

Session 2 Diet, Exercise and Healthy Sleep

- ❖ **Understanding Chronic Diseases and Conditions**
- ❖ **A Balanced Diet**
- ❖ **Water Balance**
- ❖ **Benefits of Exercises**
- ❖ **Healthy Sleep**
- ❖ **Health Exercise 2: Easy Daily Exercises, Ten Hand Exercises, 3-Minute Body Scan Meditation**

Understanding Chronic Diseases and Conditions

What are chronic diseases and conditions?

- ✧ There is no single uniform definition for chronic diseases or conditions. For example, US Department of Health and Human Services defines chronic diseases as “conditions that last a year or more and require ongoing medical attention and/or limit activities of daily living”, while the World Health Organization (WHO) defines chronic diseases as “diseases of long duration and generally slow progression”.
- ✧ Some common chronic disease and conditions include Alzheimer’s disease, arthritis, cardiovascular diseases (e.g., heart failure), chronic respiratory diseases (e.g., asthma, chronic obstructive pulmonary diseases), depression, diabetes, hypertension, obesity, stroke, and substance abuse disorders (drug and alcohol).

What are the differences between chronic and acute conditions?

- ✧ **Acute** conditions generally develop suddenly and last a short time, often only a few days or weeks, such as flu, common cold, and heart attack.
Chronic conditions develop slowly and may worsen over an extended period of time -- months to years.

Causes, symptoms and treatment:

- ✧ **Causes:** Chronic conditions are often caused by unhealthy behaviors that increase the risk of disease -- poor nutrition, inadequate physical activity, overuse of alcohol, or smoking. Social, emotional, environmental, and genetic factors also play a role. As people age, they are more likely to develop one or more chronic conditions.
- ✧ **Symptoms and Treatment:** Chronic conditions are slower to develop, may progress over time, and may have any number of warning signs or no signs at all. Chronic health conditions cannot be cured -- only controlled.

Why is self-management important?

- ✧ As mentioned above, chronic conditions can only be controlled. Controlling (or managing) the symptoms of a chronic condition can often be done by creating a health care plan in partnership with your physician -- the plan may include taking medication, healthy eating, physical or occupational therapy, exercise, or complementary treatments, such as acupuncture or meditation.
- ✧ Managing your condition can keep your symptoms from getting worse, improve the quality of your life and lower health care costs.

- ✧ Frequently, you can prevent new chronic conditions by practicing healthy lifestyle behaviors, such as staying physically active, maintaining a healthy weight and nutritional status, and refraining from drugs, smoking, and excessive alcohol use.

We are going to discuss how to perform self-management in medication, diet and exercises (session 4).

A Balanced Diet

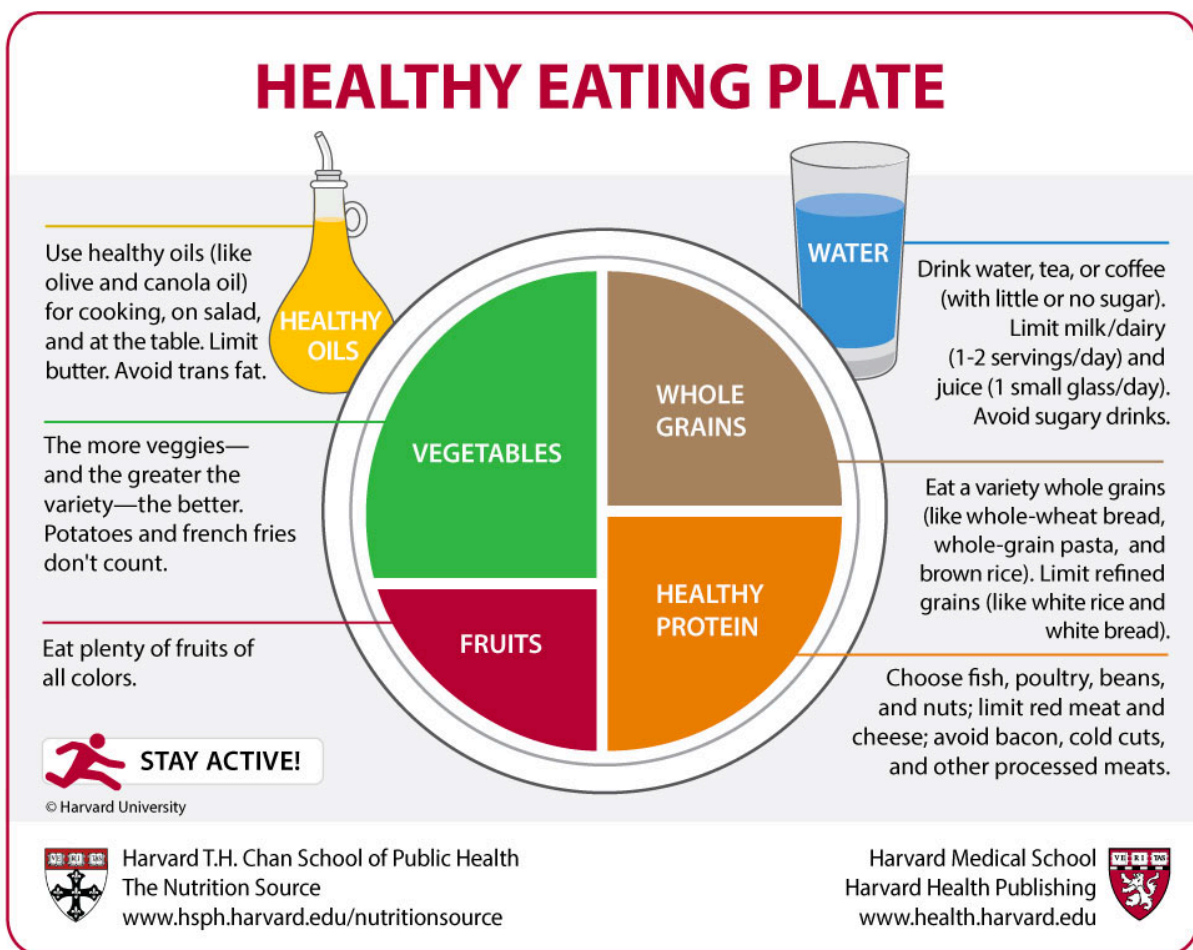


Figure 3.1 Healthy Eating Plate

Make most of your meal vegetables and fruits – ½ of your plate:

- ✧ Aim for color and variety, and remember that potatoes don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.

