

MAKE A DIFFERENCE



A MINDFUL RAMADAN



**HEAR IT FROM THE EXPERTS
TIPS TO HAVE A HEALTHY AND BALANCED RAMADAN**

Ramadan Kareem

May the crescent moon be your guiding light, and its power, fill your life with peace and grace.

Ramadan Mubarak!



The Holy Month of Ramadan is a special time in Islam for reflection, spirituality and togetherness. Ramadan truly breaks borders and get the heart of all the Muslims around the world closer together. The holiest month of Ramadan is observed with fasting, charity and offering prayers.

The holy month of Ramadan is now here and you have already changed your lifestyle. Fasting during the long hot and humid days can be easier with a little awareness.

Fasting for a whole day during a hot day may lead you to feel weak, lazy and dizzy in the absence of proper care. Many people face this during the last few days of Ramadan. A little awareness in your Ramadan diet will keep you healthy and energetic. We have shared in this edition of Make A Difference Magazine some useful tips to for you to use in Ramadan.

Make sure that you sleep for a good number of hours during Ramadan. This will compensate your lack of a complete diet. Avoid high-sugar diet and food that are too oily. Wholesome healthy foods for both the meals; Suhoor and Iftaar will serve you as a boost of energy. A healthy body will help you a lot in maintaining your emotional and spiritual health. Hence, never skip your breakfast before sunrise as it is very important to stay fit.

**On behalf of Columbia Asia Group of Hospitals,
we wish you a Ramadan Mubarak!**



READY? SET. GO!

Tips persiapan untuk Ramadan.

By Dr Fayruz Anisa



Bulan Ramadan ialah bulan kesembilan dalam kalendar Islam. Ia juga dikenali sebagai bulan puasa. Ramadan berasal dari perkataan Arab 'ar-ramad' yang bermaksud panas terik atau kekeringan.

Oleh itu, amalkan tabiat makan dan penjagaan diri yang sihat sepanjang Ramadan; agar anda dapat manfaat jasmani dan rohani ketika menghayati ibadah puasa. Berikut adalah ringkasan beberapa tips untuk kekal bertenaga, sihat dan selesa di sepanjang bulan Ramadan.

JANGAN ABAIKAN SAHUR!

Sahur memberikan anda asas tenaga untuk aktiviti sepanjang hari.

Matlamat bersahur ialah untuk:

- Memastikan gula darah stabil (mengelakkan hypoglycaemia) sepanjang hari apabila anda mengambil karbohidrat yang kompleks
- Makanan serat tinggi dicerna perlahan-lahan. Ini dapat mengelakkan rasa lapar yang pedih (hunger pang), memastikan anda tidak sembelit dan memainkan peranan dalam mengekalkan keseimbangan air dalam badan
- Mendapatkan sumber tenaga sepanjang hari sewaktu berpuasa melalui makanan yang kaya dengan protein.

BANYAKKAN BUAH DAN SAYUR

Antara waktu iftar dan sahur, buah-buahan dan sayuran adalah alternatif yang sihat sebagai makanan ringan selain kuih-muih dari bazaar. Malah, sesetengah buah-buahan mempunyai kandungan air yang tinggi (tembikai, timun, oren dll) dan membantu anda mencapai misi rehidrasi.

Ambil sekurang-kurangnya tujuh hidangan buah-buahan dan sayur-sayuran. Satu hidangan adalah seperti berikut:

- 1/2 cawan (125mL) sayur-sayuran / buah-buahan campuran segar atau 100% jus buah / sayuran sebenar
- 1 cawan (250mL) sayuran mentah berdaun atau salad campuran
- 1 buah (saiz purata buah)

BERBUKA PERLAHAN-LAHAN

Selepas seharian tidak makan atau minum, mudah sekali untuk menjadi gelojoh sewaktu berbuka. tetapi ingat — perut anda telah kecut sewaktu berpuasa dan gastric juices yang diperlukan dalam pencernaan berada di tahap yang rendah dan perlu diaktifkan terlebih dahulu.

Jika tidak, ada kemungkinan anda akan kembung. Mulakan iftar anda dengan beberapa biji kurma dan segelas air. Ia dapat merangsang enzim penghadaman terlebih dahulu sebelum anda menikmati hidangan utama anda.

Amalkan pengambilan seimbang karbohidrat, protein serta sayur-sayuran. Pengambilan sup panas juga digalakkan (ia juga sumber air!).

HYDRATE. HYDRATE. HYDRATE!

Air mempengaruhi fokus, tahap tenaga dan kesihatan kulit anda. Cuaca panas dan lembap bergabung dengan penggunaan penyaman udara sepanjang hari di pejabat dan rumah, boleh menyebabkan kulit kering dan bibir pecah.

Keperluan air pada bulan Ramadan tidak berkurangan. Tubuh badan anda masih memerlukan lapan hingga 12 cawan air terutama di antara waktu berbuka hingga sahur. Minumlah banyak air. Jus, susu dan sup juga cecair tetapi yang paling utama ialah air.

