

php world

# P'Health



Static Exercise

## 静态

修复

心灵的钥匙

Key to Spiritual Recovery

## 运动

## 运动的迷思

The Myth of Exercise

# FITNESS

## 男神女神大变身

# TRANSFORMATION

3  
March  
2017



03 MARCH 2017

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Want to Have  
Perfect Body Shape?  
The Myth of Exercise

## 强健体魄，秒变

WANT TO HAVE PERFECT BODY SHAPE?

### “男神，女神”



有没有运动可以局部瘦身?  
Is there any exercise for target fat loss?

运动不是动哪个部位就能瘦哪个部位，脂肪燃烧、降低脂肪率，一定是全身性的。透过运动能达到局部增肌、瘦身，但绝对无法达到局部瘦身一事。  
There is no such exercise, the effect of body fat burning has to be whole body. Target fat loss is not valid. In fact, it is revealed that fat burning ended to be generalized, rather than only occurring in specific part of the body.

## 08-09

### 奇亚籽的功效 与作用

Benefit and Function  
of Chia Seed

奇亚籽的功效与作用  
Benefit and Function For Chia Seed

什么是奇亚籽？为何每天该摄取奇亚籽？  
What is Chia Seed?

奇亚籽“奇亚籽”（学名：奇亚籽）是一种产自墨西哥的谷物，其营养价值极高，含有大量的膳食纤维、蛋白质、脂肪、维生素和矿物质。奇亚籽在墨西哥当地被广泛食用，并被列入联合国粮农组织（FAO）的“全球重要农产品”名录。奇亚籽含有丰富的Omega-3脂肪酸，对心脏健康有益。此外，奇亚籽还具有降血糖、降血脂、降血压、改善睡眠、增强免疫力等多种功效。奇亚籽的食用方法多种多样，可以直接食用，也可以加入牛奶、酸奶、果汁、沙拉等中食用。

- 1. 奇亚籽富含膳食纤维，有助于消化。
- 2. 奇亚籽富含蛋白质，有助于肌肉生长。
- 3. 奇亚籽富含Omega-3脂肪酸，有助于心脏健康。
- 4. 奇亚籽富含抗氧化剂，有助于延缓衰老。
- 5. 奇亚籽富含钙质，有助于骨骼健康。
- 6. 奇亚籽富含铁质，有助于补血。
- 7. 奇亚籽富含锌质，有助于免疫系统。
- 8. 奇亚籽富含镁质，有助于放松肌肉。





## Direction 食用方法

含有植物纤维，含有天然维生素，有助于改善消化功能，降低胆固醇，不会引起过敏反应。  
Chia seed is easy and high of antioxidant, which helps in processing nutrition quality from products.

### 用作配料 Use as extra ingredient:

加到燕麦、沙拉、早餐、酸奶、冰激凌等等  
Feel free to add Chia seed into oat, salad, dishes, yogurt and even porridge in your breakfast.

### 制作饮品 Add into beverages:

添加进柠檬汁、牛奶、酸奶、奶茶等饮品中，会形成更滑可口的饮料  
Add some Chia Seed into beverage like lime juice, milk, yogurt, tea and others for better taste.

### 制作糕点 For making cookies:

如玉米松饼、面包等主食  
Chia Seed is good for making pancake, bread and other main courses.



小小一粒的奇亚籽，已被欧美市场誉为“超级食品”，其营养价值丰富，且食用方便，能增强身体免疫力，并含有丰富膳食纤维以及天然维生素，且能第一时间吸收植物纤维，有利于控制体重，也能帮助消化，促进肠胃的蠕动，让你在忙碌紧张的生活中，时刻保持最佳状态。  
As superfood in western countries, a spoon of Chia Seed is more than enough to provide the necessary energy for a day. Replacement meal that contains chia seed and minerals is capable of providing sense of satiety and helps to control your appetite and weight. It is definitely the best replacement meal for you.

09 P'Health



# 10-11

## 修复心灵的 静态运动

Static Exercise



## 静态运动 修复心灵

说到运动可分为两类，第一类是动态运动，第二类是静态运动。动态运动就是使关节和肌肉伸缩变化大，着重于爆发力、肌耐力及速度方面，例如快走或打篮球。当身体在做动态运动时，其心血管的变化和氧气消耗会增加。而静态运动并不会使关节和肌肉伸缩的幅度变大，这种强调以内在气息的运转为主，其条件比动态要严格一点，例如举重，比腕力。We generally divide exercise into two, which are static exercise and dynamic exercise. Dynamic exercises involve movement and are usually implemented during an active warm-up for a higher intensity activity, such as sport or field activities. While static exercise on the other hand, also known as isometrics, exert muscles at high intensities without movement of the joints.

