

Health Newsletter

-Generali China GBD



April 2022

**GEB Health Kits have
released new topics**

How to Engage Your Core During Exercise

Healthy At Home

**Working with other team
≠ a fight needed**

GEB Health Kits have released new topics

GEB (Generali Employee Benefit) provide clients with Health Kits available in multiple languages to help our insured members manage & prevent illness. Health kits include animated videos, infographics and more. There are [several new health kits](#) have released for the following topics:

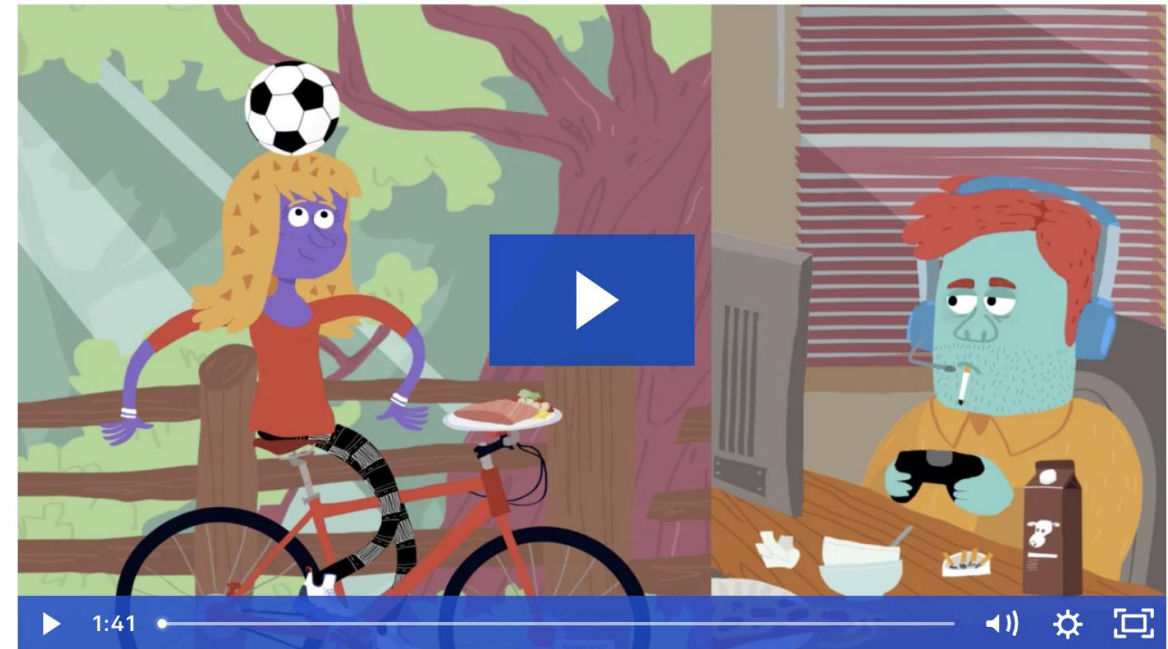
- How we live today (Lifestyle Diseases)
- Know your numbers (important vitals)
- Musculoskeletal health (back health)
- Preventative Screening (age & gender related routine check-ups)
- Pregnancy & Delivery (vaginal vs. caesarean birth)
- Cancer screening (self-check guides)

