



Top 7 Wellness Resolutions

INSPIRE brings you the top seven resolutions that you should be making this year to keep you feeling and looking healthy

1 Exercise More Frequently

Making time to exercise this coming year is possible with high intensity workouts, which require significantly less time in the gym, from as little as four minutes to half an hour. High intensity workouts are increasing in popularity and are favoured by busy celebrities like David Beckham. These are more efficient and are incredibly intense, which prompts your body to accelerate its repair system. This gives you the wonderful benefits of burning fat even after your workout is over, improved endurance and increased metabolism.

One such workout is Tabata training, developed by Izumi Tabata, which is based on eight sets of 20-second and 10-second intervals. Choose an exercise like sprinting and you'll have to perform it to the maximum intensity in 20 seconds. This is followed by a 10-second resting period. You are required to perform a total of eight sets in a span of four minutes. This workout is efficient and favourable because it does not require a lot of space nor equipment, just an interval timer like the Gymboss Interval Timer at about US\$20 from Amazon.com. Add alternative exercises like bicycle sprints, squats, pushups, pull-ups for a complete workout. To measure your heart rate and determine how intense your workout is, purchase the FT60 from Polar USA (about US\$220). Proponents of this method include Vanessa Minnillo and Kyra Sedgwick.

2 Harness Technology to Keep Exercise Fun

Be more inspired and motivated to stick to your exercise regime with technological aids like Skype and smartphone applications. Train virtually with the best trainers anywhere in the world and find that extra push to get you off the couch and onto the running track. Alexander EK, the founder of P.E.P.P.E.R. (www.personalpepper.com), has worked with several celebrities, Wall Street millionaires and billionaires and professional athletes, whose Virtual Training Program is one of their most popular services. For US\$750 per month, you'll get a monthly routine tailored perfectly to your fitness needs, weekly Skype sessions, of which one can be a video analysis, phone call or in-person workout in Manhattan, diet and nutrition advice and definitely unlimited email exchanges. All these will be done with Alexander himself.

There are several fitness applications available for download to complement the programme. One of the most interesting and perhaps most motivating is the Zombies, Run app (US\$7.99, available on Android, iPhone and Windows phones), where you'll be engaged in accomplishing missions, collecting medicine, supplies and batteries along the way to distribute to the game's survivors at the end of the mission. Other great running apps include RunKeeper and Nike+ Running App. For the more inactive, there's also a Couch-to-5k app to get you started.





3 Incorporate Super Foods in Your Diet

Last year's super food was quinoa; this year it's a grain called freekeh. Winning praises from Jamie Oliver, Oprah and Dr Oz, freekeh is a resistant starch which is high in fibre. It's reputed to be great for weight loss due to its short stay in the body, helps with Irritable Bowel Syndrome, overall bowel health and laxation. The heightened excretion and concentration of the short chain fatty acid butyrate helps to reduce the risk for contracting degenerative bowel diseases.

It is also a low glycemic index food, suitable for diabetics, and is rich in protein, vitamins and minerals. Furthermore, it's also 100 per cent natural, and does not contain chemicals, colouring, additives or preservatives. Other super foods gaining popularity include chia seed, which contains more Omega-3 fatty acids than salmon, is rich in fibre and a complete source of protein. Recommended by Dr Oz and touted as the ultimate super food for athletes, it's a source of quick energy and is said to be able to cut down on visceral fat.

Black garlic is another highly recommended food, once believed in Taoist mythology to give immortality. It is essentially garlic that has been fermented for a couple of weeks, and then oxidised. The resulting garlic tastes sweeter, without the normal garlic's pungent smell and spiciness. During fermentation, the garlic also produces water-soluble amino acids that have antioxidant properties, which can aid in lowering high cholesterol, improving blood circulation and can even be instrumental to preventing cancer.

4 Defy Balding

Defy the age old problem of balding, which can occur in both men and women. Statistics have shown that as many as 39 million women and 35 million men suffer from baldness. This year, tackle the problem with a mix of dietary supplements and hair regrowth treatments.

Start by increasing your intake of these vital nutrients such as protein, iron, zinc and Omega 3s. Iron will improve the transmission of oxygen to your cells, and use the protein in the body to build stronger hair. Zinc aids in growth and repairs tissues, while regulating the oil glands around the hair follicles. Lastly try Omega 3 fatty acids which are said to be essential in the make up of the hair shaft.