Elakkan atau kurangkan minuman manis, berkarbonat dan minuman berkafein kerana ia adalah diuretik dan merangsang kehilangan air.

KATAKAN TIDAK KEPADA

Makanan segera, berlemak dan bergoreng. Makanan segera mengandungi kandungan karbohidrat ringkas (simple carbohydrates) yang cepat dicerna dan dimetabolisme. Malangnya, nilai nutrisi adalah minimal. Sebaliknya, ini membawa kepada kempunan atau sugar cravings dan keletihan. Bukan itu sahaja, makanan sebegini jika tidak dikawal boleh menjejaskan kulit dan menyebabkan jerawat, kulit berminyak dan jeragat. Jangan biarkan ini berlaku. Sudah tentu kita mahu kelihatan berseri di Hari Raya nanti!





PUASA MENGIKUT KEMAMPUAN

Sebagai umat Islam, kita pasti bersemangat untuk berpuasa. Tetapi ingatlah – khususnya orang-orang tua, wanita-wanita hamil, kanak-kanak, pesakit-pesakit kencing manis, individu-individu yang mempunyai preskripsi ubat ataupun yang ada situasi kesihatan harus berbincang dengan pakar perubatan untuk mendapatkan nasihat terbaik dan pemantauan teliti tentang cara berpuasa dengan selesa.

JAGA PENAMPILAN

Ramadan adalah masa yang baik untuk detoksifikasi diri dari dalam (secara rohani dan fizikal) dengan mengamalkan tabiat pemakanan yang lebih baik. Manjai kulit anda supaya ia lebih berseri.

1) Lembapan. Mungkin kandungan air anda tidak mencukupi di waktu malam, atau mungkin cuaca terlalu panas di siang hari. Gunakan pelembap kulit sentiasa.

2) Lindungi kulit anda dari matahari. Gunakan sunblock SPF 50 ketika di luar rumah. Pastikan anda berjalan di tempat teduh atau gunakan payung untuk melindungi diri anda. Penggunaan sunblock adalah sesuatu yang anda perlu menggunakan setiap masa. Sinaran boleh didapati dari mana-mana sahaja (UVA / UVB, komputer riba, telefon bimbit, alat dan lain)

3) Cuci muka sebagai satu rutin. Air sahaja tidak mencukupi kerana kulit kita terdedah kepada habuk, pencemaran dan kotoran luar. Anda disarankan untuk menggunakan pencuci muka yang lembut untuk membersihkan tetapi jangan terlampau kasar sehingga merosakkan kulit.

4) Gunakan foundation berasaskan air yang ringan. Apabila kulit anda kurang hidrasi, pori-pori anda akan menghasilkan minyak untuk mengimbangi kekurangan kelembapan. Mekap yang tebal bergabung dengan minyak sebum boleh menutupi liang-liang dan menyebabkan jerawat.

5) Teruskan hidrasi dengan meminum air berulang kali. Elakkan minuman manis dan berkarbonat serta kawal pengambilan kafein anda.



SMOOTHIES

By Felicia Wong

Studies have shown that healthy aging and longevity are proven to be healthy when you include food that is low in calories and nutrient-dense. What better way to do that than by including smoothies into your daily routine? Here are some amazing 'Shine All Day' smoothie recipes. It can be nutritious for sahur or buka puasa for those who prefer less hassle. And you can still enjoy your colourful meal after tarawikh!

Morning Booster

- A handful Blueberries
- 1 medium sized banana
- 250ml soy milk or low fat milk
- 150ml of chilled water
- 2 tablespoon of oats
- Pumpkin seed (toppings)
- Whey protein (optional)



Power smoothie (sahur or buka puasa)

- 1 slice of dragon fruit
- 1 tablespoon of chia seeds
- 1 medium sized banana
- 250 ml soy milk
- 150 ml chilled water
- 4-5 ice cubes
- Protein (optional)



Good kinda fat smoothie

- 1/2 avocado
- 250 ml soy or milk
- 150 ml chilled water
- Unsweetened Chocolate powder (topping)



