

Client : Kraft Malaysia – Jacob's
 Media : The Sun
 Section : Glow - Features
 Date : 5 June 2008
 Circulation : 174,179
 Headline : Maintaining a healthy lifestyle

features

Maintaining a healthy lifestyle

by Soo Wern Jun

Often people discuss about eating healthy or how they can achieve a healthy lifestyle. Does eating healthy mean spending a huge amount on organic food, cutting out a huge portion of a staple diet or signing up for extensive workout classes to achieve a healthy lifestyle.

Clearing these doubts and misconceptions, Jacob's recently organised a 'lifestyle makeover' session to enlighten and inspire us on approaches that can be taken to maintain a healthier lifestyle.

It does not mean that you have to make major changes in your daily lifestyle to guarantee a healthy lifestyle. Minor changes such as sleeping early or exercising are some of the easy steps that you can begin with.

Staying healthy is not only ensuring that you are physically fit but also includes the wellbeing of mental and emotional part of you.

"Do not compare with others or try to be someone you are not as it is unfair to yourself. How can you perform well when half the time you are trying to outdo someone else and trying to be someone you are not? If you are a person with high expectations, you will end up feeling depressed at the end of the day, which may lead to other negative

thoughts and actions," explained Puan Sri Tessie Lim, performance coach and founder of World Centre of Personal Excellence.

In a process of making changes, sustainability is very important. There is no point in enrolling for gym lessons but not being able to stick with for a period of time until you achieve the fitness level that you aimed for. You must be able to convince yourself to strive towards an achievable goal in order to succeed in making changes.

"If you are looking towards a big change in your lifestyles, it's alright to take baby steps. I'm sure you have heard of this phrase, 'slowly but surely'. That is how you should do it, instead of jumping into things impulsively," added Lim.

Eating healthily

There so many types of food in the market that you can purchase and is considered healthy, but it does not mean that you have to pick the most expensive.

"If you have a budget to keep with, just buy accordingly. Although organic food is known to be healthy, it doesn't mean that you have



Datin Farah
Diba Khan

Puan Sri Tessie Lim

to go all organic. This range of food is expensive. Don't blow your budget if you cannot afford it," said Datin Farah Diba Khan, Chief Dietitian at the Prince Court Medical Centre. The key to eating



healthy, is moderation. Whatever food type you take, may be fat, carbohydrate, protein or vitamins, take them moderately. Any type of food that is taken excessively is would cause side effects.

"Most of you may look out for 'fat free' labels, but truthfully, you don't have to. You need an average amount of fat content in your food intake. There isn't a fixed percentage as it depends on your height, weight and body size with regards to how much fat you can take," explained Datin Farah.

Eating according to the food pyramid is also one way to maintain a balanced diet. Each food group is taken in an adequate portion following what our body needs.

The Jacob's Walk Of Life 2008 will be held on July 6 at Bukit Cahaya Seri Alam, Shah Alam. Promoting healthy lifestyle, this walk cum campaign is back due to popular demand. Details, log on to www.jacobs.com.my