

php world

P'Health

REPORT HIGHLIGHT

特别报导

如何让 保健生活化

IMMERSE HEALTH CARE INTO
YOUR DAILY LIFE

TABATA

BUILD YOUR PERFECT BODY SHAPE

增肌瘦身术

您了解 什么是 GI值 吗

WHAT EXACTLY IS GI?



PEOPLE HAPPILY HELPING PEOPLE. TOGETHER WE SHARE PEACE, HARMONY, HEALTH & PROSPERITY. © PP 13206/04/2013 (029399) MCI (P) 083/06/2015

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04-05

Editor's Note

Take Good Care
Of Your Health

为健康护航 Editor's Note
Take Good Care Of Your Health

06-07

Welcome

Chinese New Year
with Nice Complexion

**拜年带上好气色
压岁红包滚滚来**

Welcome Chinese New Year with Nice Complexion

距离农历新年不到一个月，大家是否已经做好回家的准备，与家人、朋友团聚呢？由于我们长时间沉浸在工作中，您是否知道肌肤正慢慢变差呢？长期处于冷气房、熬夜加班、三餐在外解决，肌肤变差是无可避免的。让我们一起跟着以下步骤，打造春节好气色，让年轻、有光泽的好肌肤为我们带来新年好运气！

Chinese New Year is just less than a month from now. Is everyone ready to gather with family and



08-09

Immerse Health Care
into Your Daily Life



**生活保健化
保健生活化
让你健康百分**
Immerse Health Care in
Your Daily Life

健康是一种理念，您认识到它了，您就会去重视它、去关心它、去选择它！
Health concept is what we should focus on. As the latest health trend is the concept into our daily life, it has become part of us.

健康不放假 春节饮食须注意

Healthy Dietary during Chinese New Year

春节假期，亲朋好友聚会，吃不了大鱼大肉，在欢声笑语、热了五碗菜后，却容易感到油腻，身材走样，特别是肠胃负担加重，消化系统紊乱，你有什么办法？我们一起来看看春节饮食应该注意哪些问题？

After satisfying our hunger or safety with ubiquitous temptation during Chinese New Year, the excess calories of greasy foods are not only increasing our weight but burden to our digestive system, as a result, affect our health. Let's follow the healthy eating habit tips in this festive season!

One way of starting it is by practicing the following habits:

就餐美食玩 规律防紊乱

Your Meal Regularly

春节期间的暴饮暴食和规律饮食的对比。暴饮暴食不仅会导致消化不良，还会加重肠胃负担。规律饮食则有助于维持消化系统的健康。

清淡少油腻 摄取高纤维

Consume Food with High Fiber and Less Oil

在亲朋好友聚餐时，人们往往吃下比平时多很多的食物。注意少油、少盐、少糖。多吃高纤维食物，如蔬菜、水果、全谷物等。这有助于维持消化系统的健康。

天然茶水 取代含糖酒

Replace Carbonated Alcoholic Drinks with Plain Water

春节期间，亲朋好友聚会，人们往往喝下比平时多很多的含糖饮料。天然茶水则是一种更健康的选择。它不仅不含糖分，还能帮助消化。

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Body Spring Cleaning




掌握GI Glycemic Index 瘦得轻松又健康

Basic Concept of Weight Management

现在，想要瘦身的念头人人有，但往往总是「心有余而力不足」。为了瘦身，大家想着各种法子，靠着节食或疯狂运动，却事倍功半。今天要教大家认识食物的GI值，让您可以健康减重，不但吃的饱又吃的好。

Slimming has become a trend nowadays.

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Glycemic Index – Basic Concept of Weight Management

风靡全世界的 TABATA

Tabata Training Spread Around The World

间歇训练

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TABATA Workout Can Be Easy

免费赠送 *FREE



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PHHP Angpow Giveaway Poster

为健康护航

Take Good Care Of Your Health

新春佳节又要来临了，一整年都在为生活打拼的小编，又要为见亲朋戚友而“烦恼”。繁忙的工作，忽略了运动健身的重要，换来的代价就是俗称“游泳圈”的大肚腩。平时就算是多跑两步也气喘如牛，三十岁的年纪，身体状况却犹如六十岁的老伯，真叫人情何以堪。