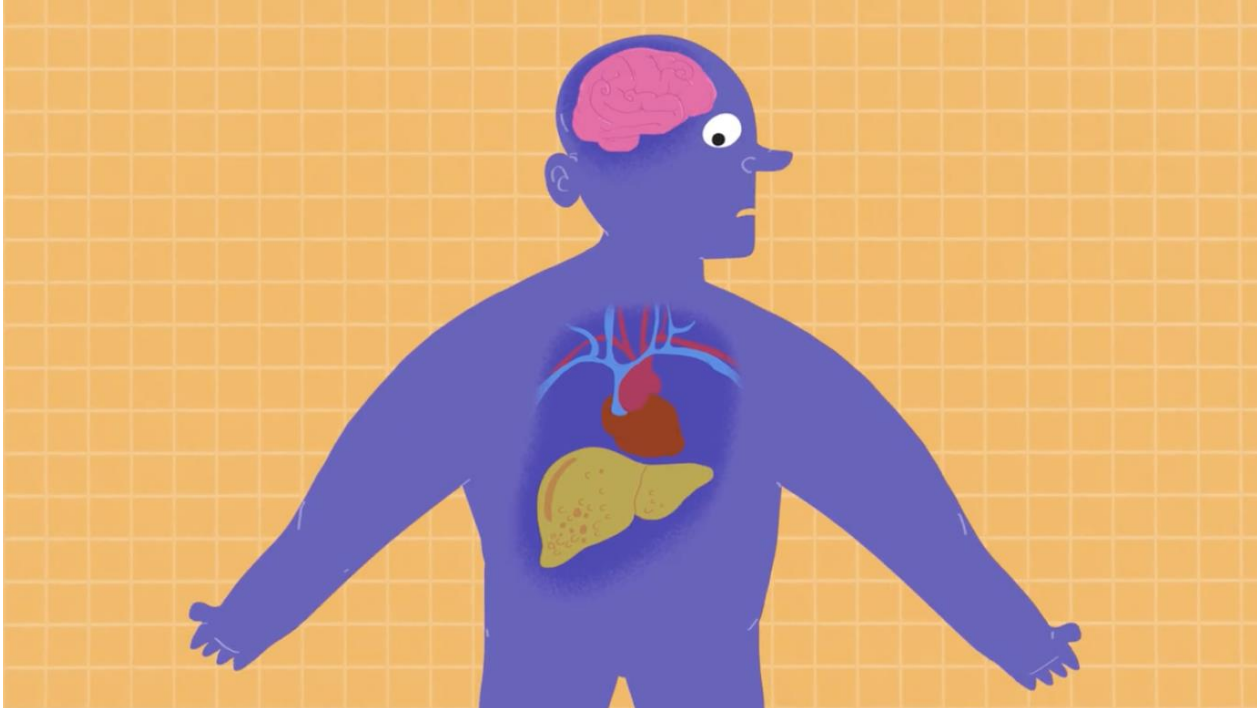


How We Live Today

Changing your lifestyle can help improve health and avoid illness. We live differently today. More things are available to us than ever before just through the touch of a button. This means we're not moving as much, and we're relying more than ever on machines to do our work, deliver our food, entertain us, and take us from place to place.

HOW WE LIVE TODAY





What are “Lifestyle disease”?

As countries become more industrialized and dependent on technology for activities of daily life, rates of so-called “Lifestyle disease” are increasing. “Lifestyle diseases” are illnesses such as heart disease, liver disease, hypertension, stroke, diabetes and many other conditions with a link to a poor diet, smoking, alcohol consumption and a lack of physical activity. Your risk factors for many of these diseases can be reduced by making healthier choices.

What lifestyle factors can we change?

Your lifestyle choices influence your health. And your current health is the accumulation of many choices made since birth. There are factors you’re born with which you inherited from your parents and cannot change (e.g. Hair color, eye color etc.), but there are things you can change-these are lifestyle factors. These factors are the everyday choices you make about what you eat, how you spend your free time, and whether or not you monitor and take care of your health.

People developed poor diet and exercise habits that started in childhood, which were then carried into adulthood. While individual was active from a young age, learned to cook healthy meals, and enjoys time outside hiking, walking and biking.

There are some things about your health you cannot change, but there are many that you can. Choose healthy habits every day that can help avoid illness in the future.



HOW WE LIVE TODAY



We will share more article and material about health & wellbeing in the following newsletters. Your kind comment is highly expected.

How to Engage Your Core During Exercise

Home time, why not take the opportunity to exercise your core, to make your home life becomes more meaningful and challenging.

Picture it: You're in the middle of a plank during a HIIT workout, or holding chair pose in yoga class, or doing just about any other fitness move you can imagine when an instructor yells out those three powerful words—"*Engage your core!*"

You hear the phrase, sure; and you may even try to flex your abs—but do you really know what it means when a trainer tells you to engage your core, and how to do it the right way to get the most out of your workout?

Here, three fitness experts weigh in on the ubiquitous-yet-confusing topic of core engagement: What it really means, how to do it properly, and what benefits you get from bracing your midsection during a workout.



