

105

EASY WAYS TO STAY FIT

It's Great Eastern's 105th anniversary – let's celebrate life together with these 105 tips to keep fit and healthy.

HEALTH SERIES | ISSUE 07



105

EASY WAYS TO
STAY FIT

CONTENTS

105 Easy Ways To Stay Fit: An Introduction	1
Mind Games	2
Get Up And Go	5
Food For Thought	8
Community Spirit	11
Runs In The Family	14
Want More?	17
Great Starts Small. Live Great.	18

MEDICAL DISCLAIMER

Please note that the material in this guide is provided by way of information only. It is not and does not purport to be, or it is not a substitute for, nor does it replace, medical or other professional advice, or treatment of health conditions. Whilst Great Eastern endeavours to ensure that the contents of the material are accurate, errors or omissions may occur and we do not accept any liability in respect of them.

For full terms and conditions, please refer to our site at
<https://www.greateasternlife.com/my/en/terms-and-conditions.html>

105 EASY WAYS TO STAY FIT: AN INTRODUCTION

Did you know that walking backwards helps stimulate the brain, or that scents make you more productive? For Great Eastern's 105th anniversary, we bring you 105 fun ideas to help you keep fit.

After all, at Great Eastern, we believe in motivating you to live better with small steps. It comes from our commitment to provide you and your loved ones with the knowledge and tools to live healthier, better and longer.

**RUNS IN THE
FAMILY**

21 TIPS

 **DIRECT ACCESS**
PAGE 14

**MIND
GAMES**

21 TIPS

 **DIRECT ACCESS**
PAGE 2

**COMMUNITY
SPIRIT**

21 TIPS

 **DIRECT ACCESS**
PAGE 11

GET UP AND

GO

21 TIPS

 **DIRECT ACCESS**
PAGE 5

**FOOD FOR
THOUGHT**

21 TIPS

 **DIRECT ACCESS**
PAGE 8

MIND GAMES

MENTAL HEALTH MATTERS

21 tips to keep your brain cells active

Everyone knows that physical exercise keeps the body healthy, but did you know that your brain needs regular workouts to keep it in shape, too? If you've been misplacing your house and car keys more frequently than usual, perhaps you'd like to go through the following tips. Start with easy ones, such as drinking green tea and taking Omega-3 supplements, then graduate to mental exercises (puzzles) and physical exercises (walking backwards).

1 GIVE YOUR BRAIN A WORKOUT

Walk into a room and memorise the location of five items. When you exit, try to recall the items and their locations. Do it again two hours later. Too easy? Then pick 10 items instead of five.



2 TAKE A BREAK

Take regular time-outs for yourself, as stress releases chemicals that can harm the brain.



3 STAY CONNECTED

Keeping in touch with friends and family helps us live longer, and better maintain memory and language skills. (Facebook alone doesn't count!)



4 GET AN EARLY NIGHT

Lack of sleep builds up protein in the brain, which prevents the synapses from working.



5 STRETCH AND RELEASE

Stretching and breathing releases GABA – a calming chemical – in the brain. Regular sessions will boost your baseline level of GABA.



6 DRINK GREEN TEA

It keeps Parkinson's disease at bay. The key is a chemical in the leaves called EGCG (Epigallocatechin gallate).



7 JOG YOUR MEMORY

Aerobic exercises help your brain learn and remember more. Because exercise burns up energy, the body will act to protect its most energy-sapping organ, the brain!



8 GO LOW ON CARBS

Choose low glycaemic index foods that provide your brain with steady amount of nutrients, such as oat brans and wholegrain breads.



9 TRIPLE THE CAFFEINE BUZZ

Coffee addicts, rejoice: three cups of java a day may decrease the incidence of Alzheimer's disease!



10 FATTEN THE BRAIN

Omega-3, an essential fatty acid, is great for the brain. Get this nutrient not just from fish, but other sources, such as flaxseed.



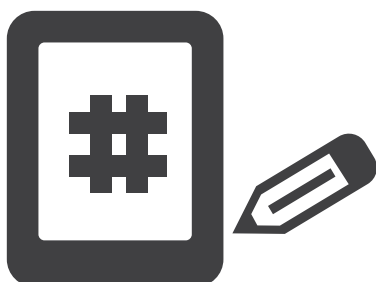
11 SAY "NO" TO SMOKING

Smoking impedes blood flow to the brain and contributes to dementia.