Go for whole grains – ¼ of your plate:

- ✧ Whole and intact grains—whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

Protein power – ¼ of your plate:

- ✧ Fish, chicken, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.

Healthy plant oils – in moderation:

- ✧ Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean “healthy.”

Drink water, coffee, or tea:

- ✧ Skip sugary drinks, limit milk and dairy products to one to two servings per day, and limit juice to a small glass per day.

Stay active:

- ✧ The red figure running across the Healthy Eating Plate’s placemat is a reminder that staying active is also important in weight control.

The main message of the Healthy Eating Plate is to focus on diet quality:

- ✧ The type of carbohydrate in the diet is more important than the amount of carbohydrate in the diet, because some sources of carbohydrate—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others.
- ✧ The Healthy Eating Plate also advises consumers to avoid sugary beverages, a major source of calories—usually with little nutritional value—in the American diet.
- ✧ The Healthy Eating Plate encourages consumers to use healthy oils, and it does not set a maximum on the percentage of calories people should get each day from healthy sources of fat.

A healthy balanced diet indicates daily diet should contain protein, fat, carbohydrates, vitamins, minerals, water, and cellulose; therefore, the daily diet should include the following food:

Food categories	Content	Function	Quantity
Milk: such as milk, cheese a. Should choose low-fat milk and skimmed milk b. Avoid drinking condensed milk with high sugar content	Calcium, protein, vitamin B	Maintain healthy teeth and bones	1-2 cups
Meat: Such as fish, chicken, pork, beef	Protein, iron, vitamins, fat	Maintain and promote metabolism, and supply essential protein element for the body	160-200g
Fruits and vegetables: Such as green leafy vegetables, melons, fruits	Vitamin A, C, minerals, cellulose	Enhance immunity, and prevent constipation	240-320g
Grains: Such as noodles, rice, cookies, bread, cereal products	Starch, a small amount of vitamin B complex, vegetable protein, cellulose	Supply and replenish; Whole-grain cereals contain a high amount of fiber, which can prevent constipation	3-4 bowls (medium-sized bowl)

These four categories of food are like the four wheels of a car; missing one will make the car unable to move, just as missing any type of food in the diet will affect one's health.

Principles of healthy eating:

- ✧ Keep a balanced diet by including various types of food
- ✧ Maintain an ideal body weight
- ✧ Eat less salt
- ✧ Eat less sugar
- ✧ Eat less fat
- ✧ Eat more high-fiber foods, such as fruits, vegetables, whole grains, and so on
- ✧ Eat food containing vitamins and minerals
- ✧ Pay attention to diet, do not eat too much cholesterol-containing foods

Vitamins

Vitamin	Food sources	Main effects	Side effects of excessive intake
s			

A	Liver, butter, egg yolks, fish, Laura Portuguese fruit, tomatoes spinach, yellow-green fruits and vegetables	<ul style="list-style-type: none"> ✧ Maintain normal vision ✧ Prevent night blindness and retinal sicca (dry eye syndrome) ✧ Prevent the drying of epithelial tissue, causing keratosis (aging spots and warts) 	dry skin, hair loss, hepatomegaly (enlarged liver), arthralgia (joint pain), etc.
B1	Skin of grains, meats, beans, egg yolk	<ul style="list-style-type: none"> ✧ Maintain a normal appetite, digestion, and stomach tension ✧ Maintain the normal function of the nervous system ✧ Prevent beriberi (vitamin B-1 deficiency) 	Dyspnea and dysphagia (difficulty breathing and swallowing)
B2	Liver, animal and plant tissues, milk	<ul style="list-style-type: none"> ✧ Prevent various skin lesions and weight loss 	Urine will show yellow
B6	Most foods contain vitamin B6, Especially liver, eggs, whole grains	<ul style="list-style-type: none"> ✧ Involved in normal metabolism of amino acid and starch into sugar ✧ ease anxiety 	Easy to develop dependence and sensory nervous system disorders
B12	Liver, kidney, meat, dairy	<ul style="list-style-type: none"> ✧ Anti-pernicious (vitamin B-12) anemia factor 	Side effects are rare; usually the absorption of vitamin B12 intake relates to personal abilities, regardless of the diet
C	Citrus fruits, tomatoes, green peppers, spinach, potatoes	<ul style="list-style-type: none"> ✧ Prevent scurvy (bleeding gums, fatigue, and rash) 	May cause gastrointestinal discomfort, anticoagulants (blood clotting) interference
D	Cod liver oil, egg	<ul style="list-style-type: none"> ✧ Help absorb calcium and 	Hypercalcemia,

	yolks, butter	<p>phosphorus</p> <ul style="list-style-type: none"> ✧ Help normal formation of bones and teeth ✧ Prevention of osteoporosis and rickets 	and symptoms include: weakness, soft tissue calcification, elevated blood pressure, loss of appetite, vomiting, weight loss, uremic (waste in the blood)
E	Vegetable oils, egg yolks, beef liver, food grains	<ul style="list-style-type: none"> ✧ Maintain normal reproductive functions ✧ Muscle development and other functions ✧ Antioxidants 	Side effects are not common
F	Spinach, egg yolk, liver	<ul style="list-style-type: none"> ✧ Catalytic liver, synthesis of clotting factor to prevent bleeding 	Can cause thrombosis (blood clot in blood vessel)