由于平时对皮肤疏于护理，加上工作压力所造成的失眠问题等，都为肌肤雪上加霜。满脸的痘痘和肚腩，一想到以这样的姿态面对亲友，真的让人无言以对。年过二十五之后，身体的基础代谢率就开始下降，每十年下降5%至10%，这也是造成中年发福的重要因素。运动和健身所带来的好处数之不尽，但能坚持到底的人始终不多。人如果缺乏运动，对健康所造成的问题是非常深远的。尽早养成运动的好习惯，为健康生活打好基础。

Chinese New Year is around the corner. It is certainly an “agonizing” festival to me as I have to face relatives and friends with my potbelly. Workouts and exercises are often neglected due to my hectic schedule, as a result bringing me a “spare tire” as return. I am 30 years old with 60 years old body condition. Besides desperately gasping for air after normal activity, I am also enduring for breakout problem due to lacking of skin care and insomnia. In fact, our Basal Metabolic Rate (BMR) starts declining after age of 25, at the percentage of 5% - 10% every ten years. That is the key factor of obesity at middle age especially in men. The benefits of having regular exercise are obvious. On the contrary, lack of exercising can lead to adverse health effects. Therefore, it is crucial to start exercising earlier.

豐

豐



新春佳节，大鱼大肉是在所难免，但对肠胃而言，难免造成负担，尤其家中父母亲上了年纪，消化和新陈代谢能力不免较差。还好，随着时代进步，市面上也有各种保健品供选择。小编也决定为父母选购些保健品，以尽孝心。

While food frenzy is staple during Chinese New Year, excessive food intake may cause burden to digestive system and metabolism especially for elderly parents. Fortunately, there are wide selection of health products in the market. I am definitely going to buy some health products for my parents too!

本期摘要 Abstract

本期要和大家分享的，就是在佳节期间如何照顾健康。

在新一年到来之际，希望各位亲爱的读者都能在努力赚钱之余，多照顾自己的健康，争取时间做运动。当然，佳节期间的饮食和日常习惯等也要多加注意。新的一年敬祝各位读者为健康护航，为幸福加油！

This month's P'Health highlights way to take care our health during Chinese New Year. Wish every reader healthy!

拜年带上好气色 压岁红包滚滚来

Welcome Chinese New Year with Nice Complexion

距离农历新年不到一个月，大家是否已经做好回家的准备，与家人、朋友团聚呢？由于我们长时间沉浸在工作中，您是否知道肌肤正慢慢变差呢？长期处于冷气房、熬夜加班、三餐在外解决，肌肤变差是无可避免的。让我们一起跟着以下步骤，打造春节好气色，让年轻、有光泽的好肌肤为我们带来新年好运气！

Chinese New Year is just less than a month from now. Is everyone ready to gather with family and friends? Do you notice your skin condition is getting worse due to hectic schedule? While people nowadays cannot escape themselves from staying indoor with air-conditioner, having hectic working schedule and unhealthy dietary tend to result to poor skin condition. Let's follow the steps below to welcome Chinese New Year with perfect complexion!



肌肤保养 Skin Care

注意肌肤的清洁

Skin Cleansing

洗脸很关键，清洁不够或者清洁过度都容易长痘长粉刺。正确洗脸的方法是用温水洗脸，使毛孔充分打开，再通过洗面霜和手法的按摩达到清洁的作用。这其中，洗面霜起到至关重要的作用。

Regular facial cleansing is critical to maintaining healthy looking and feeling skin. It also helps decreasing the chances of a breakout. The correct facial cleansing method is to wash your face with lukewarm or warm water, then gently massage your face with cleansing foam and rinse off. The selection of quality cleanser matters.



泉丰泡泡霜

Izumi Rich Cleansing Foam

采用温和无泪+保湿表面活性剂，泡沫丰富细滑好冲洗同时有效深层洁净肌肤及毛孔，去除污垢及老化角质，并达到保湿效应。

Izumi rich Cleansing Foam is gentle and good in hydration. It deeply cleanses your face whilst keeping it moisturized.

	WM	EM	SG
CP	RM143.10	RM153.70	SGD64
DP	RM114.50	RM121.90	SGD51
BV	59	59	59

CFT-IZU-FOA-000

平衡柔肤

Skin Toning

在基础保养的过程中，非常重要但也常被人忽略的步骤是爽肤，也就是化妆水的使用。

Skin toning is important yet it is always neglected in basic skin care routine.