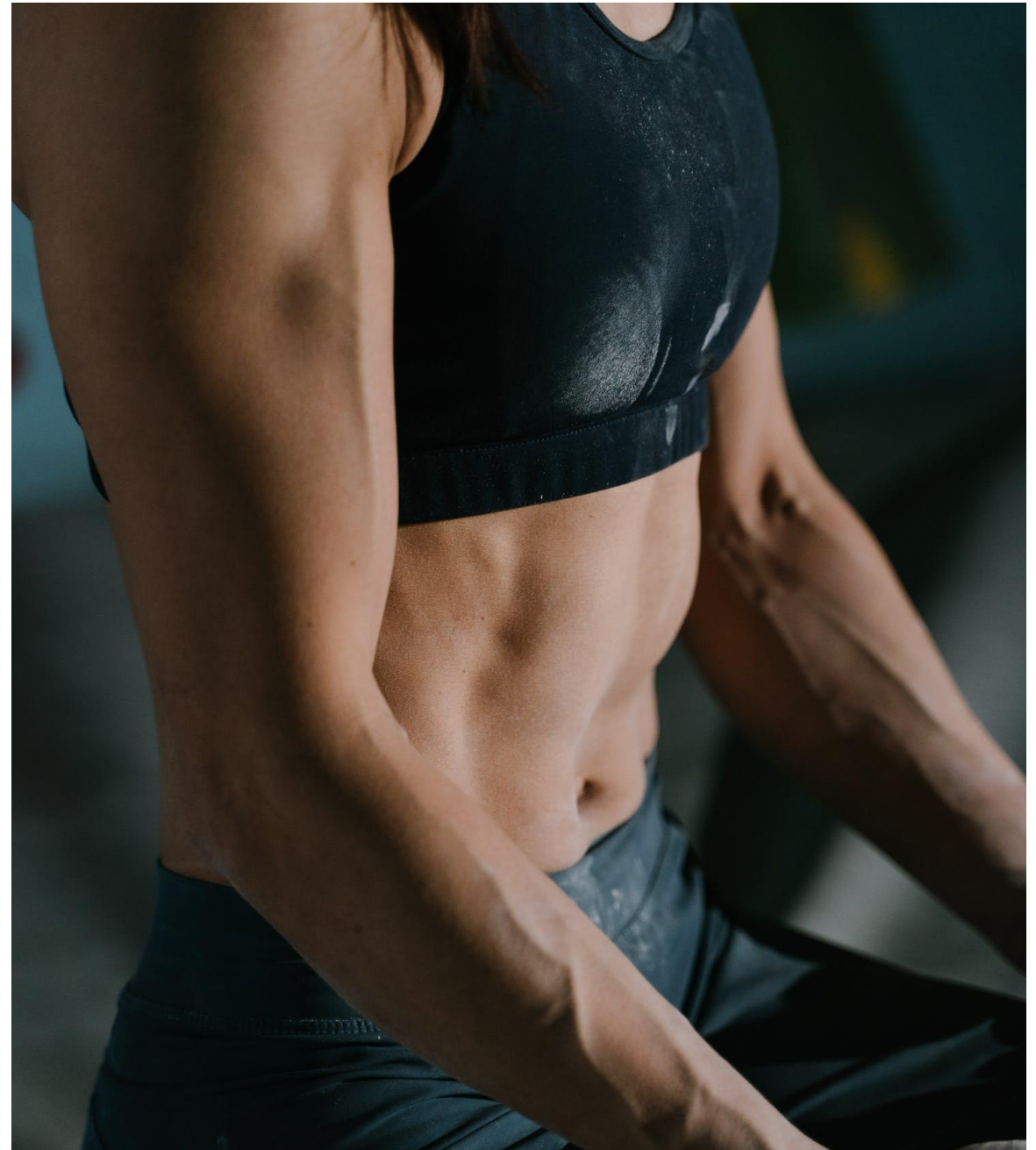
What does it really mean to engage your core?

You can think of core engagement as contracting the appropriate muscles in your midsection so that you create enough stiffness to adequately support your spine and pelvis, the goal of core engagement, is to prevent excessive motion at the spine and the pelvis when force is placed on your body, which happens when you perform pretty much any activity—from walking, running, and jumping to bending, squatting, and picking up a child. Core engagement is "really a feeling of being stable, but this stability doesn't come from just contracting your abs or "sucking in" your stomach.

