

# TOTAL HEALTH NEWSLETTER

## MS. TUNG IP

Health Educator/Coordinator  
MSc Biochemical and Biomedical Science  
CFSC Certified Functional Strength Coach  
Lifestyle Management Center



## Continuous is Crucial: *The Long-Term Benefits of Structured Aerobic Exercise on HDL Levels and Quality*

Maintaining optimal levels and functionality of High-Density Lipoprotein (HDL) is vital for cardiovascular health. HDL, often referred to as "good cholesterol," is recognized for its atheroprotective properties, which include facilitating reverse cholesterol transport. Additionally, HDL particles exhibit important physiological effects, such as anti-inflammatory, antioxidative, and antithrombotic properties, all of which significantly contribute to cardiovascular protection.

### The Impact of Stressors on HDL Quality

Despite the protective benefits associated with HDL, its quality and functionality can be adversely affected by various stressors. Factors such as aging, smoking, environmental pollutants, infections, and unhealthy dietary habits can impair HDL functionality. This deterioration reduces HDL's protective effects and increases the risk of cardiovascular diseases. Therefore, it is essential to adopt lifestyle changes that can enhance both HDL levels and functionality.

### Aerobic Exercise: A Key Method for Improvement

One of the most effective ways to improve HDL levels and their functionality is through regular aerobic exercise. Research indicates that exercise training is involved in epigenetic regulation. Although the exact mechanisms by which exercise benefits the lipid profile remain unclear, substantial evidence supports its positive impact. The effects of regular exercise on HDL function vary and depend on several factors, including the type, intensity, and duration of exercise, as well as participant characteristics such as age, race, body mass, baseline HDL levels, diet, and medications.

To achieve significant benefits, the exercise dose or stimulus must exceed a certain threshold. Engaging in sporadic or low-intensity physical activities may not yield noticeable improvements in HDL levels. Instead, long-term and structured aerobic exercise is crucial for maximizing the positive impacts on both the quantity and quality of HDL.

### The Importance of Continuous and Structured Exercise

While the effects of repeated acute physical activities with low intensity may result in only minor changes that might go unnoticed in clinical trials, frequent repetitions of these sessions can lead to more significant, lasting adaptations—chronic effects—that enhance HDL functionality over time. Continuous, regular, and structured aerobic exercise represents a promising therapeutic approach to improving HDL function.

Establishing a well-designed exercise program is essential. Such programs should be tailored to individual needs and capabilities to maximize benefits while minimizing risks. Consulting with healthcare professionals when designing an exercise regimen can help ensure that the program is both safe and effective.

### Conclusion

In conclusion, maintaining optimal levels and functionality of HDL is crucial for cardiovascular health. Long-term and structured aerobic exercise plays a key role in enhancing HDL levels and quality, offering protective benefits against cardiovascular disease. While the precise mechanisms by which exercise improves HDL functionality are still under investigation, the evidence supporting the positive impact of regular aerobic activity is compelling.

By committing to a structured exercise program, individuals can significantly improve their HDL levels, leading to better cardiovascular health and overall well-being. Embracing continuous aerobic exercise not only promotes a healthier lipid profile but also contributes to a more active and fulfilling life. Prioritizing regular physical activity is essential for anyone looking to enhance their cardiovascular health and optimize HDL functionality.

### Reference

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# Almond Butter and Banana Smoothie

## Ingredients:

- 1 banana, frozen
- 2 tablespoons almond butter
- 1 cup almond milk (or any plant-based milk)
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup (Optional)
- A pinch of cinnamon

## Instructions:

- In a blender, combine the frozen banana, almond butter, almond milk, chia seeds, maple syrup (if using), and cinnamon.
- Blend until smooth and creamy. If the smoothie is too thick, add more almond milk until desired consistency is reached.

## Nutritional Benefits for Exercise Performance

This smoothie combines carbohydrates, healthy fats, and protein, making it an excellent choice for pre- or post-workout nutrition. It helps fuel your exercise, supports muscle recovery, and keeps you energized!

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## OUR *Prayer Room* AND *Worship* SERVICE

Caring for the whole person—body, mind and spirit — is an integral part of our hospital's approach to health care. Hong Kong Adventist Hospital takes every effort to look after your spiritual and emotional needs.

We have a prayer room which is located on the ground floor opposite to the entrance. It is opened to people of all faiths.

Our clinically trained chaplains are available 24-hours a day, seven days a week to offer guidance and counseling. For those who request, prayers are offered for the patients and their families.