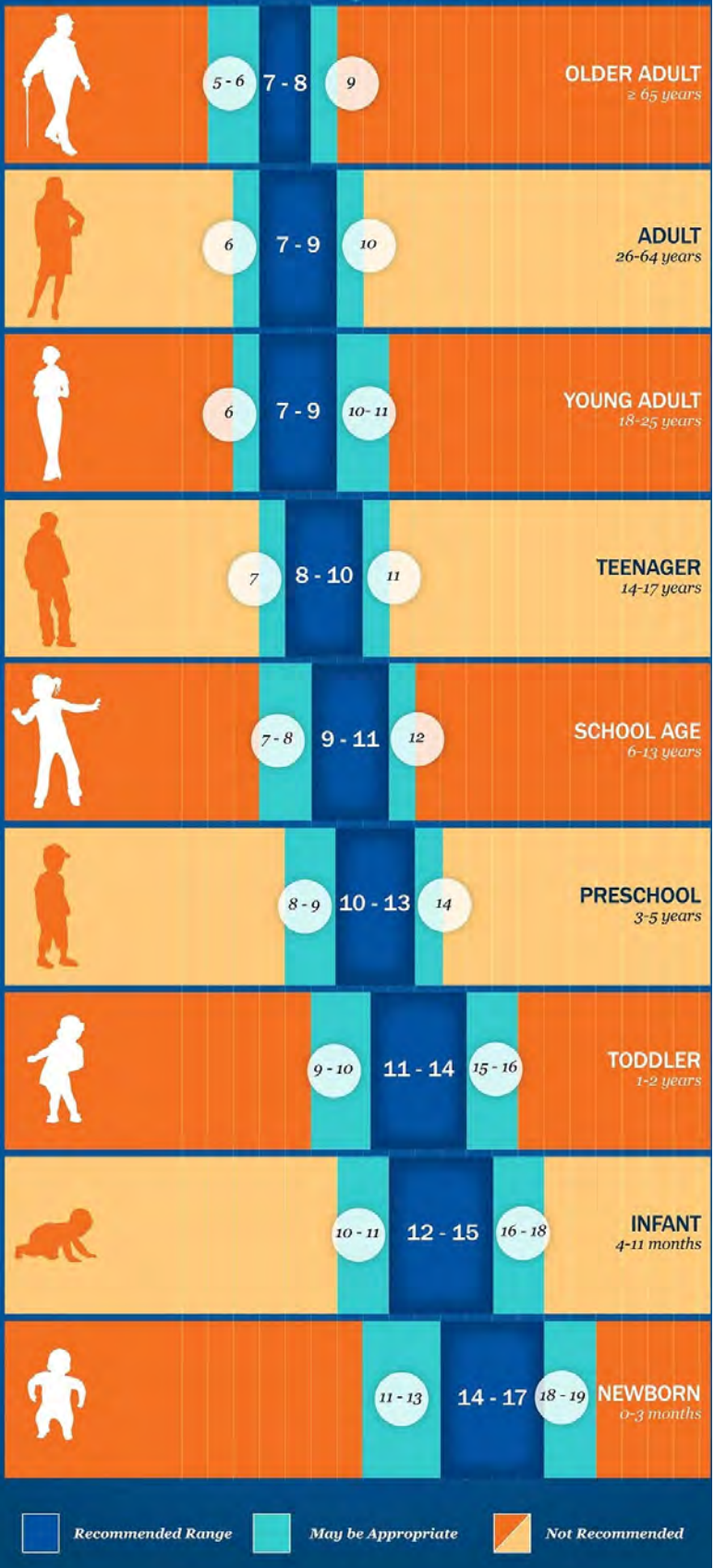
I love my mornings! smoothie

- 4-5 strawberries
- 1 piece of weetabix
- 250ml soy milk or low fat milk
- 100ml of chilled water
- 2 tablespoon yoghurt or greek yoghurt



RECOMMENDED SLEEP

HOURS OF SLEEP



ARE YOU GETTING ENOUGH SLEEP?

By Jespuvan Singh

According to the Consumer Association of Penang (CAP), from a regional survey that was conducted in 2015, apparently Malaysians don't get enough sleep. It is recommended that you get eight hours of sleep a night. However, it was reported that Malaysians only get 6.4 hours on average.

According to the table above, which is a guideline from the National Sleep Foundation US—an expert body in promoting public understanding on sleep—it is recommended that an adult or young adult get an average of eight hours of sleep a night.

According to S.M. Mohamed Idris, CAP president, the survey that was conducted indicates internet addiction, online activities and social networking to be the main culprits that have been keeping most people awake. We are fast becoming connectoholics and screen addicts.

Sleep deprivation has shown to affect work performance. According to Professor Culpin and her research team from Hult International Business School, lack of sleep can fundamentally hinder your ability to perform at your peak and lead to other damaging physical and emotional side effects.

Although a third of your life is spent in bed, your needs can vary greatly. While eight hours would be the recommendation, new studies are suggesting that some may need less or probably more than eight hours of sleep. So, you can be sleeping for either six, seven or even up to nine hours a night.

Yes, you need enough sleep. However, a better question to be asking is—are you getting good quality sleep? You should actually be waking up fully rested and charged up for work rather than looking for the snooze button.

Here are three practical recommendations that can work wonders for your quality of sleep:

1. Commit to daily 'cardio' workout— Do cardio exercises such as walking, jogging or cycling for at least 20 minutes daily, either first thing in the morning or in the evening after work. This will help your body to have better blood flow which will assist you in sleeping.
2. Sleep on time—Sticking to a fixed sleeping time will help regulate your body's clock. Naturally, this will make your body tired and ready for bed.
3. Stick to a relaxed bedtime ritual—Taking a warm shower, reading or meditating can reduce stress and anxiety, preparing your body for bed.