Next, schedule yourself for hair regrowth appointments. The Swiss Luxury Clinic (www.swissluxuryclinic.com) currently promises one of the highest rates of re-growth – up to 95 per cent using their technologically advanced method Follicular Method Extraction, where groups of one to four single hairs are transferred from the donor, who will have smaller, hole-shaped scars. The Swiss Luxury Clinic has refined the method and uses more precise tools to create a direct, completely pain-free and much more effective technique for hair re-growth, where the effect is wonderfully natural and leaves no trace of scars. The FENDI Max session will be done over two days (for seven hours each day) and prices start from US\$66,000. Patients can also choose where and when to have their treatments and the level of privacy needed.

Nurture your hair's growth with Viviscal® Hair Growth Supplements that have been clinically proven to revitalise thinning hair and improve the hair's growth from within. These supplements have also been endorsed by celebrities like Reese Witherspoon, Finola Hughes and Caroline Trentini. Using AminoMar™, which is rich in protein molecules, they also



contain Vitamin C, Niacin, Biotin, Iron, Zinc and horsetail extract. The Viviscal Beautiful Hair Package is retailing at US\$320, which includes six boxes of Viviscal® Extra Strength dietary supplements with marine complex AminoMar™, one bottle of Viviscal® shampoo and a bottle of Viviscal® hair conditioner. The men's range is currently being developed.

5 Break Personal Fitness Records

Advancing age is no longer an excuse to be unfit or to avoid pursuing personal records. Actors like Bruce Willis and Harrison Ford have proven that even at a more mature age (52 and 65 respectively), they were still able to master and do their own stunts for physically challenging movies like Live Free or Die Hard and Indiana Jones. Harrison Ford reportedly even told Steven Spielberg and George Lucas that he felt able to continue and bring the same physical action found in his 18-year-earlier Indiana Jones movie.

At the age of 54, George Hood managed to set a Guinness World Record for the plank, at an impressive 1 hour 25 minutes and slightly over five seconds, beating the previous record by about 30 minutes.

For runners, some ways to beat your best running time includes starting with a heightened pace for shorter runs. Accelerate your pace by up to 6 per cent in the first 1.6km, which could result in finishing the run in 32 seconds less time. For longer runs, spend your training time on the slopes, where you'll learn to increase the number of times your feet hit the ground, resulting in a faster stride rate and improving your speed by up to 3.5 per cent. Another tip would be to vary your intensity and distance on alternate days.

6 Kick Your Addictions

Go cold turkey from addictions like alcohol, sleeping pills, opiates, party and prescription drugs in Bhavana Phuket (www.bhavanahealing.com), the only medically licensed rehabilitation and detoxification centre in Southeast Asia. Prices are approximately US\$3,500 for a seven-day programme.

The Bhavana Evaluation Assessment Treatment (BEAT) is a momentous breakthrough, with "short-term addiction management programmes, available to anyone who is not yet ready to fully commit to a comprehensive treatment programme or who does not have the time available due to professional commitments", says Bhavana Founder and CEO, Dr Kai Goh. Dr Kai is a former addiction specialist who's worked

in the renowned The Priory in London and has a psychiatric practice for addiction in London's Knightsbridge.

The counselling will run during the same time as the detox for a more successful long-term rehabilitation, healing not only the patient's physical health but also any personal issues that might have caused the dependency.

7 Do Strength Training at Least Two to Three Times A Week

Build a stronger and sleeker physique with strength training. This is especially applicable to women who stay away from weights due to the misconception that they will build up overly muscled arms as a result. Lifting heavier weights will work more muscles, aiding in burning fat all day long, and not muscles in the case of primary cardio work. Dr Jason Karp, exercise physiologist and author shares that women have too low levels of testosterone to achieve huge muscles, but instead, they'll look more defined. Other benefits include burning more calories. Strength training is one of the ways Jessica Alba and Jennifer Garner stay in shape. **INSPIRE**

KEEP YOUR RESOLUTIONS

There are a couple of ways of achieving significant progress on your resolutions and keeping them. William Anderson, creator of The Anderson Method (theandersonmethod.com) reveals his best tips for sticking to your resolutions.

- Come up with specific resolutions with accompanying reasons for wanting to meet the goals
- Achieve your goals with active visualisation by imagining the feeling of having successfully kept your resolution
- Break the goal down into smaller steps and monitor your progress
- Reward yourself once the goal is achieved