泉爽肤水

Izumi Spring Toner

富含多种微量元素的温泉水，能调整肌肤酸碱值，促进细胞新陈代谢，让肌肤得到充分的保湿与舒缓。

Izumi Spring Toner's precious hydrating ingredients derived from the nature are great in balancing skin pH, instantly provide you a refreshed and softer skin.

	WM	EM	SG
CP	RM156.35	RM165.70	SGD70
DP	RM125.10	RM132.50	SGD56
BV	65	65	65

CFT-IZU-TON-000

滋润肌肤

Skin Moisturizing

基础保养的第三步是滋润，它提供肌肤所需的营养成分与水份，让肌肤拥有健康的肤质与弹性，呈现亮丽动人的神采。

As third step of skin care, skin moisturizing provides necessary nutrients and moisturizing effect for healthier and more elastic skin.



泉水凝胶

Izumi Water Gel Plus

具有减低油脂分泌及保湿的效果，能改善粗糙的肤质，延缓肌肤细胞老化及保持肌肤弹性。只需珍珠般大小的分量，能给予肌肤完整的保护。

Izumi Water Gel Plus helps to regulate sebum secretion and skin hydration, delay skin ageing and maintain firming skin. A pearl size of Izumi Water Gel Plus provides full protection to skin.

WM EM SG

CP RM156.35 RM165.70 SGD70

DP RM125.10 RM132.50 SGD56

BV 65 65 65
CFT - IZU - WAG - 001

防护措施

Skin Protection

基础保养的第四步是保护，它在皮肤表面形成一层保护膜，避免肌层受到外界不良环境因素的伤害。

The next step is skin protection. Mask acts as a protective shield to skin.



泉保湿水嫩天丝面膜

Izumi Deep Hydro Facial Mask

采用欧洲七叶树精粹，提高肌肤的防护能力以及纯天然原木纤维，其天然成分能加强肌肤保湿，让肌肤瞬间恢复紧致亮白。

Izumi Deep Hydro Facial Mask contains Aesculus Hippocastanum (Horse Chestnut) Extract, which is great in improving skin protection. The natural ingredients help in enhancing skin moisturizing effect, hence provide a firming and radiant looking skin.

WM EM SG

CP RM135 RM148.50 SGD 52.50

DP RM108 RM119 SGD 42

BV 50 50 50
CFT-IZU-DFM-000

注意防晒

Sunburn Protection

据科学家测定，春季阳光中紫外线含量最高，人对紫外线的敏感性也最高。阳光中的紫外线不只会把皮肤晒黑还会导致黑斑晒斑的产生，更会加速肌肤老化。

Ultraviolet (UV) causes great damage to our skin such as pigmentation and so on.



泉UV防晒霜

Izumi UV Protection

提供安全且稳定性高的防晒、抗敏、紧肤、保湿及抗老五大功效。

Izumi UV Protection provides sunburn protection, reduces skin sensitivity, contains firming, moisturizing and anti-ageing properties.

WM EM SG

CP RM169.60 RM179.15 SGD75

DP RM135.70 RM143.10 SGD60

BV 70 70 70
CFT - IZU - UVP - 000

饮食护肤

Skin Care through Dietary

饮食调理非常重要。不同种类的食材，可给你的肌肤带来不同的养颜效果。

Dietary is also an important element for a radiant skin. Wide variety needs of healthy foods provide different nutrition needs for our skin.



长春Ophira胶原蛋白

PHHP Ophira Collagen

除了多喝水，多吃蔬菜水果外，建议服用长春Ophira胶原蛋白让肌肤更健康。

Besides water, vegetables and fruits, readers are also encouraged to take PHHP Ophira Collagen for better complexion.

WM EM SG

CP RM169.60 RM179.15 SGD75

DP RM135.70 RM143.10 SGD60

BV 77 77 77

Original Flavour:
HFP-CLG - OPH- 000
Berries Flavour:
HFP - CLG - BRY - 000



生活保健化

保健生活化

让你健康百分百

Immerse Health Care into
Your Daily Life



健康是一种理念 您认识到它了, 您就会去重视它、去关心它、去选择它!