In truth, your core encompasses everything on the front and backside of your body from your rib cage down to the bottom of your butt. That includes 29 different muscles; some, like the transverse abdominis (a large muscle that wraps around your spine and sides), are buried deep in your body, while others, like the rectus abdominis (your "six-pack" muscles), lie close to the surface.

Now, you don't have to contract all 29 muscles simultaneously. Which core muscles you use depends on what activity you're doing. The set of core muscles you use to jump rope, for example, is going to be a little different than the set of core muscles you use to perform a deadlift.

As a baseline though, effective core engagement is about specifically contracting the deep stabilizing muscles, which include the transverse abdominis, the diaphragm, the pelvic floor, and the multifidus (a thin muscle that lines your spine). These muscle groups need to be engaging and disengaging at the appropriate times in order for the core to be maximally stabilized.





What are the benefits of engaging your core?

We've established what core engagement is and what it should feel like, but, um, why does it even matter? For one, good core engagement serves as a stable foundation for really anything you do in life. No matter what exercise you're doing, the core is a fundamental component.

The deep stabilization system of the core is there to support your skeleton. And when that deep stabilization system is properly activated, you'll be able to perform both exercises and everyday tasks efficiently and without unnecessary motion. For example, with good core engagement, you'll likely be able to carry a bag of groceries without twisting your spine or perform overhead dumbbell presses without moving your legs. Good core engagement may also reduce your risk of injury; a 2017 review in *Physical Therapy in Sport* found an association between impaired core stability and lower-body injuries in otherwise healthy athletes.

Core engagement can also increase the strength and coordination with which you're able to perform movements that involve muscle groups outside of the core. For example, proper core engagement can help you jump higher or possibly squat with more weight.

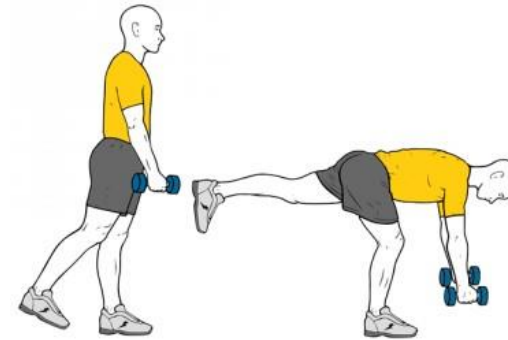
How to engage your core

These beginner moves all involve engaging your core without actually moving your midsection. You need to master engaging your core muscles *without* any movement so that you can then master engaging your core muscles *with* movement (as you would in a variety of sports and life activities). These moves also all incorporate diaphragmatic breathing (a technique where your breath fills the abdomen instead of the chest), is an important part of good core engagement.

If you're brand new to core work, you'll want to do these moves pretty regularly so that you can build your core engaging abilities.

Anti-extension leg lifts

The goal of this move is to have strong enough core engagement so that you prevent your spine from extending. Affix a light resistance band to a stable object, like the leg of a table



- Lay on your back next to the resistance band. Bend your knees and make sure your pelvis is neutral (i.e., not tipped to one side).
- Inhale and allow air to fill your stomach. Purse your lips, exhale forcefully, and drop your ribs down. As you exhale, press your fingers into your stomach and notice if it tightens—it should, if you're doing this correctly.
- Repeat for three to five breaths. Try to maintain tension in your core even as you inhale.
- From here, raise your arms straight up over your shoulders and lift your legs up with hips and knees bent to 90-degree angles.
- Grab the resistance band (it should be positioned at about head height) and hold the band with both hands. Position yourself far enough away from the band so that there is no slack, but close enough that you can keep the band positioned directly above your shoulders. From here, continue the above pattern of breathing in through your stomach and then exhaling and contracting your core. Make sure your pelvis isn't tilting side to side and your back isn't arching.
- When you've mastered that, inhale and then exhale as you brace your core and slowly lower your right leg down to the ground over the course of three to four seconds. Tap your heel on the floor and then inhale and slowly reverse the movement over three to four seconds. Make sure your ribcage stays down and your pelvis doesn't rotate side to side.
- Repeat with your left leg. That's one rep.
- Perform 8 to 10 reps (or as many as you can with good form).