BERSENAM DI BULAN PUASA

By Shafiq Azhar

Disiplin dalam bulan Ramadan akan meningkatkan fokus dan menguatkan mental anda. Itulah yang saya rasa apabila saya melakukan rutin senaman saya dalam bulan Ramadhan.

Sama ada anda seorang atlet berpengalaman ataupun seorang yang aktif bersenam, berpuasa selama 15 jam tidak perlu mengakhiri program senaman anda. Anda hanya perlu mengubah cara bersenam dan memberi perhatian kepada pemakanan anda. Ini membantu anda membakar lemak badan dan mengurangkan gula darah serta kolesterol.

Satu kajian terbitan Jurnal Perubatan Sukan British pada tahun 2010 menyatakan bahawa puasa jangka masa pendek atau secara berselang-seli (intermittently) tidak mempunyai kesan terhadap kesihatan atau prestasi atlet. Pakar fisiologi, Ronald Maughan, membuat kesimpulan bahawa atlet boleh berlatih seperti biasa walaupun berpuasa.

Manfaat bersenam sewaktu berpuasa

Ramai yang berpendapat bahawa mereka harus mengurangkan aktiviti fizikal mereka di bulan Ramadan kerana takut kehilangan tenaga.

Sebenarnya, anda hanya perlu mengubah rutin senaman biasa anda. Dengan cara ini, bersenam di bulan puasa adalah selamat, malahan baik untuk kesihatan anda. Gaya hidup aktif adalah penting untuk mengekalkan kesihatan. Ia mengurangkan risiko penyakit jantung, strok dan diabetes serta membantu mengekalkan kemahiran kognitif dan menjadikan mood lebih baik.

Salah satu kelebihan berpuasa ialah ia dapat membakar lemak dalam badan. Seseorang yang aktif secara fizikal, yang melakukan latihan intensiti rendah ketika berpuasa, dapat menurunkan peratusan lemak dalam tubuh mereka—banyak lagi lemak ditukar menjadi tenaga, sama ada anda bersenam atau berehat.

Tetapi harus diingat—untuk mengelakkan kecederaan dan dehidrasi sewaktu bersenam pada bulan Ramadan, anda harus merancang latihan senaman anda dengan teliti. Masa yang terbaik untuk bersenam di bulan Ramadan adalah sebelum atau beberapa jam selepas berbuka puasa. Ini supaya badan anda bertenaga untuk melakukan senaman.

Jenis senaman yang anda pilih harus sesuai dengan tahap kesihatan dan tubuh badan anda. Ini penting dalam merancang setiap rutin senaman. Apa yang berkesan untuk orang lain tidak semestinya berkesan untuk anda. Setiap badan kita berbeza. Saya telah cuba bersenam pada waktu-waktu berlainan. Saya dapati waktu yang terbaik adalah selepas berbuka.

Bagi mereka yang ingin mengelakkan diri dari kehilangan otot serta ingin mengurangkan lemak dalam badan, saya mencadangkan berbuka puasa dengan kurma dan air. Kemudian lakukan senaman yang berintensiti tinggi. Namun begitu, saya tidak menggalakkan senaman kardio yang terlalu lama kerana anda sudah kehilangan air semasa berpuasa. Senaman kardio yang terlalu lama akan menyebabkan anda kehilangan lebih banyak otot. Ini boleh mengundang bahaya.

Waktu bersenam dalam bulan Ramadan.

Carbo loading atau pengambilan karbohidrat diperlukan oleh mereka yang melakukan senaman beban tinggi atau pun powerlifters. Masa terbaik untuk mereka berlatih ialah dua jam selepas makan. Oleh itu, mereka boleh berlatih pada waktu malam atau selepas sahur.



DON'T PUSH YOURSELF TOO HARD!

Nasihat saya—jangan bersenam pada waktu pagi untuk mengelakkan dehydration dan kehilangan tenaga sepanjang hari berpuasa.

Jika anda seorang pekerja yang aktif pada waktu siang, bersenam di waktu pagi mungkin akan membuat anda berasa tidak bertenaga. Nasihat saya ialah cuba berbuka dengan air, beberapa biji kurma dan sup. Apabila badan anda sudah beroleh air dan garam yang mencukupi, bolehlah anda bersenam. Makanan yang lebih berat boleh dimakan selepas anda bersenam.

Saya dapati salah satu cara terbaik untuk bersenam sewaktu berpuasa ialah dengan berlari selama 10 minit sebelum berbuka. Saya membawa air, kurma, protein bar atau energy gels. Saya akan berbuka semasa berlari—berhenti seketika untuk berbuka dengan air dan kurma sebelum menyambung latihan.