Health concept is what we should focus on. As the latest health trend is to immerse the concept into our daily life, it has become part of us.

“生活保健化, 保健生活化” 是最新的健康保健理念, 是最简便、最廉价, 也是最有效、最能持之以恒的保健方法。

Practicing healthy lifestyle can be very easy.



生活保健化就是在生活中采取科学的保健方法, 形成健康的生活方式和行为;保健生活化就是科学的保健措施在生活中体现、在生活中实施。我们从中去获取健康, 预防疾病, 更提高我们的生活质量和生命质量。

Combining health concept into daily life means adopting scientific health methods as it forms and emerges into a common lifestyle. Through practicing the concept, we are able to upgrade our quality of life.

当前，要做到最好

生活保健化，保健生活化

One way of starting it is by practicing the following habits:

慢起床

Get Up Slowly

起床第一件事是什么呢？不是刷牙也不是睁开眼睛，而是先躺在床上活动一下四肢，三五分钟后再慢慢起来。这个好习惯不但可以避免因为猛然起身而导致的血压波动、头晕等现象，而且可以让你从迷迷糊糊的状态中快速清醒。

What is the first thing you do when awake from sleep? It is lying on bed for another 3 to 5 minutes and moving your limbs. As getting out of bed immediately could cause blood pressure to fluctuate, and you might feel dizziness.

排晨便

Morning Defecation

晨起排泄这个好习惯，一经养成会终身受益。平时可以多吃高纤维食品，在早上起来后都去厕所，久而久之，可养成习惯。

According to a gastroenterologist, morning defecation is healthiest. While you sleep, your body is making hard at digesting your food, so it makes sense that you would need to defecate not long after climbing out of bed. To help your body run like the beautiful well-oiled machine it is, make sure to eat fibrous meal.

多锻炼

Regular Workout

体力活动能增进身体健康，使疲劳的身体得到积极的休息，使人精力充沛地投入学习、工作。提高抗病能力，增强有机体的适应能力等。

Routine workout is definitely one of the best medicines for healthy body, it also helps in relaxing your body and improving your immune system at the same time. Therefore stop sitting all the time and start moving your body now.

喝温水

Drink Warm Water

晨起一杯水，不仅补充水分，还能冲刷肠胃、促进排便，降低血液黏稠度，促进血液循环，防止心脑血管疾病的发生。

Drinking water in the morning has been proven to have immense health benefits. Warm water helps to re-hydrate your body after 7-8 hours of sleep, purify your colon, allow nutrients to be absorbed more easily. Meanwhile, it also helps in activating blood circulation and preventing cardiovascular diseases.

饮食好

Good Dietary Habit

早餐要吃的丰盛，午餐要吃的饱，晚餐则吃的清淡少量。俗话说，早上吃的像皇帝，中午吃的像百姓，晚上吃的像乞丐。

A good dietary pattern is important for maintaining health system, take your meal on time, start your day with a healthy and great breakfast, take enough proportion of lunch and eat less for dinner.

心态好

Be Positive

早上是一天中最美好的时光，这个时候，可以给自己的心灵进行激励。比如对镜自我微笑，或者是听一段音乐，这一整天，都会拥有好心情。

Morning is the best time of the day for self-motivation. Give yourself a great sweet smile or listen to relaxing music and start your day with good mood.

健康不放假

春节饮食须注意

Healthy Dietary during Chinese New Year

春节期间，亲朋好友聚在一起免不了大鱼大肉，在满足口欲、祭了五脏庙后，却容易囤积油脂、身材走样。特别是给胃部增加负担，给健康带来后患。春节吃什么好？我们一起来看看春节饮食上该注意哪些？

After satisfying our hunger or satiety with ubiquitous temptation during Chinese New Year, the excess calories of greasy foods are not only increasing our weight but burden to our digestive system, as a result, affect our health. Let's follow the healthy eating habit tips in this festive season!

