

Health Indicators N E W S T A R T

Health is not an accident, nor is disease always sudden. Eighty percent of all illnesses are caused by inappropriate lifestyles. As long as you take the opportunity and practice the eight principles of "New Beginnings" to prevent disease, you will experience the benefits of good health. We hope that you will begin to take care of your body and aspire to a "new start" in life, so that you can improve your health, enhance your learning efficiency, and enjoy a healthy and fruitful life. The following are the "Eight Health Principles of New Start".

(1) Nutrition(N) Balanced Nutrition

- Eat a balanced diet of whole grains (e.g. wheat, red rice and brown rice) and low-fat foods at regular intervals every day.
- Eat more vegetables, beans and vegetable proteins instead of meat in accordance with our school's diet and health principles.
- Eat 5-9 servings of fruits and vegetables daily (examples of 1 serving of fruits and vegetables: 2 prunes; 1 medium-sized orange; 20 raisins), no snacking, do not be fussy, and avoid fried and artificial seasonings. Try to eat fresh foods, not canned, frozen or preserved foods.

(2) Exercise(E) Continuous Exercise

- Take 10,000 steps a day; exercise at least 3-5 times a week for at least 30 minutes each time.
- Before exercise, remember to warm up; after exercise, do gentle and stretching exercises; maintain a normal body weight.

(3) Water(W) Adequate water

- Drink 6 to 8 glasses of water daily (2 glasses in the morning, 2 glasses of water during breakfast and lunch, 1 glass for lunch in the afternoon, 2 glasses of water between afternoon and dinner, and 1 glass for dinner) to increase metabolism, improve functional efficiency, and also improve immunity.

(4) Sunlight(S) moderate sunlight

- Sunlight should be taken before 10:00 a.m. or after 4:00 p.m. to help get the right amount of vitamin D (which helps with calcium absorption), which helps stimulate the body to produce hormones and promote liver function. Adults should not exceed 15 minutes each time, and not more than 2 hours throughout the day.

(5) Temperance(T)

- And with knowledge, moderation. (2 Pet. 1:6) Adopt an attitude of abstinence, disapproval, or limited use of things that are harmful to health, and make good use of your spare time; for example, practice the "four no's" during your school years: no chatting on the Internet, no playing games, no dating, and no discouragement.
- To eat regular meals (7 to 8 minutes), not to overeat, not to eat unclean food and snacks, and to maintain an ideal body weight.
- Do not smoke or drink alcohol; do not drink coffee, coke, black tea, milk tea and other stimulating drinks, and do not abuse drugs.

(6) Air(A) Fresh Air

- Open the windows frequently to keep the air flowing and reduce the time for germs to stay; take at least 10 deep breaths of fresh air in the countryside/natural environment daily to increase the absorption of oxygen; refuse to smoke (including second-hand smoke) and all harmful substances.

(7) Rest(R) Physical and mental rest

- Go to bed early (before 10 p.m.) and get up early (6 a.m.).
- You need 8 hours of sleep a day and a good quality of deep sleep for your brain to recuperate thoroughly.
- We must use our free time to relax ourselves and relieve mental stress, so that our muscles can be relaxed.

(8) Trust in God(T) Trust in God

- Trust in the LORD with all your heart, and lean not on your own wisdom; in all your ways trust in Him, and He will direct your paths. (Proverbs 3:5-6)
- In order to have a healthy body, when the heart has bad feelings such as worry, fear, resentment, disgust, emptiness, etc., just trust God as the source of strength and support, pray and ask Him in everything, and trust Him with all your heart, you can build up a good faith, overcome all difficulties and get peace of mind.

健康指標 NEWSTART 新起點

健康並非出於偶然，疾病也不都是突發。百分之八十的疾病乃是由於不適當的生活方式所引致。只要把握機會及能持之以恆去實踐「新起點」健康八大原則的生活方式，預防疾病，必然能夠體驗健康的好處。願大家開始愛惜自己的身體，立志有一個「新起點」的生活，從而改善健康狀況，不單提高學習效率，並可享有健康豐盛的人生，令生活更添姿采。以下是「新起點八大健康原則」：

(1) Nutrition(N) 均衡營養

- 每天都定時定量進食擁有均衡營養的飯餐，選用全麥五穀(如麥飽、紅米及糙米)及低脂食物；
- 參照本校的飲食及健康原則，多進食蔬菜，多吃豆類及植物蛋白質，以代替肉類；
- 每日進食 5-9 份蔬果(1 份蔬果的例子：2 個西梅；1 個中型橙；20 粒提子)，不吃零食，不偏食，避免油炸及人工調味料。盡量吃新鮮的食物，少吃罐頭、經過急凍冷藏或者經過醃製的食品。

(2) Exercise(E) 持久運動

- 每日要行 10,000 步；每星期最少運動 3-5 次，每次最少 30 分鐘；
- 運動前，謹記要熱身；運動後，要做緩和及伸展運動；維持正常的體重。

(3) Water(W) 充足水分

- 每日飲用 6 至 8 杯清水(早上起床 2 杯，早午期間 2 杯水，下午午餐 1 杯，下午至晚飯期間 2 杯水，晚飯 1 杯)，可以增加新陳代謝、提高機能的功能效率，還能提高免疫力。

(4) Sunlight(S) 適度陽光

- 曬太陽宜於早上 10 時前或下午 4 時後，有助攝取適量的維他命 D (有助於鈣質吸收)，有益於刺激身體產生賀爾蒙，促進肝功能運作。成年人每次不應超過 15 分鐘，全日不可超過 2 小時。

(5) Temperance(T) 凡事節制

- 「有了知識，又要加上節制。」(彼後 1:6)對有損健康的事或物採取戒絕、不認同或是限量地使用的態度及善用餘暇；如在求學時期實踐「四不」：不網上聊天、不打機、不拍拖、不氣餒；
- 三餐要定時定量(7 至 8 分飽)，不暴飲暴食，戒吃不潔淨的食物及零食，常保持理想體重；
- 不沾煙酒；不喝咖啡、可樂、紅茶、奶茶等刺激性的飲料，也不要濫用藥物。

(6) Air(A) 清新空氣

- 經常打開窗戶，保持空氣流通，減少病菌停留時間；每日最少在郊外/大自然環境中深呼吸清新空氣 10 次，多作深呼吸可以增加氧氣的吸收；拒絕吸煙(包括二手煙)及一切有害物品。

(7) Rest(R) 身心休息

- 早睡(晚上 10 時前)，早起(早上 6 時)；
- 每日需要 8 小時的睡眠，要有深層睡眠的良好品質，大腦才能得到徹底的休養；
- 每日必須利用空閒的時間來鬆弛自己，紓緩精神壓力，讓已拉緊的肌肉得以放鬆。

(8) Trust in God(T) 信靠上帝

- 「你要專心仰賴耶和華，不可倚靠自己的聰明；在你一切所行的事上，都要認定祂，祂必指引你的路。」(箴言 3：5-6)
- 為能擁有健康的身體，當心存憂慮、恐懼、怨恨、厭惡、空虛等不良情緒時，只要相信神是力量和支持的來源，凡事以禱告祈求神，全心信靠祂，自己就可建立良好信念，克服一切困難並得到心境的平安。