Minerals

Minerals	Food sources	Main effects
Calcium	Milk, meat, beans	<ul style="list-style-type: none"> ✧ Maintain healthy bones and teeth ✧ Help blood to clot ✧ Maintain normal functioning of nerves and muscle cells
Sodium	Salt	<ul style="list-style-type: none"> ✧ Maintain normal functioning of nerves and muscle cells ✧ Maintain moisture balance
Magnesium	Green beans, milk	<ul style="list-style-type: none"> ✧ Important component of many enzymes ✧ Essential element of bones and teeth formation
Potassium	Meat, fruits, vegetables	<ul style="list-style-type: none"> ✧ Maintain normal functioning of the nervous system ✧ Maintain moisture balance
Iron	Beef, spinach, eggs	<ul style="list-style-type: none"> ✧ Essential elements of hemoglobin formation ✧ Prevent anemia
Zinc	Meat, seafood	<ul style="list-style-type: none"> ✧ Necessary components of some

		enzymes ✧ Maintain normal taste and olfactory functioning
Phosphorus	Meat, fruits, vegetables	✧ Essential elements of bone and teeth formation ✧ The composition of protein and nucleic acids
Iodine	Seafood	✧ Maintain normal functioning of the thyroid gland ✧ Thyroid hormone composition

Cholesterol content in food

**Cholesterol per 100 grams of food (mg)*

Food Name	Cholesterol	Food Name	Cholesterol
Eggs		Cheese and dairy	
One Egg (50 g)	266	Cream	140
One egg yolk	266	Cheese	100
One egg white	0	Ice-cream	45
One quail egg	74	Milk	15
One quail egg yolk	74	Vegetable oil	
One protein quail	619	Peanut oil	0
One duck egg		Corn oil	0
Seafood		Canola oil	0
Perch	80	Meat	
Tooth fish	244	Beef	65
Cuttlefish	348	Fat beef	99
Squid	1170	Veal	140
Eel Whitefish	63	Cattle lamb	90-107
River eel	186	Bovine Brain	2300
Grass carp	186	Bovine heart	145
Salmon	86	Bovine liver	376
Flatfish/Flounder	87	Tripe	150
Quarry	90	Sirloin	400
Grass carp	90	Ham	62
Shrimp	154	Yellow croaker	98
Crab	164	Sheep meat	70
Clam	180	Goat tripe	41
Clams	65	Goat liver	610
Sea cucumber	0	Goat meat	60
		Lean pork	77

Jellyfish	16	Pork ribs	105
Lobster	85	Pig brains	2530
Canned abalone	103-170	Pork liver	368
Fruit		Pig tripe	150
Orange	0	Chitterlings	150
Apple	0	Pig kidney	380
Watermelon	0	Pork lard	56
		Chicken breast	39
		Chicken meat	95
		Spleen	74
		Chicken oil	90
		Pigeon	70-90
		Duck	
Vegetables		Whole grains	
Spinach	0	Rice	0
Chinese white	0	Bread	0
Cabbage	0	Macaroni	0
Heart of cabbage	0		
Zucchini	0		
Cucumber	0		
Tomato			

Learning Activity

Is My Diet Healthy?

1. Write down everything you ate yesterday:

Breakfast	Lunch	Dinner	Snacks

Honestly circle food that you think is unhealthy.

2. What leads to the knowing mistakes?

3. What methods can be used to help change eating habits?

Water Balance

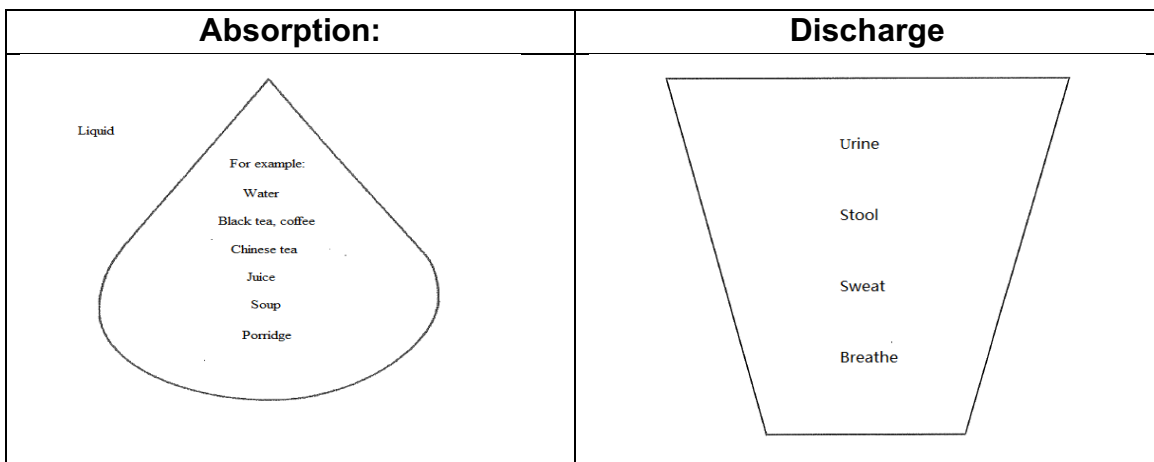
Sixty percent of the human body is water. Water is very important to sustain life: it will assist in shipping protein, carbohydrates, fat, vitamins and minerals to every cell of the body, and excrete waste from the body. In addition, water helps the body maintain a stable temperature.

Body's need for water

- ✧ An adult without eating for eight weeks can still rely on the body's stored nutrients to survive. However, the human body is unable to store water; therefore, a person will only last for a few days without water.

Water balance

- ✧ Healthy adults need to drink 4 to 6 cups of water a day (1000-1500 ml) in order to maintain a healthy body. Apart from water, other liquids such as fruit juice, tea, soup, porridge, and milk can provide hydration. Other foods, such as fruits and vegetables, also supply additional water for body. In the process of decomposing solid foods, the body can also absorb water. Through these methods, coupled with the beverages we drink every day, the body absorbs about 8-12 cups of water from different sources. Since the body is unable to store the water, it will be excreted through urine, feces, sweat, as well as our breath, from the body.



