



An e-Bulletin of KDF Nov 2012

Go The Distance With A Few Small Steps

If you have always wanted to make some changes to your current lifestyle in favour of a healthier lifestyle but don't know where to start, read on!

Starting a new regime is never easy. However, the changes can be made more do-able by keeping them small and simple. It's time to put the big picture aside for a moment and focus on the finer details, the small lifestyle changes you can adopt for a more rewarding life in the long run.

In this issue of K Bytes, we share with you **5 easy and sustainable tips to kick-start a healthier lifestyle!**

1) Keep hydrated



Approximately 2/3 of the human body is made of water and it is essential for proper functioning of many bodily functions. Insufficient intake of water has also been identified as one of the risk factors of the formation of kidney stones.

As a general rule of thumb, make it a habit to drink about 6 to 8 glasses of fluids daily. Your requirements will increase if you have high physical activity level, on warm humid days and in times of sickness, for example vomiting or diarrhea. Water is free from fat, sugar and calories, making it the ideal thirst-quencher for meeting your daily fluid needs. If you find increasing your intake of water a challenge, try the following tips: Keep a water bottle beside your table at work and in your bag. Squeeze some lemon juice into your water to add some flavour and make a tasty drink. Bear these tips in mind and you'll find that keeping hydrated isn't such a daunting task after all!

2) Cut back on sodium



A diet high in salt is one of the factors known to elevate blood pressure levels. If not managed properly, hypertension can lead to kidney failure, heart diseases and stroke.

Watch out for sources of hidden salt in commercially available seasonings and processed foods. Some tips to that you can take note of:

- . When eating noodles, try to choose bee hoon and kway teow more often as they contain less salt during processing.
- . Instead of snacking on titbits like potato chips and salted nuts, go for the healthier options like unsalted nuts and melon seeds.
- . Cut down on processed foods like fish cake, fish balls and hot dogs and opt for fresh fish, meat and vegetables instead.
- . Watch out for extra gravy and soya sauce when eating out. For example, request for gravy or sauces on the side or ask for chilli without the soya sauce.

When it comes to cooking at home, herbs and spices such as fresh garlic and pepper are great alternatives as well, so think twice before picking up that salt shaker. A little experimentation is all it takes to spice up your life and shake up your cooking!

3) Stay active



Exercise is good for both the mind and body. For a start, try to incorporate some physical activity in your daily

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Health Facts of Singapore Residents*

Aged 18 to 69 years:

- 11.3% had diabetes mellitus
- 17.4% had high total blood cholesterol
- 10.8% were obese (BMI ≥ 30 kg/m²)
- 19.0% engaged in regular exercise during their leisure time
- 14.3% smoked cigarettes daily
- 2.6% consumed alcohol regularly

Aged 30 to 69 years:

- 23.5% had hypertension

*Statistics taken from the National Health Survey 2010



routine - climbing the stairs, walking your dog, taking a stroll after dinner etc. No time to spare? Try High Intensity Interval Training (HIIT) which only takes a few minutes a day. HIIT is a form of cardiovascular exercise that involves alternating periods of short high- intensity exercise with less-intense recovery periods. For example, sprinting for 1 minute and then followed by a slow jog for 2 minutes. Repeat the cycle 5 times for a total workout period of 15 minutes. HIIT has been shown to be effective for fat loss as well, so why not give it a try today!

However, it is important to seek your doctor's advice before starting any new routine. With some effort, you can develop a sustainable exercise routine that works for yourself. Get moving today and "keep the potato off the couch"!

4) Listen to your body



Just like how a computer can be hit with a virus without warning, the human body may sometimes suffer a breakdown without any prior symptoms. In chronic kidney failure, damage to the kidneys often occurs very gradually over the years. Thus, there may not be any obvious symptoms and unless one goes for screening, one may not be aware of it at all!

Lose the complacency and practise constant vigilance. Start listening to what your body is telling you and go for regular health check up for early detection of illnesses. What you do not know, CAN hurt you!

5) Cut yourself some slack



In this day and time, it's easy to get caught up in stress and be overwhelmed by the hustle and bustle of our busy lives. The best way to stay healthy and contented is to lighten up a bit. Spend a relaxing afternoon indulging in some 'me' time and your favourite activity. You'll find that taking an occasional breather works wonders when it comes to rejuvenating the mind and body. Give yourself the gift of leisure, and be rewarded with a renewed self!

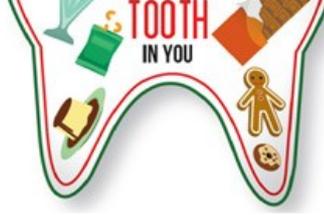
It's never too late to embark on the journey towards good health. Join our staff and supporters as we continue to commit to the 3 pledges that KDF has been promoting throughout the year.

1. I pledge to eat healthily.
2. I pledge to drink 8 glasses of water daily.
3. I pledge to exercise daily.

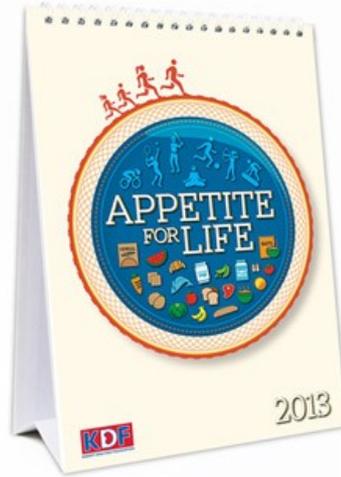
A healthier mind and body starts from leading a balanced lifestyle. Adopt these tips today, make a pledge and embrace the new you! For more information, visit our [Health Guide](#) page.

This year, KDF brings to you its themed calendar for 2013 - "Appetite for Life". Exclusive to KDF, "Appetite for Life" is specially designed with the intention of making health tips fun and memorable. Featuring monthly tips on good health and lifestyle habits, our calendar combines both functionality and information, all in a single package. With twelve carefully conceptualized "bumper-sticker" theme badges that take centre stage on each page, this calendar definitely deserves a spot on your work desk or at home!





Make healthy choices part of your daily life. Embarking on a healthier lifestyle starts from the little things you do on a regular basis. Take a step in the right decision today and start developing an "Appetite for Life"!



To purchase "Appetite for Life", please click [here](#) to be directed to the eGifts page on our website. For more information regarding corporate and bulk purchases, please contact Ms Samantha Png at 6559 2650 or samantha.png@kdf.org.sg.

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