



**5 EXERCISES TO
BURN FATS
WITHOUT LEAVING
YOUR DESK**



WHO WE ARE

N⁺E

Nutrition . Fitness . Rehab

SPECIALIST



Like Us





SHAWN QUACK

EIMS- Certified Clinical Fitness
Professional
Nutrition & Exercise Specialist



WE BELIEVE

**Your greatest gift for
your loved one
is to take good care of
your health!**

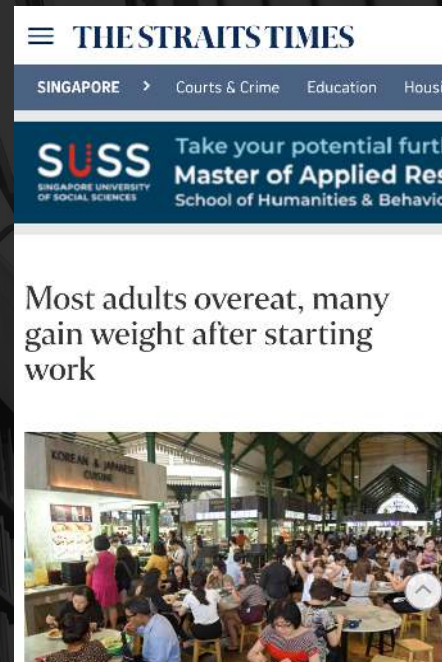
CURRENT ISSUES WITH WORKING ADULTS



APR 21, 2016



Employee Healthcare Interactive: Asia's only regional



JUN 20, 2017



Singaporeans eating more due to busy lifestyles, food variety: Experts

CURRENT ISSUES

WITH WORKING ADULTS

The Straits Times, 21 April 2016:

Stress and lack of physical activity are top health issues for workers, say companies

Some 56 per cent of employers said stress was an issue for their workers to a great extent. This was followed by 52 per cent for lack of physical activity, 32 per cent for lack of sleep, and 24 per cent for obesity.

Dr Rajeshree Parekh, director of health and corporate wellness for Asia and Australasia at Willis Towers Watson, stressed the need for employers to recognise the links between health issues. "For example, research shows that insufficient physical activity, poor nutrition and inadequate sleep are strongly linked with obesity and stress."

CURRENT ISSUES

WITH WORKING ADULTS

Human Resources Magazine, 15 March 2016:

29% of Singaporeans eat lunch at their desk almost everyday

In fact, a recent survey conducted by Herbalife revealed that 29% of local professionals are taking their lunch breaks at their desks four to five times a week. This percentage was almost twice than the Asia Pacific average (15%).

It added women, in fact, spend a longer time at their desks as compared to men.

Almost seven in 10 (66%) of women stated they spend between 6-9 hours sitting at their desks on an average workday – 4% more than the percentage of men.

More than seven out of 10 (72%) of professionals in Hong Kong stated six to nine hours of their weekday is spent at their desks, while 66% of their counterparts in Singapore stated the same.

"Singapore workers tend to lead largely sedentary lifestyles, though they still understand the need to step away from their desks to engage in physical activity," the survey stated.

CURRENT ISSUES

WITH WORKING ADULTS

The Straits Times, 20 June 2017:

Most adults overeat, many gain weight after starting work

The average Singaporean today is heavier, more likely to overeat and - unsurprisingly - tends to put on weight once he enters the workforce.

This is especially so among men, who typically put on 4kg within the first decade of starting work, new data from the Health Promotion Board (HPB) shows.

However, the proportion of overweight people in each age bracket began to grow starting from age 21, when many people start full-time work.

Last year, 42 per cent of men aged between 30 and 39 were obese, as were 28 per cent of women.

CURRENT ISSUES

WITH WORKING ADULTS

The Straits Times, 10 July 2017:

Singaporeans eating more due to busy lifestyles, food variety: Experts

Singaporeans have been eating more and more over the past two decades - but why?

According to the experts, much of it boils down to people being spoilt for choice and opting for convenience over health.

In other words, people are more likely to grab dessert or a snack between meals, just because they can.

Busy lifestyles also mean that many eat out, or opt for easy-to-prepare processed food, which is typically higher in calories.

In the 1998 edition of the National Nutrition Survey, the Health Promotion Board found that people in Singapore consumed an average of 2,062 calories a day. By 2010, this figure had gone up to 2,624.

More alarmingly, the same study found that 59 per cent of Singaporeans exceeded their daily recommended calorie intake in 2010, up from 34 per cent in 1998.

Many people also opt for takeaway or processed food like nuggets and hot dogs without realising how many extra calories they consume by doing so. Such food tends to be more calorie-dense because of the amounts of fat, sugar or salt used to make it tastier.