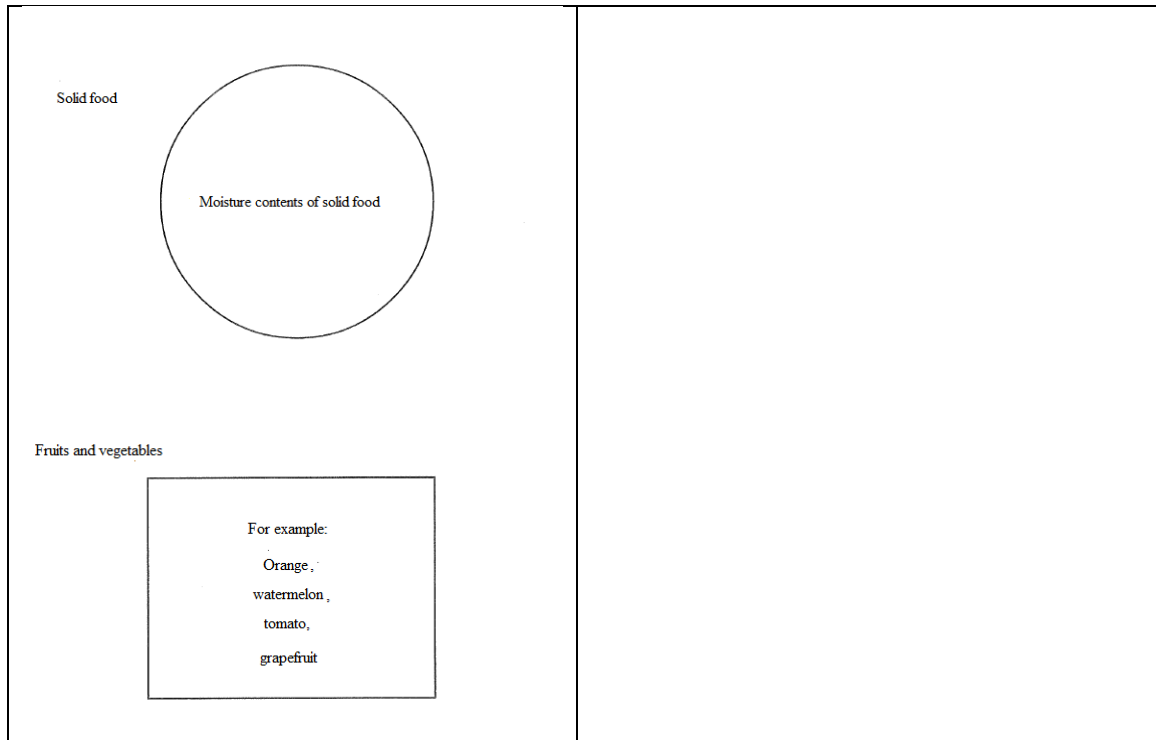


Figure 3.2 Examples of water absorption and discharge

Too little or too much water into the human body will have adverse consequences:

- ✧ If there is insufficient water dehydration can occur, and without timely treatment, this may have serious consequences. However, if liquids are absorbed far more than being emitted, water will accumulate in the tissues of the body, causing foot edema, pulmonary edema, and hypertension problems.

Now let's learn physical exercises and health.

Benefits of Exercise

Benefits of exercise

- ✧ Maintain normal bodily function and alleviate aging process.
- ✧ Activate blood circulation and enhance cardiopulmonary function.
- ✧ Improve the strength of muscles and resistance in order to make joints flexible, coordinate body movements, enhance body balance, and reduce the chance of falling.
- ✧ Enhance metabolism, which helps digestion and reduce constipation.
- ✧ Enhance calcium absorption of bones to reduce chance of osteoporosis.

- ✧ Feel relaxed, upbeat, and energetic.
- ✧ Broaden social circles by providing opportunities for socialization.

Physical fitness

“Physical fitness” not only strengthens muscles, but also includes the following:

1. Cardiovascular Fitness

- ✧ Addresses the functions of the heart, lung and circulation system. Good fitness refers to a person’s heart and lung abilities to efficiently provide sufficient oxygen to muscles and organs while exercising.
- ✧ Aerobic exercise refers to continuous and rhythmic muscle actions, such as swimming, running, biking, sailing, jumping rope, and aerobic dance. If a person exercises 3 to 4 times per week for at least 15 minutes each time, it could enhance cardiovascular fitness. In addition, aerobic exercise can burn body fat for weight loss.

2. Strength and muscle endurance

- ✧ Strength is the maximum power muscles can produce (also called explosive force). If we want to improve strength, we must include appropriate weight training to allow muscles to contract.
- ✧ Muscle endurance refers to the ability of muscles to repeat a certain action. Endurance training requires low weight and multiple repetitions.

3. Flexibility

- ✧ Flexibility refers to range of joint activities. Good flexibility can reduce the chance of injuries.

There are some safety rules to pay attention to while exercising:

- ✧ Go step by step and start off with easy exercises. After these easier exercises, gradually increase the difficulty if needed. Do not try too hard in the very beginning, which can be too tiring and cause loss of interest.
- ✧ In order to see results, one needs to exercise regularly.
- ✧ Wear exercise clothing, socks, and shoes that fit. Warm up and stretch before starting exercises.
- ✧ Do not exercise immediately before or after meals, or when it’s too cold or too hot.
- ✧ Stop immediately and rest if one experiences chest pain, asthma, palpitation, or dizziness.
- ✧ If one has high or low blood pressure, do not change positions too fast, such as bending over and standing up.