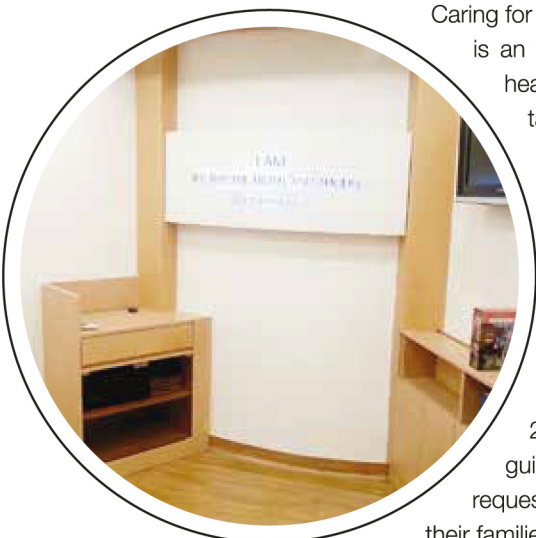
Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

A short inspiring morning message is offered every weekday from 8:40am to 9:00am in La Rue Building 7B. All patients are welcome to attend.

Please feel free to call upon our chaplains for emotional and spiritual support or to just have a listening ear.

May God bless you.

**From the Chaplain's Office**





# CARING CULTURE *ATTITUDE*

There is a word in the English language that is not very well known and will send even native English speakers to do a quick Google search to find its meaning, the word is Pollyanna: an excessively cheerful or optimistic person. Very often the very act of living takes the life out of you and in doing so, it leaves no room for cheerfulness or optimism and as a result your health will suffer.

Research from the prestigious Harvard School of Public Health (first reported in 2001) links a more optimistic outlook with a lowered risk of heart disease in older men and University of Pittsburgh researchers report that optimistic women have less thickening of the carotid artery walls. That Women's Health Initiative Study (first reported in 2009 in an American Heart Association journal) suggests that a positive mental outlook is associated with reduced evidence of coronary heart disease and total mortality in postmenopausal women. Further to that, "In 2000, Mayo Clinic researcher Toshihiko Maruta, M.D., published a 30-year study of 839 patients, indicating a pessimistic view was a risk factor for early death, with a 19 percent increase in the risk of mortality," says Ken Budd,

executive editor, AARP The Magazine. "Even after adjusting for age and gender, pessimists had a higher mortality rate than those who tested as optimistic. Using the Minnesota Multiphase Personality Inventory [MMPI], researchers found the way people explain life events -- with a positive outlook or a negative one -- directly related to their mortality.

The Bible also gives us a good insight of the importance of a good attitude and proper physical health. "A cheerful heart is good medicine, but a crushed spirit dries up the bone" (Proverbs 17:22). In view of such strong evidence, we should examine ourselves. How cheerful and positive are you? Too many of us usually make the mistake of confusing the difference between pain and suffering. Pain cannot be avoided, but suffering is a choice. Regardless of what you may be experiencing right now, don't choose to suffer, for the sake of your own good health, develop a good positive and cheerful attitude, you will reap the benefits of it, so go ahead is ok to be a Pollyanna. Keep your face always toward the sunshine - and shadows will fall behind you.



**Lifestyle Management Center (LMC)** is a crucial component of Hong Kong Adventist Hospital, articulating its mission, aiming to provide health education to both our patients and the general public regarding the benefits of 'Total Health'.

Through services and programs such as the Lifestyle Medicine Clinic, comprehensive lifestyle assessment, health screenings, delicious vegan cooking demonstration, fitness club and interactive educational programs, participants can begin to restore their own health through lifestyle modification.

Our success depends largely on your participation and support. Let us strive together to promote better holistic health in our society.

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Your benevolence not only makes a significant difference to our beneficiaries but also opens doors that they never imagined possible!

**WEBSITE:**  
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FOR A BRIGHT  
FUTURE**



*Healthy Lifestyle Fund*

Your generosity will contribute to the healthy lifestyle education to the general public through Lifestyle Management Center. It will help our center run health seminars, cooking and fitness classes and health programs in order to educate the public on how to prevent, improve and even reverse chronic diseases.

**TEL: (852) 2835 0555**

**Adventist Health 港安**  
Hong Kong Adventist Hospital • Stubbs Road  
香港港安醫院 • 司徒拔道

**Hong Kong Adventist Hospital - Stubbs Road**  
**Lifestyle Management Center**

✉ [lmc@hkah.org.hk](mailto:lmc@hkah.org.hk)  
☎ (852) 2835 0555

**Chaplaincy Services**

🏠 40 Stubbs Road, Hong Kong  
☎ (852) 3651 8850

