



FITNESS FOR EXECUTIVES ON THE GO



**THIS COULD BE**

**YOU**

**H**ave you reached a point in your life, where you want to have the same energy levels and exuberance when you were an adolescent? It is not as improbable as you may think!

We have all experienced periods of continual low energy and endless commitments alongside

heavy workloads, all taking their toll on our performance. Stress can often overwhelm our lives without much notice, and soon we become weary—both mentally and physically. However, it is never too late to take a step back and reflect on our memories when we were more active and spontaneous with boundless energy. We would fearlessly fulfill everything that was remotely possible, but now due to extensive stress, we are faced with a problematic obstacle!

The draining fatigue entices us to the social hubs after work for a few alcoholic beverages to unwind, and with the often one-too-many heavy business lunches, it begins to accumulate. It is the **human energy crisis**.

There is no doubt that you are the same determined, self-driven and successful individual. However, the real question emerges as to **where has 'YOU' time gone?**

As thriving business executives in first class industries, it becomes imperative that part of our focus is on health, both mental and physical well-being, in order to equilibrate a stressfully fast-paced life. It is this balance that comes from our ability to prioritise, keep fit, and replenish our energy levels.

Below are **MUST-READ TIPS** that are simple, fun and could be the change in your life that you are searching for! Free your mind from hectic working schedules!

Just by swapping an unhealthy snack to one with energizing nutritional goodness packed with antioxidants and cancer fighting proteins, you'll have more oomph and more mental focus. An added bonus to following the advice given below is all of the pesky things that irritate you on a daily basis such as acid reflux, daily aches and pains will dissipate! You will be feeding your body what it needs to thrive, not just survive!

## ➤ What to Eat & What to Avoid ➤ the Best Way for Self Control

**W**eight gain is the result of consuming more calories than we burn. Three meals a day, with a small snack in-between each meal is considered a normative eating pattern. Often with hectic work schedules, we forget to eat and skipping meals ends up with late night binging as our hunger tries to make up for the lack of calorie intake during the day. The answer is: Eat **MORE** complex carbohydrates early in the day and eat less in the evening. This includes fruit and green vegetables, whole grain foods and less 'white' starchy carbs. Try and replace white pastas, rice and bread for their brown or wholegrain counterparts.

### DRINK UP TIP:

Having hearty warm soups before eating can reduce cravings, feeling fuller and prevent snacking.

### Tips-

- If you are an early bird and need to replenish energy for a morning work

out, eating before 7pm the night before and enjoying a hot soothing drink before bed will guarantee you waking up feeling lighter and ready for optimum performance levels! A dollop of cinnamon with a spoonful of raw honey added to hot water is an actual weight loss remedy.

- Cut down on eating too many fruits. Contrary to popular belief, fruits contain a high amount of sugar and its levels of acidity after a meal proves unwanted gastric symptoms. Make sure to eat fruit **BEFORE** meals, this will aid stomach digestion and reduce bloating. A handful of blueberries and a banana in-between meals provide all the nutrients of antioxidants and potassium to keep your energy levels high and inner drive feeling good!

### DIETING?

#### AVOID RED MEAT AT ALL COSTS

- This doesn't mean you swear off red meat, just be wary that lean cuts of meat (sirloin strip, flank steak) and portion control will encourage fat loss.

Cut down red meat intake to every one and a half weeks with portion sizes being the palm size and thickness of your hand

### DELICIOUS, FAST & NUTRITIOUS RECIPES

A wonderful oat smoothie combination: it's delicious, fast and indulgently creamy! This smoothie will keep you full, satisfied and reduce those unhealthy cravings. It is also a wonderful alternative for a mid-afternoon snack or dessert.