- ✧ People who are not good at balance should pay attention to actions, such as twisting, bending over, and bending knees. If necessary, sit or lie down. Hold the handrail when standing up.
- ✧ If one has joint pain, do not include actions that will exacerbate the pain. For example, do not sway arms widely if one has stiff shoulders, and do not squat if one has knee problems.
- ✧ If there are adverse reactions after exercise, please consult a medical doctor or physical therapist.

Healthy Sleep

Healthy Sleep – Introduction

- ✧ Sleep is the main form of rest for our bodies. Its main function is to remove fatigue and promote physical recovery. After a day of work and weariness, having sleep can help us repair the damage caused to our body, synthesize and supply various nutrients, and clean up the metabolites produced during daily activities.
- ✧ In addition to eliminating fatigue, sleep can also promote growth and enhance the body's immune system.
- ✧ Most adults need to sleep for 7-8 hours a day.
- ✧ If one sleeps for 8 hours a day, one third of his/her life is spent in sleeping. The quality of sleep is thus closely related with one's psychological and physical health.

Complete Sleep Cycle

Before Falling Asleep	5%
Non-Rapid Eye Movement (NREM) Sleep	75% - 80%
First Stage (early drowsiness)	2% - 5%
Second Stage (light sleep)	45%-55%
Third Stage (mid sleep)	3%-8%
Fourth Stage (deep sleep)	10%-15%
Rapid Eye Movement (REM) Sleep	20% - 25%

- ✧ A complete sleep cycle includes Non-Rapid Eye Movement (NREM) Sleep and Rapid Eye Movement (REM) Sleep. NREM includes four stages: dearly drowsiness, light sleep, mid sleep, and deep sleep.
- ✧ Among the different stages of sleep, the third stage (mid sleep) and the fourth stage (deep sleep) are the most important, because the human brain gets the

fullest rest during these two periods, and the body is recovered in the most effective way.

- ✧ The REM sleep stage matters because the body, especially the muscles, gets rest during this period. There is not much difference in terms of brain activities between the REM stage and when you're awake.
- ✧ Thus, it is not more sleep that makes you better. What really defines a healthy sleep is to sleep in the length that fulfills your body's need. The quality of sleep is more important than the length of sleep.

As You Age, You Sleep Less

- ✧ As you age, there might be some imbalance of hormones in your body which may trigger corresponding sleep disorders.
- ✧ Older adults are more likely to have diseases. Impact of diseases on sleep include long-term dose of medication, chronic pain, etc.
- ✧ Psychological factors and impacts from the surrounding environment include retirement, solitude, stress, etc.
- ✧ The actual sleeping time of older adults is shorter, but their demand (i.e. 7-8 hours) for sleep does not decrease.

Impacts of Poor Sleep

- ✧ Drowsiness during the day, fatigue, depression and irritability, poor learning ability, abnormal judgment, unresponsiveness, inattentiveness, and inefficiency in work.
- ✧ Obesity, decline in intelligence quotient, hormonal disorders, rough skin conditions.
- ✧ Possible diseases: decreased immunity, cardiovascular disease, diabetes, endocrine disorders, depression, gastrointestinal problems, accelerated aging.

Ways to Enhance Sleeping Quality

1. Develop a sleep schedule

- ✧ Go to bed and wake up following an orderly schedule. Between twelve and half past one pm at noon, nine to eleven at night, and two to half past three in the morning are when one's thinking process as well as the energy levels would decrease, making it easier to fall asleep. Also, the biological clock in the human body will send out a signal on time according to the sleeping schedule. Try to avoid disrupting the body's "sleeping" and "awakening" cycle. Do not stay up overnight especially in the weekend and long holidays, which would upset the sleep pattern.

2. Do not stay in bed late

- ✧ The so-called “stay in bed late” is unwilling to get up after having enough sleep. This is a state in-between fully fallen asleep and fully awake. Even if you continue to sleep, you could only stay in the light sleep stage, and the quality of sleep would not be high. Moreover, it would cause a disorder of the body’s biological clock, affecting the normal physiological functions.

3. Participate in the optimal amount of physical exercise

- ✧ Physical exercise can ease the tension aroused during the day, and the moderate level of fatigue gained through exercise can help people fall asleep easier. However, beginners should not engage in exercises that are too intense so as to avoid gaining excessive fatigue and affecting sleep.
- ✧ Being able to sweat is the appropriate level of intensity of the exercise, and it should last for at least 30 minutes. Do not work out when it is close to bed time. Otherwise, as the body temperature increases, it would become difficult to fall asleep. Also note that exercising below the moderate intensity can make you sleep more quickly and more deeply; intense exercise can make people sleep deeper later at night but not faster.

4. Do not sleep with work and anxiety in mind

- ✧ Try to stay calm before going to bed. Do not be anxious or worrying too much. If the family environment allows, the bedroom should not be equipped with any work or entertainment facilities (such as computers, TVs, etc.) to avoid being affected by those temptations. Overall, try to spend the last few hours before sleep in a quiet setting, such as doing some relaxing activities. Other activities that require a high level of brain activity, such as playing chess and cards, should be restrained. Otherwise, as the cerebral cortex maintains its excited state, the body temperature would increase and make it difficult to fall asleep. You can practice meditation, including deep breathing and body scanning to help you sleep. Refer to Body-Mind-Spirit section in Session 1.

5. Avoid irritating foods and drinks before going to sleep

- ✧ Some drinks may contain caffeine, which stimulates the nervous system and makes it hard to fall asleep. Caffeine also promotes blood circulation and expands the blood vessels in the kidney, which has a diuretic effect that would increase the frequency of urination at night and affect the depth of sleep. In addition, smoking and drinking also affect sleep. Nicotine in cigarettes stimulates nerves in to a larger degree than caffeine. Although alcohol has some hypnotic effects, studies have found that alcohol also lightens sleepiness and prolongs the duration of the light sleep stage. The acetaldehyde, produced when alcohol is decomposed, can cause dehydration to some extent when it circulates in the body. It would awaken people due to the feeling of dry mouth and thus disturb sleep.