12 CROSS-TRAIN YOUR BRAIN

Crossword puzzles, Sudoku and Scrabble all train both the left (verbal skills and logic) and right (visual memory) brain hemispheres.



13 TRY SOMETHING NEW

Lack of learning causes connections to be lost in the brain. Be curious and go beyond your comfort zone!



14 LOOK FOR ANTIOXIDANTS

Consume foods rich in antioxidants such berries, dark leafy greens, grapes, carrots, beets and tomatoes.



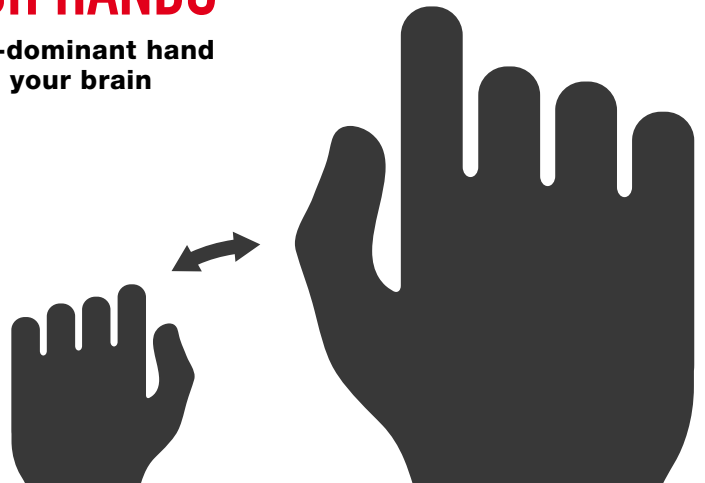
15 PICK A SCENT

Scents can make us more productive. Some companies in Japan already use fragrances, like lemon, peppermint and lavender, to keep employees perky!



16 SWITCH HANDS

Using your non-dominant hand for tasks grows your brain circuits. Try it!



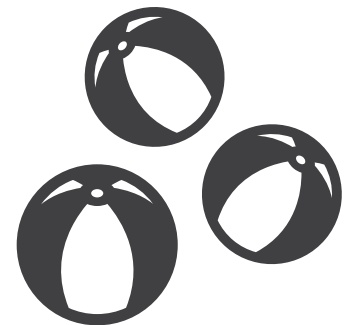
17 WALK BACKWARDS

It stimulates the brain, and can stimulate nerve connections within the brain.



18 PLAY BALL

Juggling or catching a ball stimulates the visual, tactile and hand-eye portions of the brain. With these skills, you can run away and join the circus should you need a change of career!



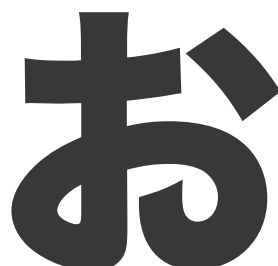
19 DITCH YOUR CALCULATOR

Challenge yourself with mental sums in everyday transactions instead of using your phone or calculator.



20 WRITE AND WRITE

Want to learn unfamiliar characters, such as Japanese or music notation? Writing them out by hand helps your brain remember them better.



21 DARE TO CHANGE

Bored at work? Switching to a more engaging and satisfying job will keep your mind stimulated.



GET UP AND GO

QUICK WAYS TO CUT CALORIES

21 tips to feel great in your skin

You may eat nutritiously and keep your mind active, but your body needs the proper maintenance that comes from regular exercise too. Even if you start small, by following these tips, you'll soon be feeling and living great.

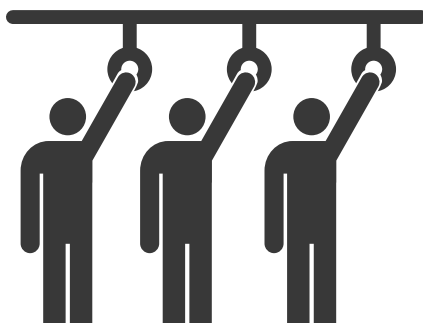
22 ALIGHT BEFORE DESTINATION

When taking the bus, drop two stops before your destination and walk the rest of the way.