BENEFITS

OF AN ACTIVE LIFESTYLE

The overall health benefits of physical activity can be summarised in the table below:

STRONG EVIDENCE	MODERATE TO STRONG EVIDENCE	MODERATE EVIDENCE
Lower risk of early death Lower risk of coronary heart disease Lower risk of stroke Lower risk of high blood pressure Lower risk of adverse blood lipid profile Lower risk of type 2 diabetes Lower risk of metabolic syndrome Lower risk of colon cancer Lower risk of breast cancer Prevention of weight gain Weight loss Improved cardiorespiratory and muscular fitness Prevention of falls Reduced depression	Better functional health (for older adults) Reduced abdominal obesity Weight maintenance after weight loss Better cognitive function (for older adults)	Lower risk of hip fracture Lower risk of lung cancer Lower risk of endometrial cancer Increased bone density Improved sleep quality

Table 1.1 Overall benefits of physical activity ¹⁶



**WHAT IS STOPPING
YOU
FROM BEING
PHYSICALLY ACTIVE?**

REASONS FOR NOT EXERCISING

- I have no time.
- I'm too tired.
- I have family obligations.
- I am too lazy/ I don't have the willpower.
- I don't like to exercise.
- I've tried exercising in the past and failed.
- I lack of confidence.
- I find the crowd intimidating.
- Exercise feels uncomfortable.
- I don't know where to start (lack of skills and knowledge)

Extracted from: Healthxchange.sg. (2018). 5 Barriers to Exercise: Tips to Overcome Them - HealthXchange. [online] Available at: <https://www.healthxchange.sg/fitness-exercise/exercise-tips/five-barriers-exercise-tips-overcome>

RECOMMENDATIONS

FOR PHYSICAL ACTIVITY

General Exercise Recommendations for Healthy Adults				
Training Component	Frequency (days per week)	Intensity	Time (Duration) or Repetitions	Type (Activity)
Cardiorespiratory	≥5	Moderate (40% to <60% $\dot{V}O_2R/HRR$)	>30 minutes*	Aerobic (cardiovascular endurance) activities and weightbearing exercise
	or ≥3	Vigorous (≥60% $\dot{V}O_2R/HRR$)	20–25 minutes*	
	or 3–5	Combination of moderate and vigorous (40% to <60% $\dot{V}O_2R/HRR$; or ≥60% $\dot{V}O_2R/HRR$)	20–30 minutes*	
Resistance	2–3	60–80% of 1 RM or RPE = 5 to 6 (0–10 scale) for older adults	2–4 sets of 8–25 repetitions (e.g., 8–12, 10–15, 15–25; depending upon goal)	8–10 exercises that include all major muscle groups (full body or split routine); Muscular strength and endurance, calisthenics, balance, and agility exercise
Flexibility	≥2–3	Stretch to the limits of discomfort within the ROM, to the point of mild tightness without discomfort	>4 repetitions per muscle group Static: 15–60 seconds; PNF: hold 6 seconds, then a 10–30 second assisted stretch	All major muscle tendon groups Static, PNF, or dynamic (ballistic may be fine for individuals who participate in ballistic activities)

*Continuous exercise or intermittent exercise in bouts of at least 10 minutes in duration to accumulate the minimum recommendation for the given intensity

Note: $\dot{V}O_2R$ = $\dot{V}O_2$ reserve; HRR = Heart-rate reserve; 1 RM = One-repetition maximum; RPE = Ratings of perceived exertion; ROM = Range of motion; PNF = Proprioceptive neuromuscular facilitation

Source: American College of Sports Medicine (2014). *ACSM's Guidelines for Exercise Testing and Prescription* (9th ed.). Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins.



5 EXERCISES THAT YOU CAN DO AT YOUR DESK TO BURN FATS

- Seated march
- Sit to Stand
- Front and side shoulder raises
- Seated leg lift
- Knee to elbow

SAMPLE WORKOUT?

Workout 1	Workout 2
Seated march for 1 minute	Seated march with front arm raises
Front and side arm raises for 1 minute	Seated leg raises
Seated leg raise for 1 minute	Sit to stand with side arm raises
Sit to stand for 1 minute	Seated alternate knee to elbow
Seated alternate knee to elbow for 1 minute	On each exercise for 1 minute and rest 30 seconds in between each exercise
Rest for 1 minute and repeat one more round (Total 11 minutes)	Total: 5 minutes 30 seconds

SOLUTIONS

1

Balanced Meals with proper supplementation (where needed)

2

At least 30mins of exercise, 5x a week

3

Engage us for your personalized solution

EXERCISE

WHAT TYPE?

Exercise - How much do you burn?

For every 30 minutes of the selected activity for men and women

Activity	Body Weight			
	50kg	60kg	70kg	80kg
Laying Down	33	42	45	51
Badminton				
- Singles	120	147	168	192
- Doubles	90	111	126	144
Bowling	90	111	126	144
Cycling				
- 8 km/hr	63	78	90	102
- 16 km/hr	138	171	198	222
- 24 km/hr	240	294	339	381
- 32 km/hr	351	432	495	561
Dancing				
- Waltz	105	129	147	168
- Disco	150	183	210	237
Soccer	198	243	279	315

Activity	Body Weight			
	50kg	60kg	70kg	80kg
Swimming				
- Breaststroke (20m/min)	105	129	147	168
- Front Crawl (50m/min)	231	285	330	372
Tennis				
- Singles	165	201	234	264
- Doubles	114	141	162	183
Brisk Walking	138	171	198	222
Golf				
- Pulling clubs	120	147	168	192
- Power cart	63	78	90	102
Running				
- 10km/hr	240	294	339	384
- 15km/hr	399	492	564	639



**IT IS HEALTH THAT IS
REAL WEALTH AND NOT
PIECES OF GOLD AND
SILVER.**

MAHATMA GHANDI

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**MANY
THANKS**