6. Do not be too full or have an empty stomach before going to bed

- ✧ It is hard to fall asleep if someone is too hungry or too full. If you really have problems falling asleep because of hunger, you should eat some food that is easy to digest and can be converted into glucose quickly (such as one or two sweet biscuits), so as not to burden the stomach while at the same time meet the brain's needs.

7. Create an environment that promotes sleep

- ✧ The temperature in the bedroom should be kept between 20 degrees Celsius (about 60% humidity). In addition, curtains and eye patches can reduce the disturbance of light to sleep. If there is are harsh noises, try to wear earplugs.

8. Pick the appropriate bedding items

- ✧ Comfortable mattresses, pillows, and quilts are essential for a high-quality sleep. The hardness of the mattress should be optimal to ensure that the spine is maintained at its normal physiological curvature and will not cause a backache. Choose a pillow with moderate hardness and appropriate height. Finally, the blanket should also be warm and lightweight so as not to increase the burden onto the body or hinder blood circulation.

9. Choose the best sleeping position

- ✧ Since the heart is located on the left side of the human body, and the opening of the gastrointestinal tract and the liver are on the right side, it is generally accepted by medical professionals that laying on the right side is the best sleeping position. This gesture not only reduces the pressure on the heart but also increases the amount of blood supply to the stomach and liver, which are conducive to digestion and metabolism processes.

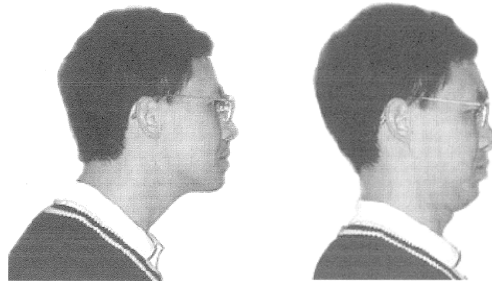
Health Exercise 2: Easy Daily Exercises, Ten Hand Exercises, 3-Minute Body Scan Meditation

Below are some exercises that are beneficial, including six relaxation exercises and five stand-up exercises.

Relaxation Exercises (Six) (Please see video exercise)

People who sit for a long time have a curved body, which causes rigid joints, shortened muscles and difficult movement. The exercise below aims to stretch body. Repeat each exercise ten times.

1. Close chin



This exercise aims to move neck joints in order to enhance neck muscle.

- Stare straight ahead;
- Push chin out and back in;
- Count one, two, three, four, five as chin is pushed outward and count again while retracting chin back in;
- Relax slowly and repeat,

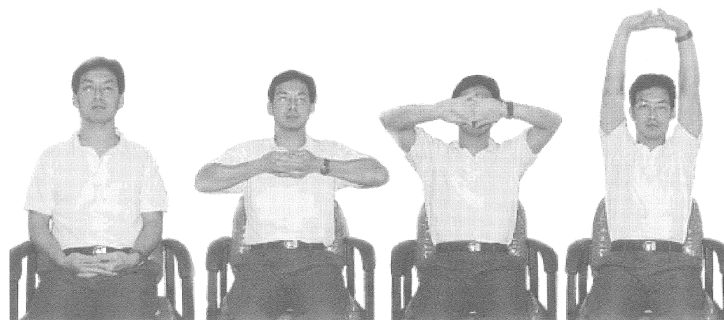
2. Circle arms



Relax shoulder and arm muscles, exercise shoulder joints.

- Relax hands;
- Shrink shoulder; circle to the back when reaching the highest point;
- Return to the original position and repeat.

3. Stretch



This exercise helps to stretch upper body joints.

- a. Buckle your hands with palms facing up and put them on lap;
- b. Raise hands slowly to chest and push upward with backhand until elbow is straightened completely;
- c. Slowly return to the original position;
- d. Repeat.

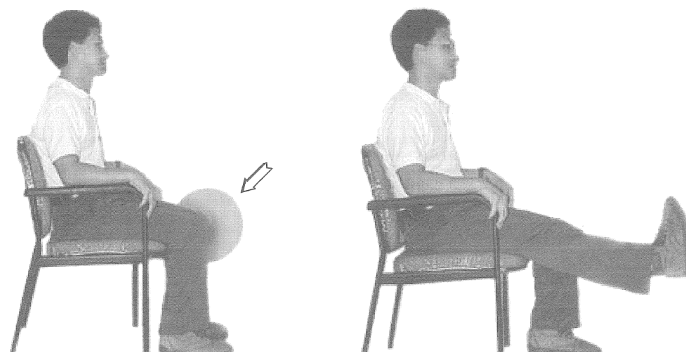
4. Left and right twist



Exercise neck and back joints.

- a. Place feet apart;
- b. Cross arms and put hands on shoulder;
- c. Turn head, neck and body to one side;
- d. Turn to the original position, then turn to the other side;
- e. Repeat.

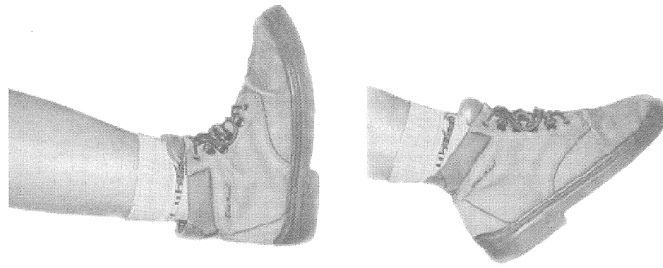
5. Leg exercise



Enhance thigh muscle and exercise knee joints.

- a. Hold chair arms;
- b. Lift leg up, straighten knees and bend toes upwards, count to five and put leg down;
- c. Repeat with the other foot.