Jika anda ingin menjadikan senaman sebagai satu rutin wajib, pastikan anda bermula perlahan-lahan. Anda boleh cuba pergerakan atau latihan yang menggunakan berat badan seperti squats dan push-ups. Cuba laraskan senaman anda dengan kadar degupan jantung anda. Inilah caranya untuk anda mula membakar lemak.

Jangan paksa diri

Ramadan bukan masa untuk anda mencabar tahap kecergasan anda. Ramadan ialah untuk mengekalkan tahap kesihatan yang terbaik untuk anda. Jangan memaksa diri untuk melakukan latihan intensiti tinggi yang terlalu mencabar. Bulan Ramadan bukan masanya untuk memecah rekod senaman. Ramai yang tidak menyedari bahaya senaman yang terlampau. Ini mendatangkan masalah kepada kesihatan dan fisiologi mereka. Risiko kecederaan amat tinggi. Masa pemulihan akan terjejas kerana kurangnya khasiat, nutrient dan air di dalam badan.

Mengangkat beban yang berat, berjalan atau berlari jarak jauh sewaktu berpuasa boleh menyebabkan anda merasa pening dan loya. Sebaliknya, cuba lakukan aktiviti berimpak rendah seperti berjalan kaki, yoga, berenang jarak pendek dan angkat beban yang ringan. Meningkatkan kadar jantung anda selama 30 minit sehari akan memberi kesan yang baik kepada kesihatan anda.

Makanan yang seimbang seperti protein, gandum, buah-buahan dan sayur-sayuran menjadi kunci proses pemulihan yang baik. Tidur atau rehat yang mencukupi juga penting.

Setelah bersenam, badan anda perlu waktu untuk pulih semula. Tidur atau rehat walau pun dalam jangkamasa yang pendek, antara lima hingga 10 minit (sewaktu bekerja atau sebelum melakukan aktiviti seharian) adalah penting untuk memulihkan badan anda dari kesan senaman.

**MAY THIS RAMADAN
BRINGS ENDLESS
MOMENTS OF JOY
AND HAPPINESS IN
YOUR LIFE**





ULTIMATE SOLUTION TO WELLNESS

MAKE A DIFFERENCE



Wellness is simply the process of being aware of and actively working towards better health

Columbia Asia has been providing their corporate clients with a variety of wellness programs (health talks, on-site screenings, events etc.) for over a decade. Now, they have decided to move forward to a more sustainable wellness initiative.

In October 2016, Columbia Asia gathered a team of experts to design a program which they called Make-A-Difference Lifestyle Modification and Health Intervention Program.

In February the following year, the M-A-D program was launched as the first pilot project in collaboration with one of Malaysia's leading GLCs. The result was astonishingly positive. That motivated Columbia Asia to further its initiatives with a more comprehensive and inclusive program – the Corporate Health Transformation Program.



Health and Wellness in Malaysia

Chronic disease is the leading cause of death in Malaysia. Poor health among working-age individuals costs the country about 7.1% of total GDP (Victoria Institute of Strategic Economic Studies, 2016). Most of this poor health constitutes various chronic diseases.

CORPORATE HEALTH TRANSFORMATION PROGRAM

BY COLUMBIA ASIA

The Only Solution

A study done by the World Health Organization (WHO podcast, 1st podcast—2009 episode number 56) found that 60% of all deaths annually are due to preventable, non-communicable diseases like cancer, cardiovascular disease and diabetes. These diseases have common risk factors which include inappropriate diet and physical inactivity, both of which are related to lifestyle and personal choices. The same WHO study reported that lifestyle intervention via small modifications to people's behaviour, is the best and only answer to the problem.

Corporate Health Transformation Program

To create real, achievable, measurable and cost-effective preventive solutions, comprehensive lifestyle modification is necessary. This involves altering long-term habits, typically of eating or physical activity, and maintaining the new behaviour indefinitely. Lifestyle modification can be used to treat a range of diseases, including obesity.

Towards realizing the vision 'A passion for making people better', Columbia Asia has taken the initiative to start and lead the movement towards prevention in corporate healthcare in Malaysia.

The first important step has been to design and develop a personalised lifestyle modification and health intervention program for its corporate clients. By working directly with corporations and their employees, Columbia Asia is helping to create a culture of health that can mitigate the rising costs of healthcare faced by individuals, companies and insurers.

Columbia Asia's corporate health transformation program has two phases.

Phase One - Corporate Health Transformation Program

Employees health assessment and screening will be done at the company's premises. An online comprehensive health survey will be conducted; Employee test results are provided to respective employees and they receive doctor consultation at their offices. Prevention classes will be set up and topics that will be discussed will depend upon the overall test results.

Phase two - Make A Difference Program

Make-A-Difference (M-A-D) is a comprehensive result-oriented series of workshops/ programs that promote healthy living at the workplace. It encompasses lifestyle management and disease management interventions to create a well workplace.

MAKE-A-DIFFERENCE

By Columbia Asia



The M-A-D initiatives are best derived from the Health Risk Assessment and are conducted to reduce the prevalence of lifestyle-based diseases.