Static Exercise

应视年龄、身体状况、意念及进度来调配。

如何提升心灵能量与身体、心理、三方面的全人健康，达到修复的效果，可参考以下例子。

Combine both static and dynamic exercise for high physiology and psychology result. Following are some static exercise for reference:



瑜伽  
Yoga



太极  
Tai Chi



散步  
Strolling

瑜伽能让放松心情上的压力，得到内心上的平衡，进而帮助促进美容效果。瑜伽基本上通过休息、调息等方式来达到放松心灵的目的。再者，瑜伽能帮助改善情绪，更可以延年益寿。

Yoga is good to release mental stress, obtain internal balance and it helps to enhance beauty effect. Yoga relax our mind through relax and breath regulation. In long term point of view, yoga is good for negative emotion and good for health.

年轻人士基于年龄关系，可能无法从事较为激烈的运动，打太极可说是很好的选择。除了可以帮助增加神经系统的灵敏性，还能让经络、血管畅通、提升心肺功能和帮助消除压力。让退休或年轻人士拓展人际。

While extreme exercises might not be suitable for senior citizen. Tai Chi is a good option for them to help improving cardiopulmonary function, relieving stress and enhancing flexibility of nerve

与跑步相比，散步也是很好的运动方式，作为其中一项有氧运动，散步不但能帮助促进心脏健康，也有提升自信，调节情绪的作用。同时，散步能帮助增加骨密度，而且不像跑步般给膝盖带来压力。

As one of aerobic exercise, strolling helps to provide you with a healthy and strong heart, regulate your emotion and increase self confidence. Not to forget that strolling also helps improving bone density and preventing osteoporosis.



# 健身 饮食

# 误区



WHAT YOU NEED TO KNOW ABOUT

## fitness Dietary?

健身结束后，大脑会传达肚子饿的讯息，让我们去满足身体的需求，所以会不小心选择错误的食物。导致辛苦锻炼的成果，全盘毁灭！如何避免健身饮食出差错呢？

It is natural to feel hungry after exercises or fitness, it is a signal sent by brain to inform us that our body needs nutrition and supplement to replenish energy. However, we will not be able to hit our peak if we are overdoing it with the wrong tools. Hence, what we eat will affect our fitness result.



### 避免高脂肪油炸类：

Avoid high cholesterol and oily food

快餐店一般都是脂肪高和油炸较多的食物，当健身后摄取高脂高油来满足你的胃的同时，也在消灭你的努力。健身后应该补充体内的糖原，而不是给身体增加脂肪。

Avoid high cholesterol and oily food: High cholesterol and oily food like fast food can eliminate all your exercise effort and cause extra fat in human body. What your body needs after exercises and fitness is to replenish glycogen instead of fat.



### 避免重咸的食物：

Avoid salty food:

摄取过多重咸的食物会加重肾脏的负担，而且造成水肿导致难以形成肌肉体态。

Salty food can cause burden to our kidney, and lead to hydroncus.



### 避免高糖的饮品：

Avoid high sugar: beverage

避免摄取含糖饮料如汽水、非天然的果汁，充满碳水化合物的饮料，这些都会使你的健身效果大打折扣，这是运动健身的第一大杀手。

Avoid high sugar: Avoid high sugar beverages like soft drinks and artificial fruit juice. They are unhealthy and can cause obesity, in another word, they greatly reduce your fitness effect.





# 吃对了 翻倍

GOOD DIETARY FOR  
健身效果  
BETTER RESULT

肌肉，是男性力量的象征。正如女性上健身房的主要目的在于减肥，男性则希望健身锻炼能够增强肌肉，塑造完美的体形。健身“三分靠练，七分靠吃”，吃对饮食让你健身事半功倍。  
Fitness is great way to tone and build a better looking body shape. However, fitness alone does not provide ideal result. In order to obtain the intended outcome, we need to combine both fitness and dietary at the same time.

## 饮食计划 Dietary Plan:

### 1 摄取高蛋白质 High Protein:

水煮鸡蛋、去皮鸡胸肉、鲑鱼、鳕鱼，这些都是不错的高蛋白食品选择。  
Boiled egg, chicken breast, salmon and cod are highly recommended foods due to high content of protein.

### 2 摄取碳水化合物 Carbohydrates:

糙米、燕麦、全麦面包、红薯给身体提供持久稳定的能量供应，并延长饱腹感的持续时间。  
Brown rice, oat, whole wheat bread and sweet potato help providing sufficient energy and satiety to our body.

