

5 SIMPLE TIPS

FOR EXCELLENT HEALTH



Ideal weight

Achieving your ideal weight and maintaining it throughout your life requires discipline and willpower. However, it will make you more confident, look and feel good.



Diet

Eat to live, not live to eat. Your diet should incorporate plenty of lean proteins, a wide variety of fruit and vegetables and lots of water (about 8 glasses a day).



Exercise

The key to having a long life is aerobic exercise. This means exercising for 30 to 60 minutes, 3 times a week.



Rest

If you have a typical working life like most individuals, you need about 8 hours of sleep a night. If you do not get enough sleep, your quality of life and work will be affected.



Attitude

Optimism is perhaps the most important factor affecting your health, happiness and longevity. People who are more optimistic about themselves, their lives and health, also become better in other aspects of their lives.

Tip: The only way for you to lose weight permanently is to burn off more calories than you consume. You can only achieve this safely over an extended period of time, especially if you have allowed yourself to put on a lot of excess weight. It is also important to minimize your intake of sugar, salt and flour.



By Adrian Goh, Personal Trainer

Adrian has been in the fitness industry for 2 decades. He is certified through the Australia Graduate School of Health and Sports Science and the Federation of International Sports, Aerobics and Fitness. He has a keen interest in exercise rehabilitation and has helped many of his clients improve functionality through his exercise programs.

CHINESE BRUSH PAINTING

Chinese brush painting is not just about learning a set of skills, it's also about cultivating a new voice, discovering a new way to look at the world, and re-learning the art of appreciating life's pleasures. This course is conducted by Mr Yap, a full-time artist based in Singapore. He has over 34 years of experience teaching students from a wide variety of backgrounds.

Thursdays, January 14, 21, 28 & February 4 (4 sessions)

Studio 1

2:00 p.m. – 3:30 p.m.

Member: \$180

Guest: \$200

Material fees: \$100 (one-time payment)

Minimum of 5 and maximum of 10 participants

BALLROOM DANCING

Social dance is a classification of dance where sociability and socializing are the primary focuses. This activity offers participants the flexibility of dancing with different partners while being able to lead or follow in a relaxed and easy atmosphere. Benedict Lau is a qualified teacher with ISTD (UK) and a four-time ballroom dancing champion (2006 – 2009), having represented the country in overseas competitions.

Waltz, Rock & Roll Salsa

Beginning Thursday, January 14

Studio 1

7:45 p.m. – 8:45 p.m.

Member (Single): \$165 / 6 sessions

Member (Couple): \$300 / 6 sessions

Guest (Single): \$180 / 6 sessions

Guest (Couple): \$330 / 6 sessions

Minimum of 10 participants (5 couples)

Waltz, Rock & Roll Salsa

Beginning Sunday, January 17

Studio 1

4:30 p.m. – 5:30 p.m.