

TOTAL HEALTH NEWSLETTER

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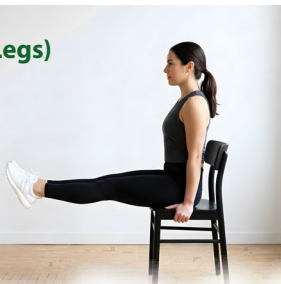
The "Screen Slouch" Reverser (Neck & Shoulders)



The Seated Spinal Twist (Lower Back)



Invisible Leg Extensions (Core & Legs)



Chair Squats (Full Body Energy)



Revitalize Your Workday: The Science-Backed Guide to Office Exercises

Working in a fast-paced hospital environment often means demanding hours, yet paradoxically, many of us spend large portions of our shifts tethered to a desk for charting and administrative duties. Recent research highlights the hidden toll of this routine. A comprehensive review published in the *Annals of Internal Medicine* found that prolonged sedentary time is independently associated with negative health outcomes—such as cardiovascular issues and joint stiffness—even for those who exercise regularly outside of work.

The antidote doesn't require a gym or a heavy sweat. According to the American Heart Association, short, frequent bouts of movement throughout the day can significantly improve vascular function, reduce musculoskeletal pain, and boost cognitive focus. Here is a quick, evidence-based routine designed specifically for our workspace.

The Desk-Friendly Routine

- **The "Screen Slouch" Reverser (Neck & Shoulders)** Sitting at a computer naturally pulls our posture forward. Ergonomic studies have found that regular, targeted neck stretches can significantly reduce the incidence of tension headaches caused by sustained awkward postures. To relieve this strain, sit up tall and roll your shoulders up, back, and down. Gently drop your right ear toward your right shoulder until you feel a stretch. Hold for 15 seconds, then switch sides. Repeat 3 times.
- **The Seated Spinal Twist (Lower Back)** Prolonged sitting builds up pressure in your lumbar spine. Research indicates that gentle spinal mobilization effectively relieves this concentrated intervertebral disc pressure. To decompress your back, plant both feet flat on the floor. Place your right hand on the outside of your left knee, and gently twist your torso to the left, looking over your shoulder. Hold for 10 seconds, breathing deeply, then switch sides.

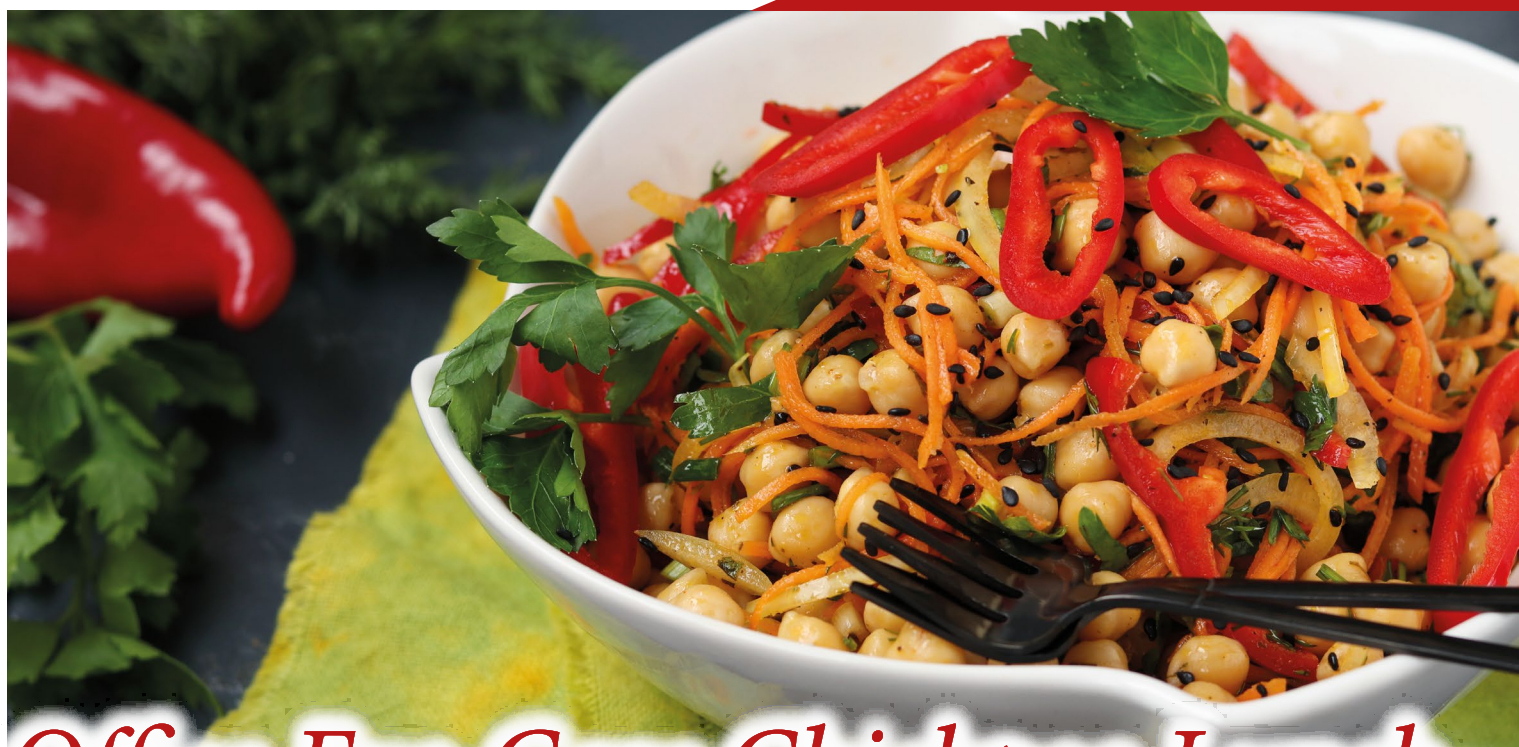
- **Invisible Leg Extensions (Core & Legs)** Vascular studies show that engaging your leg muscles while seated acts as a peripheral "muscle pump," which prevents blood from pooling in the lower extremities and actively improves circulation to the heart. While seated, straighten your right leg out in front of you parallel to the floor. Squeeze your thigh muscles and hold for 5 seconds. Slowly lower it and switch to the left leg. Aim for 10 repetitions per side.
- **Chair Squats (Full Body Energy)** When you need a quick energy boost, utilize your desk chair. Clinical studies have demonstrated that breaking up sitting time with light resistance movements, like squats, helps regulate glycemic control and maintains energy levels throughout the workday. Stand up directly in front of your chair. Lower your hips down as if to sit, stopping just before you touch the seat. Keep your weight in your heels and chest lifted, then push back up. Do 10 repetitions.