23 TAKE A STAND

You burn more calories standing up than sitting down. Easy enough, no?



24 STAY HYDRATED

Perspiring profusely while you exercise can lead to dehydration, so drink lots of water!



25 KEEP UP WITH THE KIDS

Running about with your active children amounts to great and fuss-free workouts!



26 START SMALL

Just 10 minutes of vigorous cycling is beneficial to five body parts: it tones your buttocks, legs and abs, and strengthens your heart and lungs. No more excuses!



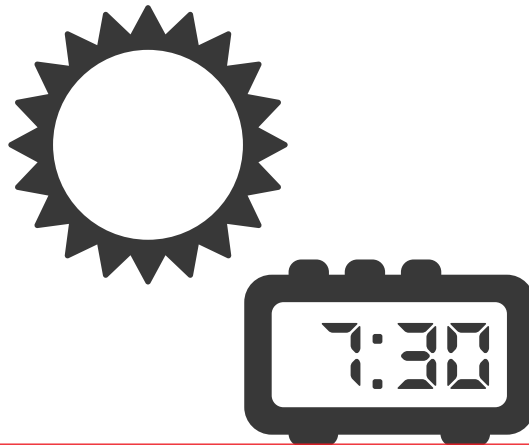
27 WORKOUT BEFORE BREAKFAST

Studies show that people who exercise right out of bed eat less than those who exercise after breakfast.



28 ACTIVATE YOUR MORNINGS

Exercising in the morning has more impact on the cardiovascular system, so let's go for a healthier heart!



29 GIVE YOUR MOOD A BOOST!

Not in a good mood? Exercise! The process releases the hormone endorphin, which keeps you feeling happy.



30 SKIP!

All you need is a jump rope – get the kids together and see them bounce those calories away.



31 PARK FAR AWAY

If you drive, park at a spot that's farther away – a little walking goes a long way.



32 FEELING STRESSED?

Exercise reduces the production of stress hormones such as adrenaline and cortisol.



33 RUN BAREFOOT

Barefoot running is said to enable gentler foot landings, which protects you from injury.



34 GRAB SOME WEIGHTS, TOO

Don't just do cardio. Cardio exercises only speed up fat loss, so remember to do strength training as well.



35 CLIMB A HILL

Brisk walking uphill is great: it tightens your thighs, buttocks and lower legs, while being easy on your knees.



36 CARRY YOUR OWN CLUBS

An average-sized man burns approximately 1,442 calories with four hours of golf, but only if he walks and carries his own clubs!



37 LUNGE OUT

The walking lunge is a popular routine for many athletes and actors – and a great strength training that tones up your lower body, too.



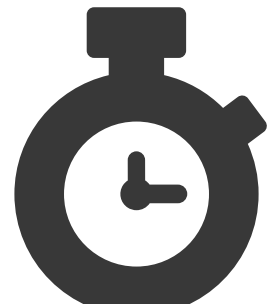
38 PUT ON YOUR ICE SKATES!

Find a nearby ice skating rink and glide away! It is a great way to improve your coordination and balance, while enjoying some good company!



39 GO FOR THE BURN

30 minutes is all it takes for you to burn 500 calories on long-duration cardio exercises. And that is as much as an average hamburger and a small portion of fries!



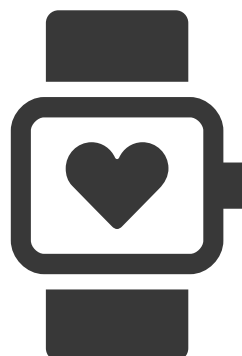
40 CHOOSE INTERVAL TRAINING

Not a long-distance runner? High-intensity interval training is a very efficient way to lose fat.



41 SCHEDULE WORKOUTS

Fitting fitness into your schedule does not have to be hard. On average, high-intensity interval training takes only 15 to 20 minutes to complete.



42 LISTEN TO YOUR BODY

Too much cardio exercise can actually backfire, so keep your exercises reasonable and take rest days when needed.