- ▶ **Handful of oats**
- ▶ **1 avocado**
- ▶ **1 banana**
- ▶ **Handful of blueberries**
- ▶ **Dash of almond milk**

#### And Whisk Away! (Serves two)

For a more fruity and refreshing breakfast smoothie try:

- ▶ **Handful Strawberries**
- ▶ **1 Banana**
- ▶ **2-heaped tablespoons of oats**
- ▶ **Dash of almond milk as needed**

- Always prep in advance for work! Small portions of fruit and nuts will reduce hunger, and unnecessary cravings will be a thing of the past.
- Fun fact: Almond milk is a fantastic substitute for whole milk, making up 26kcal per 200ml.
- Remember: never eat directly before exercise, eat lightly 2 ½ hours prior to vigorous training.

## ➤ Prioritize your exercise, stretch and hold!

Whether you are sitting at a desk all-day or keeping on track with your busy routine, there is still time in the work place to achieve that great physique: tight abs, toned legs and the ultimate feel good factor. It's important to know HOW and WHEN in order to balance and maintain.

A few 'here and there' tips for a flat tummy and super firm thighs! 30 minutes of your time per day is all it takes.

1. As soon as you wake up, STRETCH. Stretching in the morning dramatically improves blood circulation.
2. Sit against a wall for 5 minutes, knees in line with toes, feeling the burn in your leg muscles the lower you go, breathing in and out deeply. .
3. If you work close to home or the gym is close by, use 30 minutes of your lunch break and get crunching!

Simple and effective abs workout to complete in your lunch time. **3 sets, 30 reps of each.** Crunches, vertical toe taps with legs 90 degrees and side-to-side leg raises will define you in no time. Complete these 3 times a week.

### A) Top 10 Floor Exercises using just your body weight.

Stomach toning exercises: easy to perform at home using a towel or yoga mat

#### ▶ The plank (1 minute)

Preparation: Lie front on the floor with feet together and forearms on the ground

Movement: lift the body until it forms a straight line from head to toe, applying weight on forearms and toes. Hold



Side plank progressed | Model: Katrianna Lee

for 1 minute, keeping chin tucked and back flat.

**Progress:** If you are feeling keen and up for the challenge, try alternating from high plank to low plank, keeping elbows in and maintaining an aligned spine.

Once mastered, alternate to side plank, raising the leg and arm for more definition and difficulty.

- ▶ **Mountain climbers** (this is a good morning stretch to do by holding the leg in place, stretching out those hip flexors and working the glutes). Preparation: Start in plank position; stand on both hands not forearms, keeping the body aligned.

Movement: Lunge one leg forward and switch the legs in an alternating sequence – this proves to be a great cardio workout