The employees that would be eligible for this program are those that took part in phase one of the program and test results show that they need to take better care of their health.

This 3-month program consist of 12 weeks of physical and mental sessions. The sessions are usually once a week at the client's premises;

Physical session will include a certified trainer and equipment's both indoor and outdoor activities will be included.

Mental sessions will include certified mind set change trainer, Nutritionist briefing and doctor's briefing (briefing will depend upon what the overall employees test results show).

Most of the engagements are done via WhatsApp and social media and it is a 24 hour service which gives participants 24 hours access to wellness team (Nutritionist, wellness doctor, fitness trainers and couches).

Another screening is done after the 3 months to gauge the employees improvements. Graduation to celebrate employee's achievements.

To create a culture of health this program provides continuous enrolment in batches. After each batch is completed, the next batch is enrolled immediately.



The focus of the Program is more on disease management and intervention rather than on things like weight loss, although employees do see a reduction on their overall weight and some do experience muscle gain. Participants with higher cardiovascular risks, high cholesterol, diabetes and stress disorders are the suitable target for this lifestyle intervention program.

The lifestyle and disease management programme can be tailored based on the needs and wants of the organisation.

Benefits of Make -A - Difference Program

Some of the main benefits of M-A-D program includes:

- 1) Reduced health-care cost
- 2) Reduced absenteeism
- 3) Reduced presenteeism
- 4) Improved health status of employees
- 5) Reduce turnover
- 6) Increased engagements among employees
- 7) Increases productivity

Conclusion

Corporations in Malaysia recognize the importance of health interventions as it is estimated that for every \$1 spent on prevention, \$3 can be saved. The interest in the Program has been overwhelming and that signals a significant shift in the healthcare industry which is moving towards preventive care. It also highlights an important shift among corporations who are actively engaging with employees to put their health first.

Jom Bermeditasi Di Bulan Ramadhan!

Oleh Feexa Nicoll



Meditasi sering dianggap sebagai mengelamun atau kekosongan fikiran. Sebenarnya, meditasi ialah suatu tindakan sadar atau conscious. Mereka yang bermeditasi akan sentiasa sadar dan tahu apa yang sedang dia lakukan. Terjemahan literalnya ialah bertafakur. Ia boleh juga diertikan sebagai amalan rehat yang melibatkan pelepasan fikiran (flow of thoughts). Aliran fikiran manusia banyak kompartmen. Justeru itu, komponen fikiran anda harus disusun dan diletakkan ke dalam kompartmen yang betul dan dikeluarkan bila perlu.

Sama ada anda sadar atau tidak, setiap insan bermeditasi. Bilamana fikiran anda menerawang tetapi tertumpu kepada sesuatu perkara, maka itulah meditasi. Betul caranya atau tidak, itu akan dikupas di sini. Meditasi anda mungkin tanpa kawalan pernafasan yang betul dan tanpa memikirkan perkara positif.

Kekadang, fikiran kita merewang-rewang kepada banyak perkara. Ada yang menarik, sensasi, mencemaskan dan ada juga yang membebankan, sama ada disebabkan masalah sendiri atau masalah orang lain.

Meditasi adalah kegiatan mencerna atau membolak-balikkan fikiran; memikirkan atau merenungkan. Dari segi maksud yang lebih mendalam, meditasi adalah kegiatan mental yang berstruktur, dilakukan dalam jangka waktu tertentu. Sewaktu meditasi, fikiran anda akan menganalisa, mengambil kesimpulan atau mengambil langkah-langkah lebih lanjut untuk menyingkapi dan menentukan tindakan atau mencari jalan penyelesaian.

Pemikiran yang berbolak balik akan menyentuh dan mengganggu emosi anda dan seterusnya mencetuskan konflik dalam diri anda. Kesimpulannya, pemikiran yang menerawang tanpa bimbingan yang betul akan merosakkan diri dan mampu membawa kemurungan.

Harus difahami bahawa hidup merupakan serangkaian pemikiran, penilaian dan pelepasan subjektif yang tiada penghujungnya. Fikiran harus diprogramkan dengan cara yang betul dan positif. Ini penting supaya fikiran yang melayang-layang tidak mengganggu emosi dan menyebabkan seseorang itu menjadi tidak menentu.



Meditasi mampu memutikkan kesedaran intuisi anda supaya menjadi lebih tajam. Bila meditasi dilakukan dengan cara yang betul, tubuh anda secara automatik akan menolak segala negativiti yang bersarang di jiwa.

Ramadhan ini, mari amalkan meditasi dalam setiap amal ibadah. Apabila kita mengamalkan meditasi dengan pernafasan yang betul iaitu dengan cara menarik dan menghembus nafas melalui hidung, tubuh kita mampu menyah toksin yang mengeruhkan minda. Melalui meditasi, anda akan memperolehi ketenangan kerana mampu mengawal fikiran melalui gabungan teknik meditasi dan pernafasan yang sempurna.