FOOD FOR THOUGHT

EAT YOUR WAY TO HAPPINESS

21 tips to a happy, healthy body

An active lifestyle will build up your body like a handcrafted sports car. But make sure you're feeding it with the finest of fuels. Here are a handful of ways to eat smart without getting saddled with a diet that drives you crazy.

43 MAKE VEGGIES EASY TO EAT

Sneak veggies into your kids' diet by blending them into their favourite foods using a food processor. It's a great way to make a quick meal, too – you could make vegetable soup in 105 seconds or less!



44 SWAP CHIPS FOR A BANANA

As far as snacks go, you can't go wrong with a banana: it regulates blood sugar and prevents cramps. A medium-sized banana is worth about... 105 calories.



45 DITCH FIZZY DRINKS FOR WATER

A 591ml bottle of soda contains around 18 cubes of sugar!



46 EAT A LITTLE DARK CHOCOLATE

Consuming small amounts will help your heart and blood pressure, as dark chocolate contains antioxidants.



47 GET CREATIVE WITH YOGHURT

Nothing's healthier than fruit and yoghurt. To spice things up, serve it in an ice-cream cone – it tastes better, and you can eat it as you run for the bus!



48 READ FOOD LABELS

Salt, which raises blood pressure, lurks everywhere. More than 1.5g of salt per 100g of food is considered high.



49 HIGH CHOLESTEROL? TAKE POMEGRANATES

They are a great source of fibre and Vitamins A, C and E. The juice reduces cholesterol build-up and slows the progress of prostate cancer.



50 DRINK 1.2 LITRES OF LIQUID PER DAY

More if you're active. Water, juices and milk are the best sources.



51 FROWN ON FRYING

Cut down on fat by poaching fish and chicken instead of frying them. Need flavour? Add stock cubes and herbs.



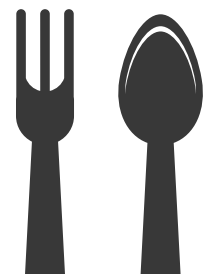
52 PICK HORMONE-FREE PROTEIN SOURCES

Beans, nuts and soy products such as tofu are all healthy sources of protein.



53 SMALL PLATES, SMALL PORTION

Do you overeat? Consider using smaller plates to ensure you consume only small portions.



54 CHOOSE THE RIGHT COLOURS

Some scientists believe colours can affect the appetite. Red stimulates hunger, while blue is thought to suppress it.



55 EAT SIMPLY

There's comfort in eating simply. A famous Chinese thinker once said, "With coarse rice to eat, with water to drink, and my bended arm for a pillow, I have still joy in the midst of these things."



56 POUR STRAIGHT TO THE PLATE

We tend to snack more when we chomp straight from the packet. If you're having crisps, pour some on a plate.



57 REACH FOR A FRUIT JUICE

Some athletes regularly make their own vegetable and fruit drinks. This is just another way to put your electric blender to good use!



58 PACK AN AVOCADO

This fruit is brimming with healthy fats and fibre. They can be consumed in salads and smoothies or mashed into a sandwich spread.



59 TONE DOWN ON CORN DEXTRIN

Corn dextrin is used to 'thicken' many junk food snacks. But did you know it's also used as glue on envelopes and stamps?



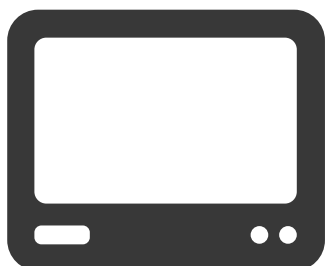
60 ASK, "HOW HUNGRY AM I?"

Asking yourself this question before taking that first bite could stop you from binge eating.



61 AVOID EATING WHILE WATCHING TV

You can easily lose track of how much you've gobbled down.



62 SPICE UP YOUR METABOLISM

Curry in moderation is great for spicing up otherwise bland dishes, and some studies have shown it may boost your metabolism.



63 ASK FOR A BLACK COFFEE

A cappuccino hides up to 120 calories. A black Americano has only five.



COMMUNITY SPIRIT

PEER SUPPORT IN THE PURSUIT OF FITNESS

21 tips to stay fit with friends

Keeping fit is an important part of living a great life, but why do it alone? Studies show that one of the most effective ways to keep fit is group exercise. Workout buddies keep you in check; they also distract you from feeling fatigued. Now that's the community spirit we're talking about!