### 3 少量多餐 Increase Meal Frequency:

在促进肌肉增长和减少体脂方面，少吃多餐比多吃少餐效果更好。每天吃六餐或者更多餐，可以使身体能更高效地消化食物，这样就能使你摄入更多的蛋白质，以及其他重要的营养物质。  
Have frequent meal with smaller portion helps in muscle enhancement. In the mean time, it helps our body to digest the food effectively, hence improve absorption of protein and minerals.

### 4 补充水分 Rehydration:

运动后会出很多汗，需要补充水分，最好的选择就是白开水。白开水是饮用之后立即能解渴的最好选择。喝水最好是运动后十分钟再喝，不能运动之后立即喝大量的水，这样对于肠胃以及心脏都是不好的。  
Water is essential after exercises, but bear in mind that plain water is always the best compare to other beverages. Drinking water 10 minutes after exercise to ensure our body has sufficient time to rest and relax.

在制定饮食计划前必须做出明智的选择，不能跟着自己的感觉走。创造一个方便而美味的、适合自己的体重和日常时间表的饮食计划。充分利用先进的运动营养品，比如各种蛋白粉、营养代餐品等。这能使一天摄入六餐或者更多餐变得更简单，更方便，不论你是处于瘦身、塑身和健身的目的。

It is important to plan your dietary wisely and create a plan according to your health condition. It is advised to include fitness nutrition and replacement meal. As they help providing great result for losing weight, body toning and body building.



# 强健体魄，秒变

WANT TO HAVE PERFECT BODY SHAPE?

## “男神，女神”



### 有没有运动可以局部瘦身?

Is there any exercise for target fat loss?

# 1

运动绝不是动哪个部位就能瘦哪个部位，脂肪燃烧、降低体脂率，一定是全身性的。透过运动能达到局部增肌、塑身，但绝对无法达到局部瘦身一事。

There is no such exercise, the effect of body fat burning has to be whole body. Target fat loss is not valid. In fact, it is revealed that fat burning ended to be generalized, rather than only occurring in specific part of the body.

### 跑步会让小腿变粗?

Jogging make your thighs bigger?

# 2

以正确的跑步姿势和强度有关。只要检视跑步的习惯，调整姿势，就不会刺激腿部变粗。跑步着地时，应以脚跟先着地，再由脚跟滚动到脚尖，这样可减少对踝关节与膝关节的压力。跑步时应采取低速度，长时间，保持呼吸的节奏，才能让腿部变细变均匀。

As the matter in fact, you don't have to worry about that as long as you make sure to adjust your posture. Your tendency will be to run with your heel hitting the ground first, which means your leg is completely extended, which means that the impact of your step will send shockwaves through your ankle, knee, hips and lower back. Jog with low speed for long distance while controlling your breathing rhythm, keep on jogging and you will eventually have a pair of strong legs with good shape.

## 运动迷思 THE MYTH OF Exercise

“把运动当成习惯，像吃饭喝水一样自然，迈向男神女神的目标！”说起来很容易，但往往我们在很努力的时候，发现体重没有下降，肚子消不了，腿越跑越粗。。。这些迷思正困扰着我们，干扰着我们的瘦身效率和成果。以下介绍常见的运动迷思，了解正确的运动观念。

Adopting a healthy lifestyle by making exercise as part of our life is always easier saying than doing, but people tends to fail frequently, regardless of how much effort we put in, the belly and weight just never seem to disappear.

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### 运动多久才能瘦下来?

How long does it takes for slimming?

# 3

运动心态要改变，运动是为了健康及更好的身材曲线，而不是激烈与速成的减肥方式。通常保持3-6个月就会有一点小成效，你会发现体重器上的数字没改变，但是身边的朋友会觉得你瘦了。

Positive and correct mindset is important, keep in mind that exercise is meant for healthier body and body shaping, not to lose your weight rapidly without control. Normally, there will be changes after 3 to 6 months of exercising.