Manfaat meditasi dapat dirasai secara fizikal, langsung atau tidak langsung. Salah satu manfaat meditasi ialah merasa nyaman dari segi mental dan relaks dari segi fizikal. Dari sudut pandangan fisiologi pula, meditasi adalah anti-stres yang paling baik.

Apabila anda mengalami stres, denyutan jantung dan tekanan darah akan meningkat. Pernafasan anda akan menjadi lebih cepat dan pendek. Bila anda bermeditasi, degupan jantung dan tekanan darah kembali normal. Rentak pernafasan kembali tenang. Hormon stres pun akan menurun.

Berikut adalah lain-lain manfaat meditasi:

- 1) Anda menjadi lebih pemaaf dan tidak cepat melatah.
- 2) Lebih memahami orang lain dan mengerti akan setiap tindakan yang diambil.
- 3) Anda akan menjadi lebih tekun dalam memilih fikiran positif.
- 4) Anda akan lebih redha dengan segala kejadian sama ada suka atau duka.
- 5) Insyaallah, anda akan lebih khusyuk dalam solat! Jika anda meditasi dengan baik, bulan Ramadhan ini akan menjadi sesuatu yang beraliran positif untuk anda, berkeprihatinan tinggi dan menjurus kepada kebaikan hati.



Diabetes and Ramadan

Dr. Chandar Mohini

During Ramadan, Muslims consume a greater variety of foods compared to the rest of the year. While Islam makes exception for followers suffering serious illnesses, most Muslim diabetics would choose to fast. The decision to fast should be made based on considerations of risks and complications associated with fasting. You should consult your doctor for advice prior to fasting during Ramadan.

If you have diabetes and intend to fast during Ramadan, you should be prepared for the following in order to undertake the fast as safely as possible:

Review by Doctor

Assessment of the following through doctor consultation should be performed at least one month prior to fasting for Ramadan:

- 1) Overall well-being
- 2) Blood sugar control
- 3) Blood pressure control
- 4) Lipid/cholesterol control
- 5) Presence of any diabetic complication

During fasting, the following is recommended:

- 6) Blood glucose monitoring; self-monitoring of blood glucose level should be done at least three times per day ie two hours post-Sahur, half an hour pre-Iftar and two hours post-Iftar.

Meal planning and food choices:

Do not skip Sahur. Consume foods rich in complex carbohydrates which release energy slowly such as barley, wheat, oats, beans, wholemeal flour and unpolished rice at Sahur. Limit intake of sugary food/drinks. Limit fried foods. Include fruits, vegetables, lentils (dal) and yoghurt in meals at Iftar and Sahur. Fruits such as bananas are a good source of potassium, magnesium and carbohydrates.

Avoid vigorous exercise during daytime.

Take your medication as prescribed by your doctor. The risks of fasting may lead to dehydration, hypoglycaemia or hyperglycaemia (episodes of high or low blood sugar). Look out signs below:

- Dehydration (eg, dry mouth, thirst, decreased urine)
- Hypoglycaemia or low blood sugar (eg, shakiness, anxiety, sweating, fast heartbeat, dizziness, hunger)
- Management of acute complications can include administration of glucose-containing drinks to manage hypoglycaemia.
- Hyperglycaemia or high blood sugar (eg, blurry vision, frequent urination, high blood glucose, increased fatigue).

Cocoa Banana Oat Pancakes

By Sharmaine A. Dorai

Ingredients

Bananas	- 3pcs
Eggs	- 2 whole ones
Oats	- 1 small cup
Cocoa powder	- 1 teaspoon

Method

- Mix & mash all ingredients to make a batter.
- Heat & lightly grease a nonstick pan with some Canola oil.
- Scoop batter with a ladle & pour onto the pan to cook.

☆Do not make texture too thick as it may take longer to cook.



Quinoa & Spicy Grilled Salmon

By Sharmaine A. Dorai

Ingredients

Quinoa
Salmon
Lemon juice
Shallot
Garlic
rosemary

Method

Cook Quinoa separately (1 cup of quinoa takes 2 cups of water to be added to cook in the rice cooker).

- Season salmon with salt, black pepper & chilli flakes.
- Heat nonstick pan with olive oil.
- Add chopped shallots, garlic, squeezed lemon juice, 1 birds eye chilli & rosemary.
- Sautee these for 30 secs & then place the salmon in the pan & grill it in the mixture till its cooked.



Ramadan

—●●KAREEM●●—



Ramadan Preparation Workshop (The Mindful Ramadan) by Columbia Asia Group of Hospitals

Ramadan is coming soon and it brings endless questions to our minds about health and nutrition: How can I stay healthy? What foods should I eat at Sahur and Iftar? Should I exercise during Ramadan? What type of exercise should I do?

Columbia Asia Hospital has designed a workshop to give you all the information you need to ensure a healthy and happy Ramadan.