Protecting Your Eyes: The 20-20-20 Rule

Physical exercise isn't just about muscles; your eyes need a break, too. To prevent digital eye strain when navigating electronic medical records, ophthalmology studies highly recommend the 20-20-20 rule: Every 20 minutes, look at an object 20 feet away for at least 20 seconds. This brief pause provides the necessary time for the muscles in your eyes to relax and reset.

Building the Habit

The secret to office exercise is consistency rather than intensity. Try setting a gentle recurring alarm on your phone or computer to remind yourself to stand or stretch every hour. As healthcare professionals, we dedicate our shifts to caring for others; it is equally important to apply that same evidence-based care to our own bodies.



Office Eye-Care Chickpea Lunch

Good for: people who spend long hours looking at screens, because it includes plant-based nutrients that support eye health, such as beta-carotene, lutein, zeaxanthin, vitamin C, vitamin E, and zinc.

Ingredients (1 large serving)

- 1 cup cooked chickpeas
- 1 medium slightly cooked carrot, grated or thinly sliced
- 1–2 cups spinach or kale
- ½ cup cooked quinoa or brown rice
- ¼ avocado
- 1 tablespoon pumpkin seeds
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Pinch of salt. Optional: turmeric or paprika

Instructions:

1. Add cooked quinoa or brown rice to a bowl.
2. Top with chickpeas, carrot, spinach, avocado, and pumpkin seeds.
3. Mix olive oil, lemon juice, salt, pepper, and optional turmeric.
4. Pour the dressing over the bowl.
5. Eat warm or cold — easy to pack for lunch.

This recipe has been adapted from:
<https://ohmyveggies.com/pumpkin-chickpea-quinoa-salad/>

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





The Gift of Being Present

Lately, I have been thinking about our families and about a quiet challenge many of us face: the challenge of being truly present. Between long workdays, busy schedules, and the phones that seem to follow us everywhere, it is possible to be in the same room with those we love and yet not fully be with them. Often, our loved ones do not simply need more of our time — they need more of our attention, our listening, and our presence.

A verse that has been meaningful to me says, “Be still, and know that I am God” (Psalm 46:10). When we make space to be still before God, we may also learn how to be still with one another — unhurried, attentive, and fully engaged.

This weekend, whatever your faith or background, I warmly invite you to put the phone down a little more, look your loved ones in the eyes, and simply be present. And if you have the opportunity, you may also consider visiting a place of worship of your choosing — a space to rest, reflect, and be renewed.

For those of us who still have the opportunity to care for our family, friends, community, and one another, may we not take that gift for granted. May this message bring you peace, renewal, and the joy of truly being with those you love.



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.

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TODAY



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港安醫院慈善基金

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

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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