64 WALK YOUR PETS

It's a great way to get fit. Take yours or your neighbour's with you while you jog.



65 STAND UP PERIODICALLY

Encourage your colleagues to ditch the office chair and stand for at least one hour every day. Studies show that people who sit all day have a greater tendency to develop heart disease and diabetes.



66 DO A VERTICAL RACE

Instead of taking the lift, challenge your neighbour to a vertical race to the highest floor! Last man to the top buys coffee for all.



67 BRING OUT YOUR BIKE

Ditch the car and cycle instead. Just 105 minutes at a leisurely pace could burn up to 1,000 calories (for a 68kg person).



68 HIT THE DANCE FLOOR

Sign up for dance classes. Sorry, but not knowing how to dance is not an excuse!



69 JOIN A TAI CHI SESSION

Why don't you and your family members sign up for some tai chi classes?



70 BE A COACH

Teach the neighbourhood kids to swim.



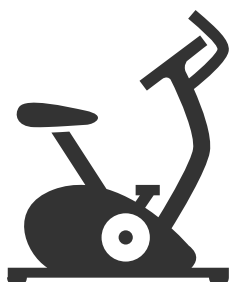
71 FORM A JOGGING CLUB

Recruit your neighbours and explore the district on foot.



72 ALTERNATE YOUR EXERCISE ROUTINES

There are lots of exercise apps with new ideas for gym routines. Take 30 minutes off your workday to hit the nearest gym with your colleagues.



73 EXERCISE WITH THE GRAMPS

Or volunteer at an old folks' home and encourage the elderly to stay active with simple exercises. No need to feel ashamed if they can kick higher than you!



74 FORM A BASKETBALL TEAM

Get folks in the neighbourhood to form a friendly basketball league.



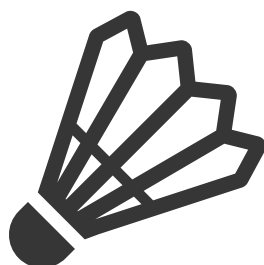
75 LEARN SELF-DEFENCE

Join a martial art class to punch and kick your way to a healthier you!



76 HIT A SHUTTLECOCK!

An active badminton match provides more cardiovascular benefits than a game of American football.



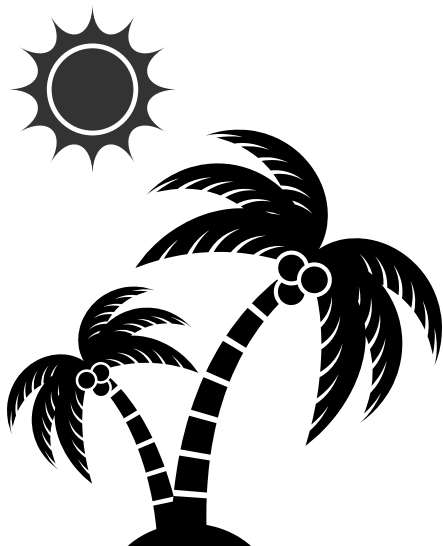
77 ROW, ROW, ROW YOUR BOAT

Dragon boating is a vigorous activity that builds your upper body strength. It's also a good way to make new friends!



78 RUN ON THE BEACH

There is a reason why athletes in movies always jog on the beach: running on dry sand is harder than running on solid ground. Plus, if you tend to sweat heavily, you can jump into the ocean any time for a refreshing dip!



79 DITCH THE CAR

Instead of car-pooling, why not cycle to work in a convoy? You get to keep fit, look good and be green all at the same time.



80 WALK AROUND THE CITY

Take the subway and get off at a stop you usually pass by, you may find a side to the city you have never seen before!



81 HAVE A DANCE-OFF

What's the point of breaking dancing alone? Join a group, meet new people, and have a dance-off – in a nice way, of course.



82 RELIVE YOUR PE CLASS

Rope in your friends from high school and organise your own Physical Education routines.



83 KEEP LIMBER WITH YOGA

Join an after-work yoga class with your colleagues. Keeping you fit and calming your mind – what's not to love?



