

# TOTAL HEALTH NEWSLETTER

## MR. LAM CHI HONG

National Council On Strength And Fitness -  
 Certified Personal Trainer  
 Health Educator/ Project Coordinator  
 Lifestyle Management Center  
 Hong Kong Adventist Hospital -  
 Stubbs Road



## *Aerobic vs. Anaerobic Exercise: Why You Need Both for Optimal Health*

When it comes to staying active, many people fall into one of two camps: those who love a steady jog or cycle, and those who prefer lifting weights or high-intensity bursts. But here's the truth — your body thrives when you give it both.

Aerobic exercise, often called "cardio," involves sustained, rhythmic activities that increase your heart rate and breathing for an extended period. Think brisk walking, running, swimming, or cycling. This type of exercise strengthens your heart and lungs, improves circulation, boosts endurance, and helps manage weight by burning calories during the activity. It's the foundation of cardiovascular health and overall stamina.

Anaerobic exercise, on the other hand, consists of short, intense bursts of effort where your body works so hard that it cannot rely on oxygen alone for fuel. Weightlifting, sprinting, and high-intensity interval training (HIIT) fall into this category. Anaerobic exercise builds muscle strength, increases bone density, improves power and speed, and elevates your metabolism — meaning you continue burning calories even after your workout ends.

So why can't you focus on just one?

Relying solely on aerobic exercise may lead to muscle loss over time, which can slow your metabolism and reduce functional strength. Without anaerobic training, you miss out on the muscle-building and

bone-strengthening benefits that are essential for long-term mobility and injury prevention, especially as we age.

Conversely, focusing only on anaerobic exercise neglects your cardiovascular system. While you may build impressive strength, your heart and lungs may not develop the endurance needed to support sustained physical activity. This can limit your overall fitness and make everyday activities — like climbing stairs or carrying groceries — feel more taxing than they should.

When combined, aerobic and anaerobic exercise create a powerful synergy. Aerobic training improves your endurance, allowing you to recover faster between anaerobic bursts. Anaerobic training builds the muscle strength that supports better form and efficiency during aerobic activities. Together, they help you maintain a healthy heart, strong muscles, balanced metabolism, and resilient joints. Whether your goal is weight management, disease prevention, or simply staying energetic and independent as you age, incorporating both types of exercise into your weekly routine is key. Aim for a balanced mix — for example, three days of aerobic activity and two days of strength training each week — and your body will thank you.

If you're unsure where to start, speak with a healthcare provider or fitness specialist. Your health journey is unique, and we're here to support you in finding the right balance!



# The Plant Power Gainer

**Prep time:** 5 minutes

**Servings:** 2 servings

## Ingredients:

- 1.5 cups (360ml) unsweetened soy milk
- 3 tbsp hemp seeds
- 2 tbsp natural peanut butter
- 1/2 cup (45g) rolled oats
- 1 tbsp chia seeds
- 1 medium ripe banana (frozen)
- 1/2 tsp cinnamon
- 2 pitted dates (optional)

## Instructions:

1. Powder the dry ingredients: Pulse the oats, hemp seeds, and chia seeds in the blender for 10-15 seconds until they form a fine powder (this prevents a gritty texture).
2. Add the rest: Toss in the soy milk, banana, peanut butter, and cinnamon.
3. Blend and serve: Blend on high for 60 seconds until completely smooth. Drink immediately!

## Estimated Macros:

Calories: ~750 - 800 kcal | Protein: ~37g | Carbs: ~75g | Fats: ~38g

## Nutrition Benefits:

- **Muscle Repair:** Soy milk and hemp seeds provide a complete amino acid profile to rebuild tissue.
- **Sustained Energy:** Oats supply complex carbs to refuel glycogen stores without a sugar crash.
- **Joint Health:** Omega-3s from chia and hemp seeds help reduce post-workout inflammation.
- **Cramp Prevention:** Bananas are rich in potassium, aiding nerve function and preventing cramps.

This recipe has been adapted from <https://hurrythefoodup.com/vegan-protein-smoothies/>.

## 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**





# *Do Not Be Afraid: Finding Courage in Uncertain Times*

As news of the conflict in the Middle East continues to unfold, many of us may feel a tremendous amount of worry or sadness. These are natural, human responses. Working in healthcare, where we already face daily challenges and intense moments, such news can feel especially heavy.

It's important to remember that while we cannot change global events, we can care for our inner well-being and for one another. Here are a few reflections that might help bring balance during this unsettled time:

- **Be mindful of what you take in.** Staying informed is wise, but overexposure to distressing news can deepen anxiety. Give yourself permission to step away from the headlines and focus on moments that restore you.
- **Stay grounded in the present.** Center yourself in your work, your family, and the small ways you make a difference every day. What you give here—skill, presence, and compassion—helps bring stability and hope to others.
- **Find your space of peace.** Whether through quiet reflection, deep breathing, meditation, prayer, or a walk outdoors, make time for practices that help you return to calm. Inner peace often begins with a pause.
- **Lean on community.** None of us is alone in feeling unsettled. Reach out to our Chaplaincy team, a colleague, a friend, or a family member if you need to talk. Listening and sharing are simple but powerful acts of care.
- **Nurture hope.** Even amid difficult news, kindness and empathy endure. Each gesture of care you offer patients or co-workers is a reminder that compassion still has a place in our world.
- **Maintain a supportive work environment.** While we are all entitled to our own perspectives, please remember to keep our workplace focused on healing and mutual respect. By avoiding divisive political discussions at work, we can ensure our shared spaces remain safe and welcoming for everyone.



**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](http://www.hkahf.org.hk)

**DONATE  
FOR A BRIGHT  
FUTURE**



*Healthy Lifestyle Fund*

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**

**Adventist Health 港安**  
Hong Kong Adventist Hospital • Stubbs Road  
香港港安醫院 • 司徒拔道

**Hong Kong Adventist Hospital - Stubbs Road**  
**Lifestyle Management Center**

✉ [lmc@hkah.org.hk](mailto:lmc@hkah.org.hk)  
☎ (852) 2835 0555

**Chaplaincy Services**

🏠 40 Stubbs Road, Hong Kong  
☎ (852) 3651 8850