6. Ankle exercise



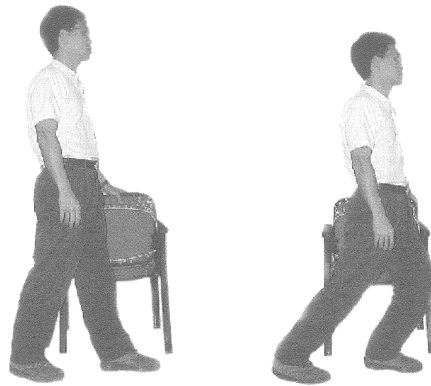
Exercise ankles.

- a. Bend foot so toes are facing upwards towards the ceiling and then straighten them so it is parallel to the floor;
- b. Repeat with the other foot.

Stand-up Exercises (Five)

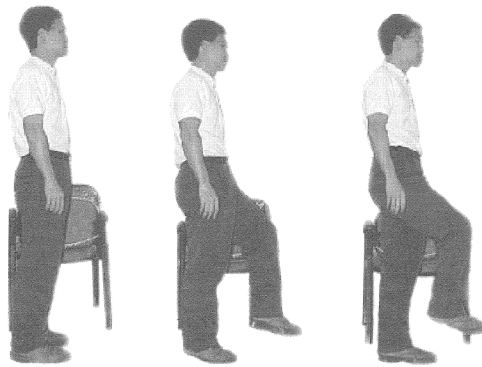
- ✧ Suitable for people who can stand stably. Hold furniture or handrail during exercise. These exercises aim to stretch lower body joints, enhance leg muscle, and increase balance.
- ✧ Repeat each exercise ten times.

1. Stretch joints and muscle



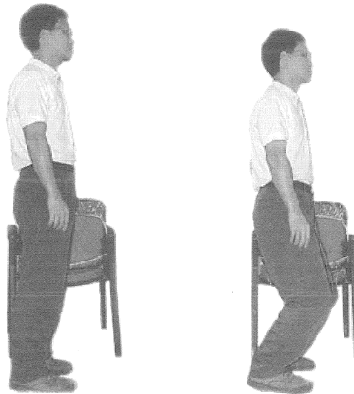
- a. Stand with feet apart and one foot in front of another;
- b. Bend the front knee (keep heel on the ground), count to five, then stand up;
- c. Repeat five times and switch feet;
- d. Repeat ten times for each foot.

2. Practice balance



- a. Take turns stepping with left and right foot;
(If you do not have good balance, you can hold onto something like a chair or table, but should not support the body using just hands)

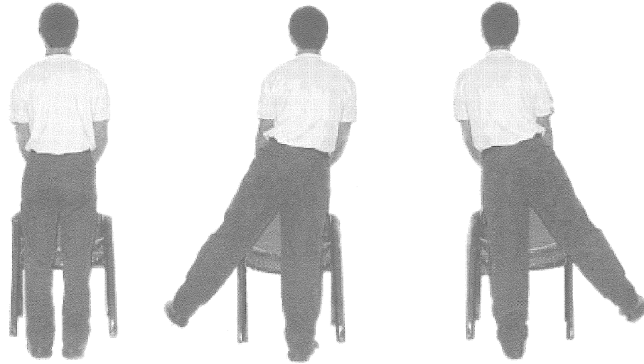
3. Squat



Enhance thigh muscle.

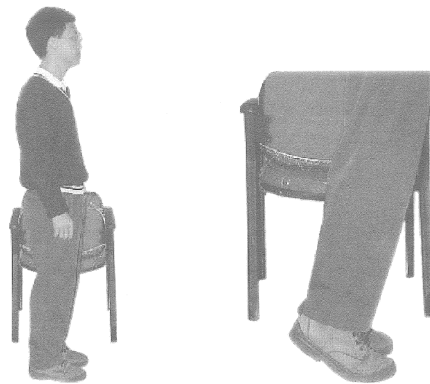
- a. Spread feet a couple inches apart and straighten the back;
- b. Bend knees to squat halfway, count to five;
- c. Stand up and repeat.

4. Exercise outer thigh muscle to stabilize walking



- a. Lift one leg towards the right, count to five;
- b. Put leg down, repeat the other side.

5. Enhance calf muscle



- a. Stand legs apart;
- b. Raise heels and stand on toes, count to five;
- c. Relax, stand back on heel and toes, and repeat.

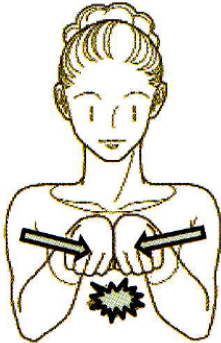
Ten Hand Exercises

Introduction: It is commonly stated in Chinese medical knowledge that “hands control Qi and it is the type of Yang.” There are six main blood channels that go through our hands. As such, the health benefit of “ten exercises” arises from the stimulation caused by patting hands against one another. This stimulation can strengthen the blood channels, resulting in increased blood flow. From the perspective of western medicine, peripheral nerves in the hands (more than 1.5 million) connect the brain with the organs in the body. The ten hand exercises take advantages of the stimulation to different channels and nerves through crucial acupressure points in the body to bring health benefits. After the exercises, blood can flow freely and thus soothe the whole body. It

would also be comfortable to use warm palms to rub your face several times. Based on the principle of End State in Qi Gong, one will achieve good effects by rubbing ill body parts repetitively, such as rubbing the low back when experiencing pain in that area.

Exercises instructions:

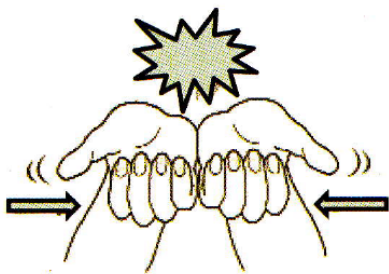
First exercise:



Extend both hands forward with slightly bent elbows, and place your palms facing downward. Bend your thumbs inwards, steadily and horizontally hit your hands against each other 36 times.