Minimum 50 participants
RM20 per person

Come join us for a 3-hour workshop and learn:

- ✓ Common mistakes we make during Ramadan.
- ✓ Tips for happier and healthier fasting
- ✓ Diabetes and fasting
- ✓ How to train and exercise during the fasting month
- ✓ Healthy eating habits before and after fasting
- ✓ How to make sure we don't get dehydrated
- ✓ How to get enough sleep during Ramadhan
- ✓ How to train our mind to adopt good habits

Speakers



Shafiq Azhar
Certified Fitness
Trainer



Dr. Fairuz Anisa
General Practitioner
and Wellness Doctor



Jespuvan Singh
Nutrition Expert and
Sport Scientist

You will get a free exercise and meal plan when you attend the workshop.

For more info please contact:

Ms. Sherry Someh **HP:** 0123641880

Email: shahrzad.torkamanloo@columbiaasia.com

Ramadan

—●●KAREEM●●—

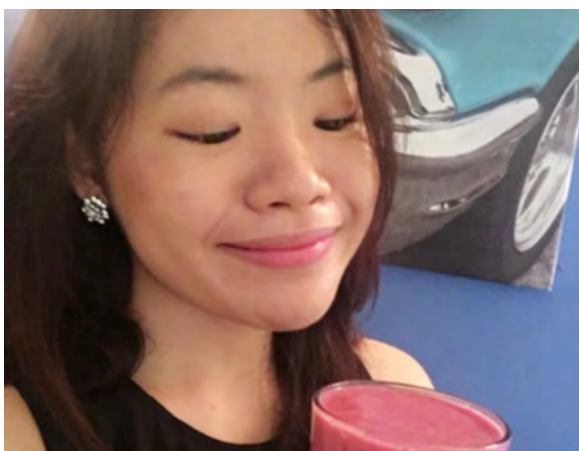


About The Writers



Coach Shafiq Azhar

Certified and experienced Personal Trainer with 8 years experience conducting one-on-one training session and group training. Expert in designing and monitoring exercise programs based on client needs, goals, abilities, and anatomy. Advanced training in metabolic testing, nutrition, and weight management consulting. Adept at creating a warm environment in which clients of all ages can successfully achieve health and wellness goals. He believes learning should always be active and fun.



Coach Felicia Wong

Felicia Wong is a lifestyle coach. She began her journey 10 years ago with her personal wellness transformation with proper approach to nutrition and active lifestyle. She is also a certified fitness instructor and personal trainer, and Level 1 Sport Science Coach. Through continuous self development and years of working in the field hands-on with clients, she believes in educating individuals from indoor workouts to outdoors running and hiking, and healthy grocery coaching.



Coach Sharmaine Annet Dorai

Sharmaine is a Certified Personal Trainer (Since 2013). Fitness is her true passion. Her mission is to change people's mindsets & help transform their lifestyle into a fitter, healthier and better way of life. She likes to teach people to enjoy exercise, prepare & eat healthy easy & delicious food. Whether it's in the home, at the gym or even outdoors, her focus is to help guide them through their fitness journey.



Coach Jespuvan Singh

Jespuvan has a Master of Science in Sports Science from Universiti Sains Malaysia. He's well known in his research on coconut water being a sport drink. Jespuvan has been an active member of the training community in Malaysia and has served local and international organisations over the span of more than 13 years. He's been responsible in designing, developing and delivering programmes, such as healthy-living, weight loss, disease management, nutrition and exercise workshops and stress management programmes.

About The Writers



Dr. Chandar Mohini

Dr Chandar Mohini obtained her medical degree from Gajra Raja Medical College Gwalion, India in 1991. She did her medical training in Safdarjung Hospital, New Delhi India and at Queen Elizabeth Hospital, Kota Kinabalu Sabah. Dr Mohini has also completed her Nutritional Certification with SAHAMM (Society for the Advancement of Hormones and Healthy Aging Medicine, Malaysia). She has great passion towards preventative medicine.



Feexa Nicoll

Feexa is an Associate Image Consultant. An Affiliate certified by IITTI (Institute of Image Training and Testing International Canada). She is also a Certified NLP Practitioner certified by the National Federation of NLP Florida USA. She has hosted and starred in her own three season Yoga series aired by Astro Ria, TV2, TV3 and NTV7.- Currently she is the CEO of Richness and Wellness Group of companies and the Appointed Director for Women TV Asia/TV Wanita Malaysia



Dr Fairuz Anisa

Dr. Fairuz Anisa has a long history of nomadic living. She received her early education in the UK. She then she completed her Medical Bachelor's and Bachelor of Surgery (MBBS) in UiTM and completed her degree in 2012. Her passion is preventive health and overall wellness. Her mission is to improve quality of life for her patients. She started to actively learn and develop her skills and knowledge in the areas of anti-aging and preventive health.

RAMADAN MUBARAK



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