84 TRY ROCK-CLIMBING!

Gather a few friends at an indoor rock wall and start climbing! This aerobic sport strengthens muscles and friendships at the same time.



RUNS IN THE FAMILY

FAMILY BONDING TIME – WITH A TWIST

21 tips to fun (and healthy) family time

Staying fit as a family isn't child's play. Start small by incorporating leisurely calorie-burning activities into your family's schedule. As you adapt to the new routine, incorporate regular workout regimes. It's a sure-fire way to jump-start a healthy lifestyle and burn a few calories as a family.

85 SPACE OUT YOUR WORKOUT

Space out 10 sets of five jumping jacks across the day. Sweat it out as a family in between television commercial breaks!



86 SIGN UP FOR SWIMMING CLASSES

Take advantage of our sunny weather and bring your kids to the beach. Not a swimmer? Sign up for swimming classes as a family.



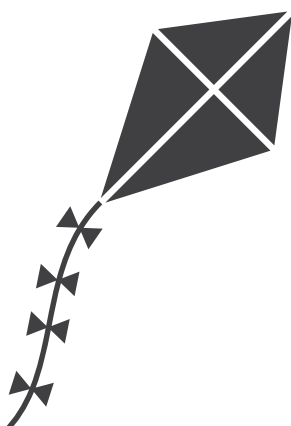
87 GET ROLLING IN THE PARK

Bring a bike or a pair of roller skates and have a great time with your tots in a nearby park.



88 FLY A KITE

Or better yet, design a mascot for the family and build your very first family kite! You may just realise there's a budding engineer in the family!



89 TEACH YOUR KIDS A SPORT

Your kids not ready to join you for a run? Teach them how to swim or ride a bike – the process is a workout for mum and dad, too!



90 BE A KUNG-FU FAMILY

Is the family jog becoming a chore? Spice up your family time by signing them up for martial arts classes!



91 NURTURE THEIR NATURE

Are your kids competitive? Start the family on competitive sports such as tennis or football.



92 GO CAMPING

Explore camping sites with the kids and be sure to pack some healthy picnic food!



93 DANCE YOUR WAY TO HEALTH

Challenge the kids to a 'Just Dance' or 'Dance Dance Revolution' contest!



94 GET ON A ROLLER-COASTER RIDE!

Pick an amusement park nearby and spend the whole day running around and screaming with your friends. Just avoid the tempting sugary snacks!



95 EARN YOUR DESSERTS

Make the kids (and yourself) work for it with a 30-minute walk.



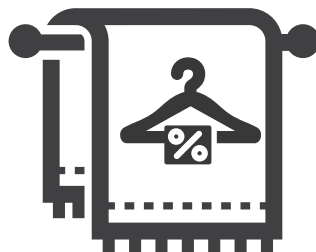
96 TEAM-UP WITH FRIENDS

Take up an activity everyone can join in on, such as paintballing, bowling or rollerblading.



97 TURN HOUSEHOLD CHORES INTO A GAME

For example, the first person to finish cleaning his room gets a healthy treat!



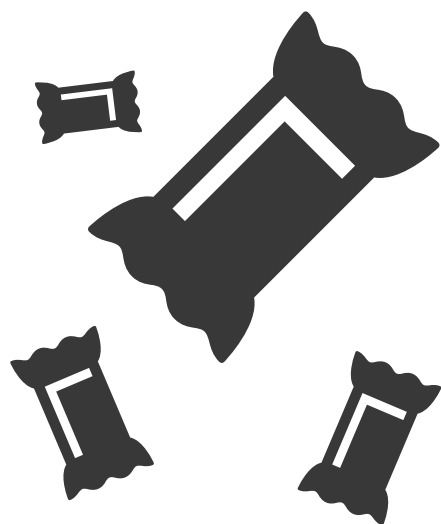
98 WALK THE KIDS

Ditch the stroller and forgo the bus for jaunts to the wet market or playground, and walk with your kids instead.



99 START A SCAVENGER HUNT!

Hide treats around a park, then dash around with your children as they forage for them.