One way of starting it is by practicing the following habits:

**按时就餐莫贪玩
饮食规律防紊乱**

Take Your Meal Regularly

新年的饮食要注意的就是按时按点，不要因为玩和睡打乱正常的饮食规律，使胃肠不适应而造成消化功能的紊乱。春节食物丰富但油腻，而且多为肉类，多数人较少吃蔬菜，因此建议摄取能补充人体营养素，帮助平衡人体酸碱值的保健品。The first and most important thing during Chinese New Year is to take your meal regularly, observing good routine and mealtimes, in order not to affect digestive system. Most delicacies are oily and many tend intake less vegetables than usual, hence consume health products that help to replenish nutrition and balance body pH level are very important.

**清淡少油腻
摄取高纤维**

**Consume Food with
High Fiber and Less Oily**

在安排节日饮食时，人们常常吃下比平常多数倍的食物，注重色、香、味的前提下，应少油少盐，这对于我们的肝脏、胰腺和肠胃来说是个轻松的负担。多摄取蔬菜类能够中和肉类的酸性物质，并维持人体新陈代谢的需要。其中，水果中的纤维素可解油腻、维持胃肠正常蠕动、预防便秘。在此，我们也建议读者们多摄取纤维的保健品，进一步帮助肠胃消化。People tend to have better appetite during occasion like Chinese New Year. However, we should try to avoid taking too much of oily food, instead, take more vegetables to neutralize pH level while maintaining metabolism. At the same time, take more fruits to help preventing constipation and improving digestion. You are suggested to consume more fiber health products to further improve your digestive condition.

**天然茶水
取代含糖酒精**

**Replace Carbonated and
alcoholic Drinks with Tea
and Plain Water**

过年过节离不开酒精和碳酸饮料，这也是招待亲朋戚友的最佳必备品。但是，用含糖饮料解渴，会导致摄取过多的糖分与热量，不但越喝越渴，还很伤身。同时，饮酒应限量，过量的酒精会造成肝脏、大脑、神经系统和消化系统等损伤。专家表示，因为人体的60%~70%是水，相比于其他营养物质，水的需要量更多。水的营养素是任何饮料不可代替的，所以春节饮食要节制，尽量少饮用饮料，多喝水。与其喝不健康的碳酸饮料，我们鼓励大家饮用保健饮料如叶绿素等，以帮助身体排毒。Beer and carbonated drinks are main beverages that we drink during Chinese New Year. However, carbonated drinks provide nothing but sugar and calories, while beer on the other hand brings damages to our nerve system and liver. According to nutritionist, water is still the main source of human body need. Bear in mind that water is irreplaceable, for the sake of our health, drink more water instead of other beverages. Instead of drinking unhealthy beverages, we encourage our readers to consume health beverage like Chlorophyll to help detoxification.



長春叶绿素
PHHP Phyto Chlorophyll

	WM	EM	SG
CP	RM63.60	RM68.90	SGD29
DP	RM50	RM55.10	SGD23
BV	28	28	28

HFP-PTC-MNT-001

長春高纤素
PHHP Phyto Fiber

	WM	EM	SG
CP	RM103.40	RM110.40	SGD43
DP	RM82.70	RM88.30	SGD35
BV	42	42	41

Fiber Original: HFP - PTF - ORL - 001
Fiber Lemon: HFP - PTF - LMN-001

長春绿宝
PHHP Phyto Greens

	WM	EM	SG
CP	RM131.30	RM137.50	SGD56
DP	RM105	RM110	SGD45
BV	54	54	53

Greens Original: HFP - PTG - ORL - 001
Greens Orange: HFP - PTG - ORE-001



掌握 GI Glycemic Index 瘦得轻松又健康

Basic Concept of Weight Management

现在，想要瘦身的念头人人有，但往往总是「心有余而力不足」。为了瘦身，大家想着各种法子，靠着节食或疯狂运动，却事倍功半。今天要教大家认识食物的GI值，让您可以健康减重，不但吃的饱又吃的好。

Slimming has become a trend nowadays. Most people hope to have a slim body shape like celebrities, try out many solutions including controlling diet and exercising, however, still fail to see the intended result. Today, we would like to share with you on Food Glycemic Index. By controlling this, it allows us to control our weight easier and healthier.

何谓食物的GI值 What exactly GI is?