女生健身,

变

# 金刚 Barbie?

IS BODYBUILDING SUITABLE  
FOR FEMALE



[金刚芭比] 顾名思义, 拥有天使的脸孔, 魔鬼肌肉的身材, 其多数职业为力量举重选手或健身教练等。健美选手分为竞技型与业余爱好两种, 锻炼身体和参加竞技比赛, 其训练的方式是有很大的区别的。专家指出女性体内雌激素较多, 不容易长出大块肌肉, 即使拼命运动, 也很难让肌肉快速成长、变得壮硕。要练就成[金刚芭比], 需要比普通人摄取非常多的热量, 同时注意饮食营养, 甚至注射雄性激素才有可能办到。

现代女性对于健身重训又爱又怕, 怕养出一身健壮肌肉, 体态变得魁梧。这是新手对于重训的迷思, 事实上正好相反, 它会紧实线条, 燃烧更多脂肪, 塑造完美体态, 当你了解了什么是重训后就会爱上它。

More and more female join the row of fitness, while there are still a certain number of those who are concerning about having gigantic muscle. In fact, there's a huge difference between fitness and bodybuilding, and thanks to body hormone, it is not easy for female to have huge muscle. They will have to go through more than just going to fitness center for few hours a day to have bodybuilding result. Bear in mind that fitness will help to burn more fat and tighten your muscle, hence tone your body shape.



# 奇亚籽的功效与作用

## Benefit and Function For Chia Seed

### 什么是奇亚籽？为何每天该摄取奇亚籽？ What is Chia Seed?

学名“芡欧鼠尾草籽”（又称奇亚籽，英文名称为chia seed）原产地为墨西哥南部和危地马拉等北美洲地区。奇亚籽通过了美国食品药品监督管理局（FDA）的认证，被界定为安全食品；也被誉为世界上知名的“超级种子”。是因为它一身集中了很多现代人类需要的重要原始物质：

Salvia hispanica, also known as Chia Seed, has become one of the most popular superfoods in the health community. Originally grown in Mexico, the seeds are highly valued for their medicinal properties and nutritional value by recognition from Food and Drug Administration (FDA). Chia Seed contains initial substances like:

含高量omega-3脂肪酸  
Omega-3

完整优质蛋白质和各种矿物质  
Full of protein and minerals

不含胆固醇  
Cholesterol free

丰富的抗氧化元素  
Antioxidant nutrients

极高的膳食纤维  
Dietary fiber

无需加工，随意食用  
Odor and processed free

含丰富抗氧化物  
Antioxidant





# Direction 食用方法

奇亚籽口感清脆，没有气味和味道，再加上它富含抗氧化物，烧烤等加工手段不会影响它的营养品质。

Chia Seed is crispy and high of antioxidant, which helps in preserving nutrition quality from process.

## 用作配料 Use as extra ingredient:

加到燕麦、沙拉、菜肴、酸奶、米粥里等等

Feel free to add Chia Seed into oat, salad, dishes, yogurt and even porridge as nutrition addition.

## 制作饮品 Add into beverages:

添加进柠檬汁果汁、牛奶酸奶、奶茶等饮品中，会形成爽滑可口的饮料

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如玉米松饼、面包等主食

Chia Seed is good for making pancake, bread and other main causes.



小小一粒粒的奇亚籽，已被欧美市场高举为减肥圣品，其营养丰富，只需用一匙就足以提供身体所需要的能量。许多营养餐已采用奇亚籽以及天然原料制作而成。只需要一包就能帮助增加饱足感，有利于控制体重。也不需要担心摄取过多的奇亚籽。让您在忙碌时或在健身时能补充所需要的营养。

As superfood in western countries, a spoon of Chia Seed is more than enough to provide the necessary energy for a day. Replacement meal that contains chia seed and minerals is capable of providing sense of satiety and helps to control your appetite and weight. It is definitely the best replacement meal for you.



# 静态运动 修复身心灵

说到运动可分为两类，第一类是动态运动，第二类是静态运动。动态运动就是使关节和肌肉伸缩变化大，着重于爆发力、肌耐力及速度方面，例如快走或打篮球。当身体在做动态运动时，其心血管的变化和氧量消耗会增加。而静态运动并不会使关节和肌肉伸缩的幅度变大，这种强调以内在气息的运转为主，其条件比动态要严格一点，例如举重，比腕力。We generally divide exercise into two, which are static exercise and dynamic exercise. Dynamic exercises involve movement and are usually implemented during an active warm-up for a higher intensity activity, such as sport or field activities. While static exercise on the other hand, also known as isometrics, exert muscles at high intensities without movement of the joints.

## Static Exercise

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应视年龄、身体状况、意念及进度来调配。  
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Combine both static and dynamic exercise for high physiology and psychology result. Following are some static exercise for reference:



瑜伽能让放松心灵上的压力，得到内心上的平衡，进而帮助促进美容效果。瑜伽基本上通过休息、调息等方式来达到放松心灵的目的。再者，瑜伽能帮助改善情绪，更是可以延年益寿。

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