is an important aspect of physical fitness that is often overlooked in sports and fitness training. It refers to the range of motion around a joint, and it plays a vital role in injury prevention, overall fitness, and athletic performance. For people who need to move their bodies quickly and efficiently to achieve success in their sports, flexibility is particularly important.

Measuring Flexibility: Sit-and-reach test (with or without testing box)

Targeting: Flexibility on Hip joint and trunk

One common way to measure flexibility is through the use of stretching tests, such as the sit-and-reach test. This test involves sitting on the floor with legs extended, and then reaching forward as far as possible. The distance reached is then measured, providing an assessment of hamstring and lower back flexibility. The sit-and-reach test is a simple and effective way to evaluate a tester's range of motion, joint mobility, and muscle flexibility.

Sit And Reach Test



Sit And Reach Test Scores

	Men		Women	
	Cm	Inches	Cm	Inches
Super	> +27	> +10.5	> +30	> +11.5
Excellent	+17 to +27	+6.5 to +10.5	+21 to +30	+8.0 to +11.5
Good	+6 to +16	+2.5 to +6.0	+11 to +20	+4.5 to +7.5
Average	0 to +5	0 to + 2.0	+1 to +10	+0.5 to +4.0
Fair	-8 to -1	-3.0 to -0.5	-7 to 0	-2.5 to 0
Poor	-20 to -9	- 7.5 to -3.5	-15 to -8	-6.0 to -3.0
Very Poor	< -20	< -7.5	< -15	< -6.0

Improving flexibility is important in our daily life, as it can help to prevent injury and improve overall health performance. Tight muscles can lead to a reduced range of motion and an increased risk of injury, particularly in sports that involve jumping, sprinting, or sudden changes of direction. By improving their flexibility, athletes can move more freely and efficiently, reducing their risk of injury and improving their performance on the field.



Foods to keep your joints healthy

Eating a variety of plant foods can be beneficial for joint health¹. Plant-based foods are rich in antioxidants, which can help reduce inflammation and protect cells from damage. These foods can also provide essential vitamins and minerals, such as vitamin C, magnesium, and zinc, which help to protect and strengthen bones and joints. Additionally, plant foods are often high in dietary fiber, which can help reduce inflammation and improve digestion.²

Examples of plant foods that can help support joint health include dark leafy greens, avocados, nuts, flaxseeds, and citrus fruits. Dark leafy greens are rich in calcium, potassium, magnesium, vitamins A and K, which can help strengthen bones and reduce inflammation.³ Flaxseeds and chia seeds are rich in omega-3 fatty acids, which can also reduce inflammation and support joint health. Finally, citrus fruits are high in vitamin C, which is essential for the production of collagen, a protein that helps form the connective tissue in joints.

References:

1. <https://pubmed.ncbi.nlm.nih.gov/35535585/>
2. <https://www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/anti-inflammatory-diet>
3. <https://www.ars.usda.gov/plains-area/gfnd/ghnrc/docs/news-2013/dark-green-leafy-vegetables/>

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 8:40am to 9:00am 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



*How **Busy** Are You?*

Have you ever gone fishing? Although mostly considered to be a “male” activity or sport, that is not necessarily the case. Fishing is an activity that can be enjoyed by women, men, the young, the old and the whole family. When I was a child, my father took us fishing often; it was a time of bonding and growing. I remember my father being at his happiest when he was fishing. Years after my father died, I became a vegetarian, and with that, my love for fishing greatly diminished. However, when my son Erik was born, it was obvious from an early age that he had inherited his grandfather’s fishing genes.

My son often begs me to go fishing, but I am usually too busy to oblige. I have found myself making excuses and using work responsibilities to avoid having to go fishing with him. A few weeks ago, I was in the office working late in the evening, when a song popped up in my head (Cats in the Cradle by Harry Chapin, 1977,) a song that speaks of how a busy father missed all the opportunities to be and spend time with his son as he grew up. I stopped what I was doing and searched for the song on Youtube. After I listened to it, the realization came up to me that I was like the father described in the song, too busy to realize the most important thing in life: the time we spend with our family. Realizing my mistake and wanting to turn things around, the next day I asked my boss for a day off, after my request was granted, I booked a deep sea fishing trip with my son. Friday last week, we got up early, went to Aberdeen and got into a boat and went more than 50 miles into the open ocean for a fishing adventure, although I got very seasick, it was a priceless time of bonding with my son. I saw him fish (caught 3 large fish) and laugh and enjoy himself, I realized the beauty of what I had been missing.

How busy are you?

Have you become one of those people that are addicted to being busy, people that are constantly checking work emails and messages all the time, even when sitting at the dinner table?

When we insist in bringing our work life home and fail to make a direct, clear and concise separation between work and home, our personal relationships will suffer. Some of us enjoy being busy because it makes us feel important, some use it as a way to masquerade a failure in their lives. Uncontrollable and unnecessary busyness will have a detrimental effect in your life, unfortunately, not only your life, but the lives of your children, spouses, parents and other family members.

Take some time today to analyze how you spend time, what are the main priorities of your life, are you neglecting your family? Are you allowing work to take over your life? I hope not. Take the time to go fishing, and if you don’t like fishing, find an activity in which you can reconnect with the people that you love and that are closest to you. Do not think of yourself as so important that if you were gone work could not go on without you, not one of us is irreplaceable. Do not wait for a tragedy to wish that you had spent more time with your family.





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.

TEL: (852) 2835 0555