升糖指数 (Glycemic Index) 简称GI值。食物的GI值是指我们把食物吃进去被消化吸收后，造成体内血糖升高的比例 (通常为葡萄糖)。食物的GI值越低，食物消化后不容易造成血糖上升，反之GI值越高的食物，消化后就很容易造成血糖快速上升。当血糖升高时，身体的胰脏自然会分泌胰岛素把升高的血糖降回原来的水平。虽然胰岛素会降低血糖，但也会促进脂肪的堆积。

GI (Glycemic Index) is the rising proportion of blood glucose level of human body which is caused by the food we consume. Foods with higher GI raise our blood glucose level and vice versa. As glucose level rises, our pancreas secretes insulin automatically to regulate the blood glucose level. Insulin however, will accumulate fat in our body as well.

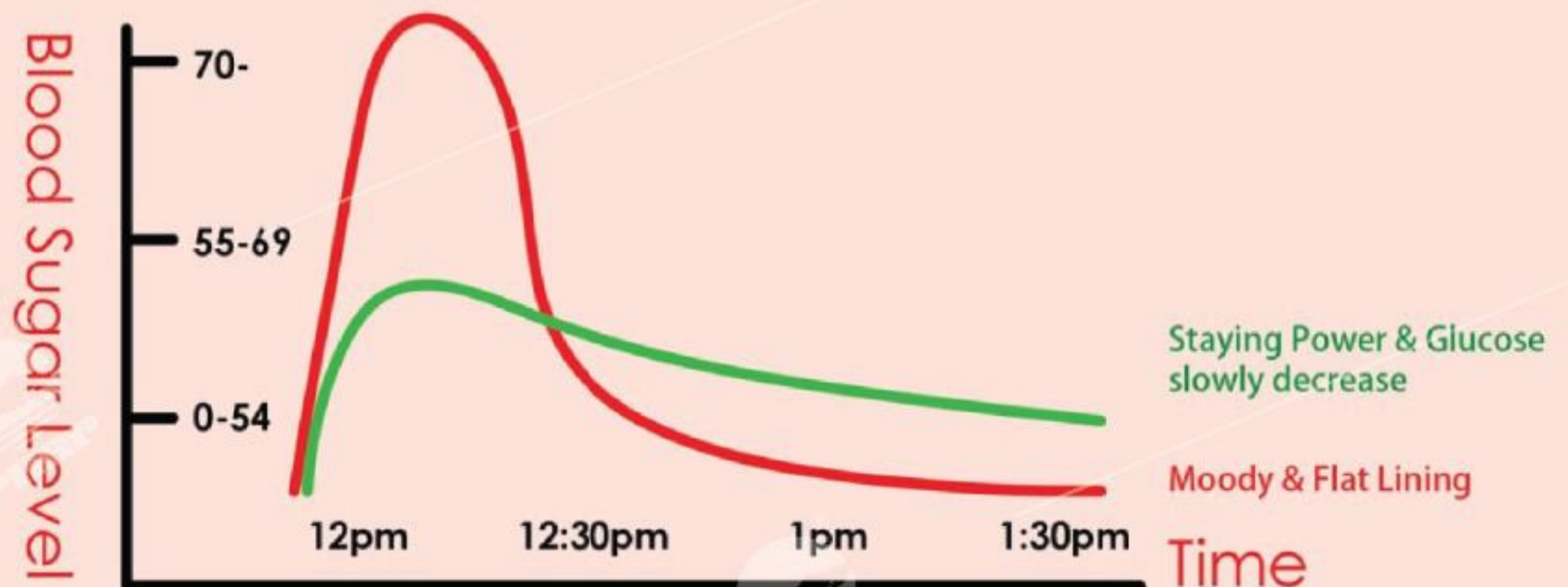
那血糖上升跟减重有什么关系?

What is the correlation between blood glucose level and losing weight?

血糖跟减重可大有关系，减重需要热量控制，同时还必须吃较健康，且低GI值的食物，才会真正有效率的减脂。因为任何食物，都会转化成醣原变成能量供身体使用。Blood glucose level and weight loss are correlated, as weight loss depends on our dietary. As calories is the key to manage weight and all food that we consume will turn into glucose and energy, thus foods with lower GI are helpful in weight management.

参考食物的GI值，降低食物的血糖反应，多吃天然健康、富含营养的食物，能吃饱饱又能健康减重。

Be more aware with food GI, by consuming more natural and nutritious food, to easily lose weight in a healthy way.