Note: The main channel hit is the Yangming Large Intestine Channel of Hand, and the main acupuncture point affected is LI4 (hegu). This exercise mainly assists in prevention and treatment of facial diseases, such as blurred vision, rhinitis, toothache, headache, and prevention of colds.

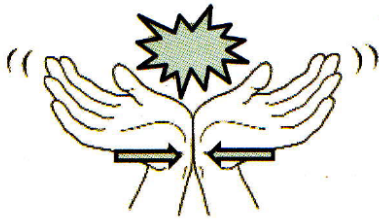
Second exercise



Extend both hands forward with slightly bent elbows, and place your palms facing upwards. Steadily and horizontally hit your hands against each other 36 times.

Note: The main channel hit is the Taiyang Small Intestine Channel of Hand and the main acupuncture point is SI3 (houxi). This exercise mainly treats severe pains in the head and neck, relaxes the muscles in the neck and prevents bone spurs and degeneration of bones.

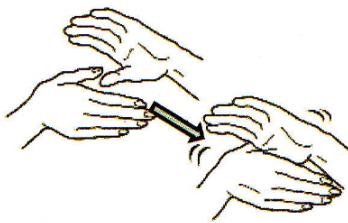
Third exercise



Place both palms facing upwards and hit your wrists against each other 36 times.

Note: The main channels affected are the Shaoyin Heart Channel of Hand and Jueyin Pericardium Channel of Hand, and the main acupuncture point affected is PC7 (daling). This exercise mainly treats and prevents heart disease and chest tightness, and relieves tense emotions.

Fourth exercise



Face both palms downwards and spread your thumbs ninety degrees apart from your index fingers. Hit the intersections of the index fingers and thumbs against each other 36 times.

Note: The Yangming Large Intestine Channel of Hand runs through this area. This exercise mainly treats gastrointestinal disease and constipation.

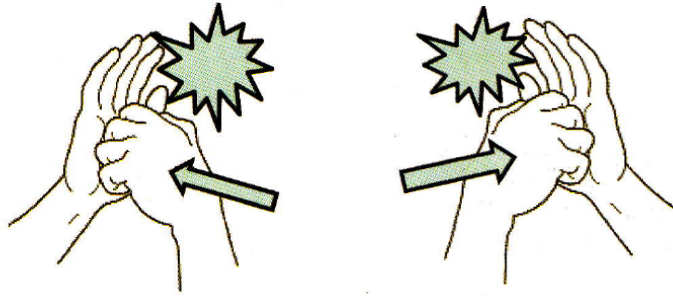
Fifth exercise



Spread your fingers apart. Slide your fingers of one hand into the space between your fingers in the other hand, and hit each end for 36 times.

Notes: The main acupuncture point affected is EX-UE9 (baxie). This exercise mainly treats and prevents disease related to peripheral circulation.

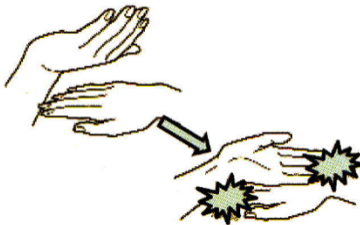
Sixth and seventh exercises



Form a tight fist with your left hand, extend your right palm and face it towards your left fist. Hit your fist against your palm 36 times; Form a tight fist with your right hand, extend your left palm and face it towards your right fist. Hit your fist against your palm 36 times.

Note: The main channels affected by the sixth and seventh exercise are also the Shaoyin Heart Channel of Hand and the Jueyin Pericardium Channel of Hand, and the main acupuncture point affected is PC8 (laogong). These exercises mainly eliminate fatigue and increase alertness.

Eighth exercise



Face your right palm upwards, and your left palm downwards. Hit the backs of your hands against each other 36 times.

Note: the main channel affected is the Shaoyang Sanjiao Channel of Hand, and the main acupuncture points affected are TE4/SJ4 (yangchi). This exercise mainly regulates the functionality of the organs, and treats and prevents diabetes.

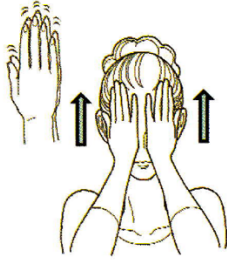
Ninth exercise



Use the index fingers and thumbs of both hands to pull each ear downwards 36 times.

Note: there are many acupuncture points on the earlobes. This exercise mainly improves the blood circulation of eyes, face, and brain.

Tenth exercise



Rub and circle up both palms for six passes until they are warm, and then lightly place your palms over each eye. Turn your eyes to the left and right six times. Then, rub your palms against each other and repeat these steps for a total of six times.

Note: This exercise uses principle of Qi Gong to regulate the Qi in the eyes. This mainly treats myopia, presbyopia, and blurred vision.

3-Minute Body Scan Meditation

Exercise instructions:

1. First, take a deep breath. I will guide you to do a 3-minute mini body scan meditation exercise. It is an exercise that connects your body and mind. It helps you to learn the state of your body and develop a sense of intimacy with your body. Please find a quiet and comfortable place to lie down or sit down, making your position comfortable and natural. If you feel comfortable, gently close your eyes. Now feel your body breathing as a whole.
2. Next, bring your attention to the top of your head and feel a warm light beam scanning your forehead along your head, eyebrows, eyes, cheeks, nose, mouth and chin. If you feel stress or discomfort in any part, bring your breath to that part to relax and stretch.
3. Then, gently turn your attention to your throat, neck and shoulders, while relaxing these parts. Then, gently turn your attention to your arms, chest and abdomen from top to bottom and then gently scan your back. If you feel tightness in some parts, gently bring awareness to them while breathing and calming down.
4. Next, keep scanning your body and pay your attention to your hips, thighs, legs, ankles, soles and toes. Finally, quickly scan your whole body from head to toe, feeling your breath, connections between our body and mind and wholeness of your body. Thank yourself for taking the time to do the 3-minute body scan meditation and let yourself relax for a moment. When you are ready, slowly open your eyes.

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