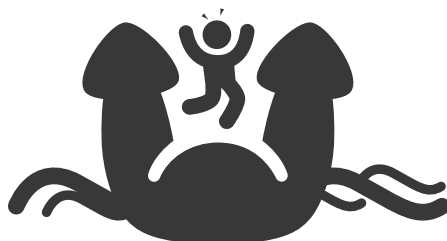
100 JOIN CHARITY RUNS

You and your family can work off those love handles while helping the less fortunate at the same time!



101 TAKE A DIP IN A WATER PARK

Swimming is an excellent cardio workout for children, and making your way from slide to slide will surely tone your limbs.



102 WALK WITH GRANDPA AND GRANDMA

They should also get in on the action when it comes to exercise – just make sure they take on less gruelling activities such as tai chi or brisk walking.



103 BE AN EARLY RISER

Active kids are less likely to develop diabetes or become overweight. Wake earlier as a family and take a half-hour walk around the estate before school!



104 MAKE CAR-WASHING FUN

Instead of sending the car to a car wash, make it a family activity. Just remember, the suds go on the car and not on dad!



105 ORGANISE AN ACTIVE PICNIC

A picnic in the park isn't all about eating your weight in sandwiches. Throw a frisbee around for a fun workout!



WANT MORE?

Did you have a good time following the 105 tips to help you keep fit? We certainly enjoyed curating them for you, and have already started putting together even more tips for family fun and contagious ideas to share the love.

Do keep an eye out for more guides at <https://www.greateasternlife.com/my/en/personal-insurance/live-great/live-great-articles/live-great-guides.html>.

In the meantime, share these tips with your family and friends!



GREAT STARTS SMALL. LIVE GREAT.

Great, meaningful changes to our lives oftentimes have small beginnings. At Great Eastern, we are more than just a life insurance company – we are a LIFE company. We champion these little changes, which change life for the better. For a better, healthier you. We want to encourage you to live great, every day, and created this series of guides to help you do just that.

Want to view them all? Simply go to <https://www.greateasternlife.com/my/en/personal-insurance/live-great/overview.html>

We're regularly growing the list of topics for you.

REAP THE BENEFITS

These guides are part of the Live Great programme, which was created to help you live and feel well. Join us at <https://www.greateasternlife.com/my/en/personal-insurance/live-great/overview.html> to find a host of wellness tools, handy mobile applications, health and wellness tips, invitations to expert talks and exclusive privileges to help you along your Live Great journey!

LET'S TALK ABOUT LIFE

Want to learn more about protection and retirement solutions from Great Eastern? Do get in touch with your Great Eastern Life Planning Advisor, or contact us at +603 4259 8888 or wecare-my@greateasternlife.com

COPYRIGHT DISCLAIMER

Copyright is held by the publishers. All rights reserved. Reproduction in whole or in part without permission is prohibited.

SOURCES:

www.abcnews.go.com; www.acunyc.com; www.acupuncturetoday.com;
www.altmd.com; www.beautyandconfidence.com; www.bestsyndication.com;
www.bgsu.edu; www.bloodpressureuk.org; www.expansys.com.sg;
www.ext.colostate.edu; www.freshjuice.ca; www.healthguru.sg;
www.healthxchange.com.sg; www.heart.org; www.helpguide.org;
www.hsph.harvard.edu; www.hungrygowhere.com; www.livestrong.com;
www.livingnaturally.com; www.mayoclinic.com; www.medicalnewstoday.com;
www.moh.gov.sg; www.myheart.org.sg; www.ncbi.nlm.nih.gov;
www.nejm.org; www.pacificcollege.edu; www.realsimple.com;
www.searo.who.int; www.studygs.net; www.thefinder.com.sg;
www.todayiwill.com; www.webmd.com; www.withings.com

Any third party links provided by Great Eastern on any of our web properties, communication channels and social media are provided for your convenience – their inclusion does not imply any approval or endorsement by us. We have no control over the content of those sites and accept no responsibility or liability in respect of them.



Great Eastern Life Assurance (Malaysia) Berhad

Menara Great Eastern, 303 Jalan Ampang, 50450 Kuala Lumpur
Company Limited (Reg No. 93745-A)

Any Questions? We are happy to help!

- ☎ General line : (603) 4259 8888
- ☎ Customer service care line: 1-300-1-300-88
- ✉ Email : wecare-my@greateasternlife.com
- 🏠 Website : www.greateasternlife.com/my/en