多吃高纤、醋和乳制品，因为醋能减缓食物从胃到小肠的速度，防止血糖急速上升。
Take more food with high fiber, vinegar and yogurt, as these foods help to prevent blood glucose from rising rapidly.

有嚼劲、细嚼慢嚥。一口一口慢慢吃，体内血糖上升的速度，一定会比狼吞虎咽来得慢，并且容易有饱足感。
Eat slowly will also help in preventing blood glucose from rising too fast, meanwhile it also provides satiety.

三餐要正常吃。因为省掉一餐，反而会让下一次用餐时，胰岛素会因分泌过多，更容易发胖。
Eat your meal regularly, skipping meal will cause more insulin secretion which eventually leads to obesity.

主食碳水化合物必须选择低GI的食物，如意大利面、糙米等。
Take food with low GI as main food staple like spaghetti or brown rice.

1

2

3

4

低升糖食物 Low GI Food

低脂优格 Low-Fat Yogurt
樱桃 Cherries
番茄 Tomatoes
水蜜桃 Peach
豆奶 Soy Milk
苹果 Apple
梨 Pear

中升糖食物 Medium GI Food

奇异果 Kiwifruit
橙汁 Orange Juice
香蕉 Banana
全麦面包 Whole Wheat Bread
白米饭 White Rice
冰淇淋 Ice-cream
黄梨 Pineapple

高升糖食物 High GI Food

西瓜 Watermelon
蜜糖 Honey
马铃薯泥 Mashed Potatoes
薯条 French Fries
白面包 White Bread
年糕 Rice Cake
法式面包 French Bread

如果不知道如何摄取GI值低的食物，可搭配食用大量的纤维质跟优质的蛋白质。

For those who have no idea about how to consume food with low GI, we advise you to combine food with high fiber and protein.

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- Provides natural satiety and helps to control appetite
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TABATA



TABATA间歇训练 (Tabata Training) 是1996年由日本科学家田畑泉博士为了让忙碌的人在短时间内以结合「有氧」与「肌力」的全身运动而研发的训练, 此运动效果非常惊人。因此, 2000年代初期, 已盛行于欧美, 现在则有风靡至全世界的趋势。