#### ▶ Two leg floor bridge

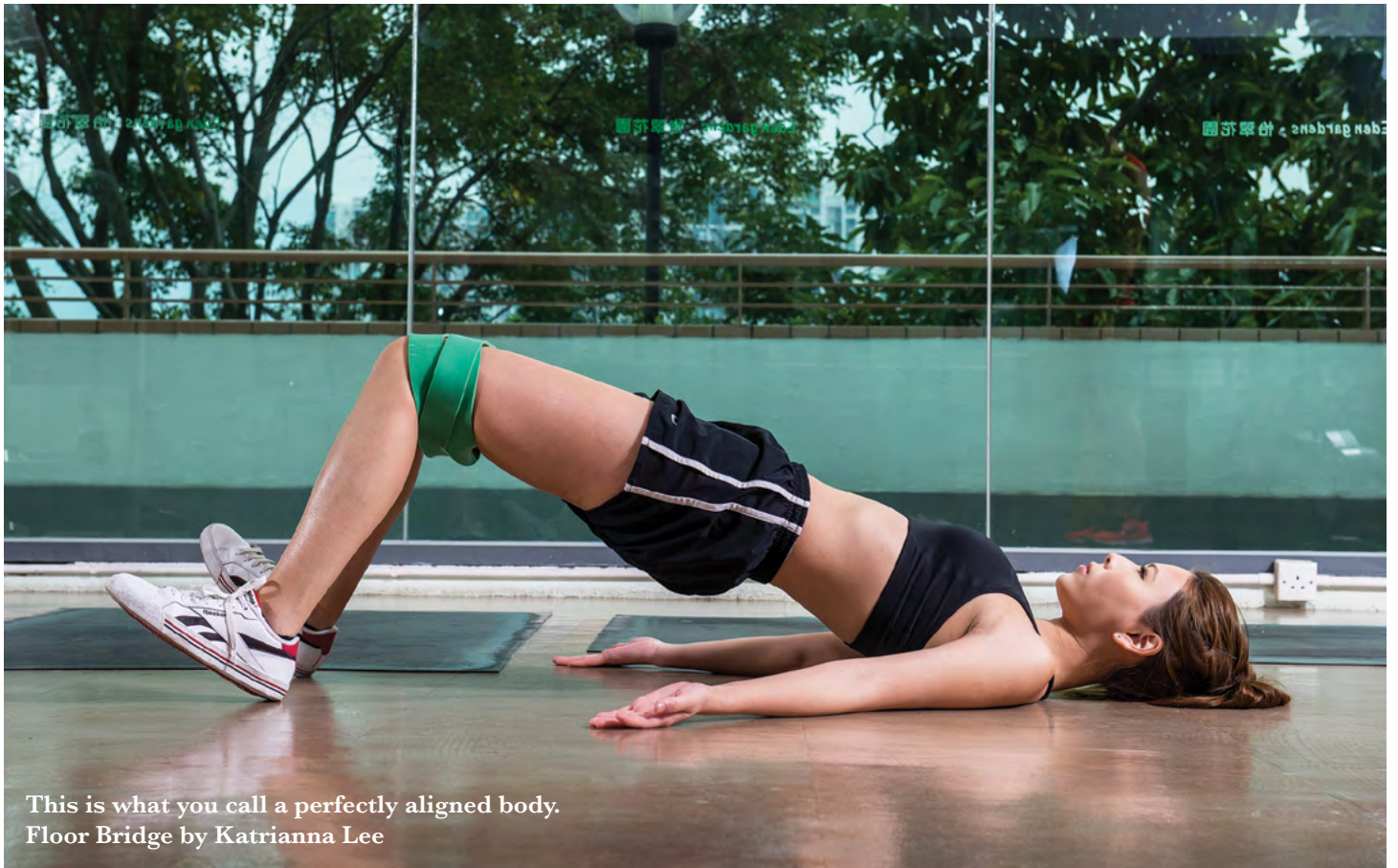
Preparation: Lie supine on your back with knees bent and feet shoulder width apart close to your. Arms extended beside the body and palms facing downwards

Movement: lift pelvis until knees, hips and shoulder are in line and slowly lower the pelvis back to the floor.

**WARNING:** Do not raise hips too high; it places excessive stress on the lower back.



Intense mountain climbers great for the core! | Model: Tyler Faust



This is what you call a perfectly aligned body.  
Floor Bridge by Katrianna Lee

▶ **Jump squats**

Preparation: stand tall with feet shoulder-width apart and pointed straight ahead

Movement: Squat as if sitting in a chair, arms extended forward and jump up extending arms overhead whilst maintaining optimal alignment. Making sure ankles, knees and hips are flexed. Repeat for 10 reps for 3 sets with 30 second rests.

▶ **Lunges with torso rotation**

Preparation: feet, shoulders width apart, hips neutral. Lunge forward so the knee is aligned with the toes. Repeat this for 20 reps on each side. To progress, once in the lunge position, apply opposite hand to front foot and twist (hold for 5 seconds for few repetitions).

▶ **Burpees** (another great cardio)

Preparation: Stand tall, crouch low, knees bent

Movement: Jump out into a push up position, jump back to crouch and lift off standing tall with arms reaching above your head. It is critical to keep the body aligned at all times.

▶ **Single leg dead lifts**

Preparation: Stand tall with feet and shoulder width apart pointing for-

wards. Hips in a neutral position  
Movement: lift one leg directly beside balanced leg and bend from the waste reaching the hand to the toes. Avoid hunching the spine and slowly stand upright. Repeat 15 reps on each leg with 2 sets.

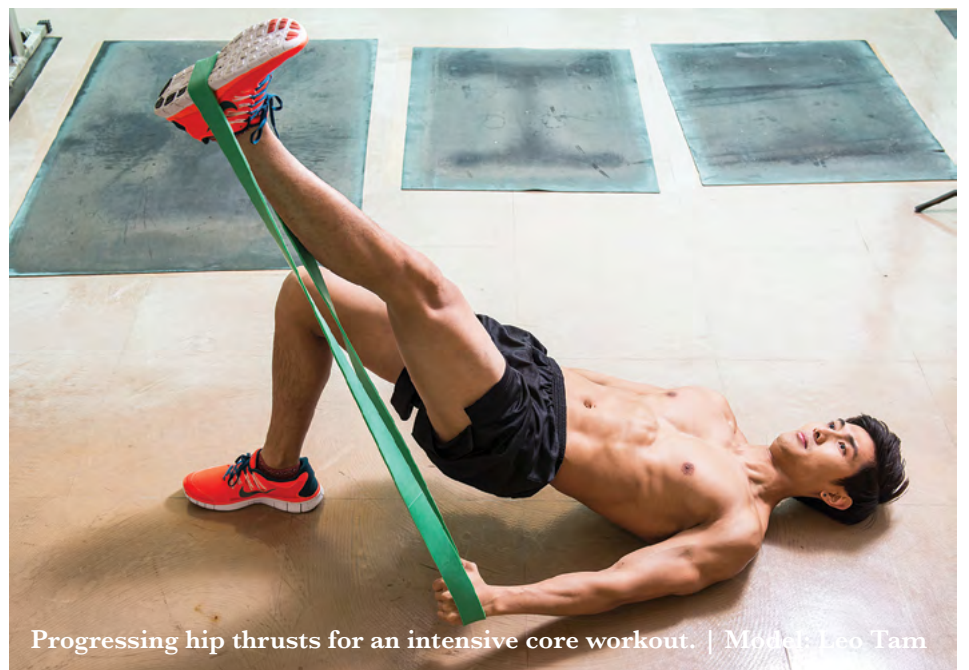
▶ **Crunches**

Preparation: Lie on your back with feet close to your pelvis, placing your hands on your inner thighs and per-

form a sit-up crunch reaching the top of the knees. Repeat for 30 repetitions over 3 sets.

**B) Resistance Bands — Best Indoor Exercises for a Whole Body Workout.**

Resistance band exercises are the real deal for defining muscle definition. If you have a personal trainer and you want to try something new, definitely run these



Progressing hip thrusts for an intensive core workout. | Model: Leo Tam



**Level up those push-ups.**  
**Model: Sebastian Mok**

by for a maximum body workout!

Plank position, draping the resistance band across your upper back. Loop the ends of the band through each thumb, and place your hands on the ground in starting position — body facedown on the ground. Contract your glutes and abs, and push straight up until your arms fully extend. Lower back down, chest to the floor, and see what you've got for 5-20

reps (depending on your strength).

### **C) Tip and Tricks to Get the Most of Dumbbells.**

- For women and toning = light weights and many repetitions
- For strength exercises and muscle building = heavier weights and fewer repetitions

It is simple... Add dumbbells to sit up's, to squat's and lunges, just be careful that you don't lift heavier than your body can take!

You might think that the best workout can only come from one source of equipment. Obviously, cardio exercises will enable you to achieve successful weight loss results. However, this is not the ultimate dream for most people. For the majority of us, we also want to build muscle and gain definition in the right places throughout the body. Utilizing adjustable dumbbells is what achieves six-pack abs, lean muscular shoulders, and a well-defined back. So be productive in your working schedules, EAT right, TRAIN right and combine healthy snacks that can assure you get a continuous fat burning effect! ■

*Written by Madeleine Chu  
 Photography by Patrick Lam*



Squat with dumbbell | Model: Leo Tam