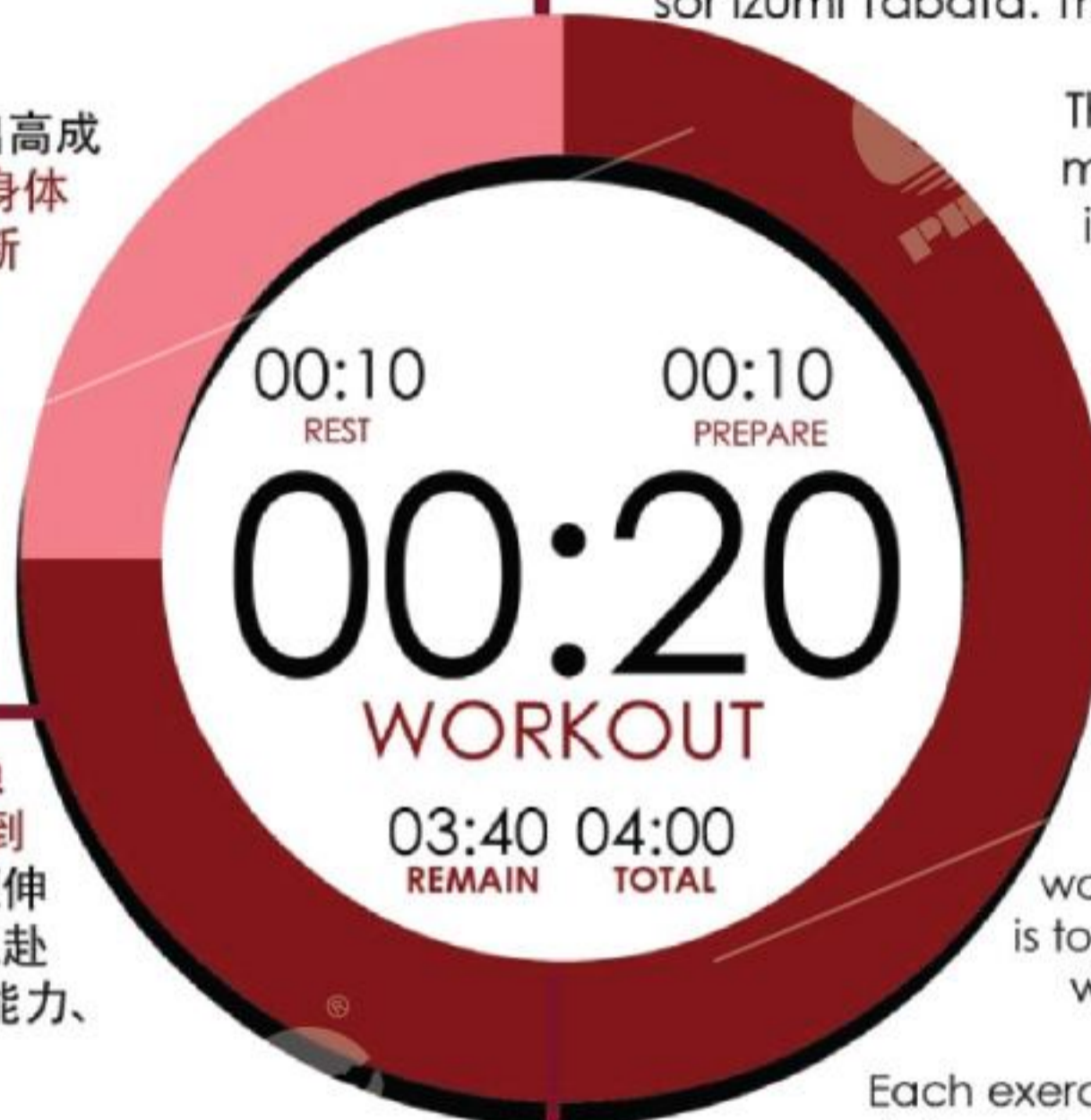
TABATA之所以能在短时间内发挥出高成效, 其因素为, 「就算停止运动, 身体仍会以为还在持续运动, 所以会不断燃烧卡路里」, 而通常这样的效果将会维持1小时, 最长则可达12小时。为了善用这种效果, 因此必须在4分钟内让自己到达极限。

TABATA最大特征就是从自己得以负荷的2~5分钟运动过程内, 所吸收到的最高氧气量数值, 进行4分钟快瘦伸展操的4分钟里, 必须抱持着全力以赴的心态进行。它会随着个人的运动能力、年龄和体重等差异而有所不同。

TABATA是要做20秒休息10秒, 总共8组动作, 所以在开始运动前我们必须下载app来配合, 或是观看TABATA视频边看边做。

TABATA间歇运动是强度比较高的运动, 比较适合有一定运动基础的朋友。如果你是初学者则需要花费时间来学习正确的动作, 并且加以练习, 如果运动姿势错误而受伤, 就更得不偿失。最好的运动计划就是持之以恒, 针对「最想瘦」及「最想练出肌肉」的部位需求, 再搭配健康饮食习惯才能达致您理想的效果。

For those who are indulging in fitness, you should not be unfamiliar with TABATA workout. The highly intense interval workout to help in getting ideal body shape is originated from Japan in 1996, created by Professor Izumi Tabata. The workout is specially designed for busy office workers. The combination of aerobic and muscle provide an effective and intensive result, hence making it to become famous around Europe in the early 2000 and start spreading globally nowadays.



The protocol of TABATA workout is based on the fundamental principal that human body will keep on workout and continue to burn calories for 1 hour or up to 12 hours long even after we stop working out. The way for that to work is to work our self to the maximum limit within 4 minutes in order to achieve intense result.

Each exercise in a given TABATA workout lasts only four minutes, but it is likely to be one of the longest four minutes you would ever endured. Pushing yourself as hard as you can for 20 seconds and rest for 10 seconds in one set, you will need to complete eight sets of each exercise for best result. You are encouraged to download TABATA Workouts App to help you with the program or simply watch and follow the steps from YouTube.

TABATA workout is a highly intense work that requires certain basic. For beginners, you should learn the proper steps and practice more before starting to prevent from injury. The best workout plan is to be persistent and combine your workout with dietary plan for ideal result.



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