Anti-Flexion Standing March

The goal of this move is to have strong enough core engagement so that you prevent your body from bending to the side. Stand up tall with your ribcage down and your hips, ribcage, and shoulders stacked.

- Exhale, contract your core, and then, over the course of 3 to 4 seconds, drive your right knee up to waist level as you flex your right ankle and swing your left arm.
- Make sure your ribs stay down, your back doesn't arch, and your torso doesn't tip to the side.
- Pause when your knee reaches waist level and then inhale and slowly reverse the movement.
- Repeat with your left side. That's one rep.
- Do 8 to 10 reps or as many as you can do with good form. If 8 to 10 reps feels easy, do the move with a light mini band around your feet. If that feels easy, hold dumbbells or weights.



Anti-rotation Palloff press

The goal of this move is to have strong enough core engagement so that you prevent your body from rotating. (Tip: Most people will incorrectly try to muscle through this with the strengthen their arms. To prevent that, think of your hands as simply being a hook for the band and focus instead on maintaining tension in your core.)

- Affix a resistance band to a stable object so that it is at about shoulder height when you are kneeling on the ground.
- Get into a half-kneeling position and position yourself so that the band is to one side of your body, at shoulder height. Your ribcage is down and your knees, hips, and ribcage are stacked.
- Grab the band with both hands and bring your hands in front of your chest. Exhale and create tension in your core, squeeze the glute on the leg that is back, and slowly press the band away from your body, keeping it at chest level. Continue exhaling and bracing your core so that your body doesn't rotate toward the band.
- When you finish exhaling, pause and then slowly reverse the movement, keeping your elbows close to your rib cage and continuing to brace your core so that your body doesn't rotate toward the band.
- Do 5 to 8 reps (or as many as you can do with good form). Switch your stance so that your other leg is forward and do another 5 to 8 reps.
- Flip around so that the band is now on your other side and repeat.



Healthy At Home

Working at home means that many of us are staying at home and doing less in terms of social interactions and exercise. This can have a negative effect on your physical and mental health.
Below is advice to help you and your family to stay healthy at home during this period of confinement.



Healthy At Home - Physical activity

The COVID-19 pandemic means that many of us are staying at home and sitting down more than we usually do. It's hard for a lot of us to do the sort of exercise we normally do. It's even harder for people who don't usually do a lot of physical exercise.

But at a time like this, it's very important for people of all ages and abilities to be as active as possible. WHO's Be Active campaign aims to help you do just that - and to have some fun at the same time.

Remember - Just taking a short break from sitting, by doing 3-4 minutes of light intensity physical movement, such as walking or stretching, will help ease your muscles and improve blood circulation and muscle activity.

Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase susceptibility to COVID-19.

It also improves bone and muscle strength and increases balance, flexibility and fitness. For older people, activities that improve balance help to prevent falls and injuries.

Regular physical activity can help give our days a routine and be a way to stay in contact with family and friends. It's also good for our mental health - reducing the risk of depression, cognitive decline and delay the onset of dementia - and improve overall feelings

How much physical activity is recommended for your age group?

Infants under 1 year of age

- All infants should be physically active several times a day.
- For those not yet mobile, this includes at least 30 minutes in prone position (tummy time), as floor-based play, spread throughout the day while awake.

Children under 5 years of age

- All young children should spend at least 180 minutes a day in a variety of types of physical activities at any intensity
- 3-4 year old children should spend at least 60 minutes of this time in moderate- to vigorous-intensity physical activity

Children and adolescents aged 5-17 years

- All children and adolescents should do at least 60 minutes a day of moderate to vigorous-intensity physical activity
- This should include activities that strengthen muscle and bone, at least 3 days per week
- Doing more than 60 minutes of physical activity daily will provide additional health benefits

Adults aged over 18 years

- All adults should do at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week.
- For additional health benefits, adults should increase their moderate-intensity physical activity to 300 minutes per week, or equivalent.
- For developing and maintaining musculoskeletal health, muscle-strengthening activities involving major muscle groups should be done on 2 or more days a week
- In addition, older adults with poor mobility should do physical activity to enhance balance and prevent falls on 3 or more days per week.





Healthy At Home: Healthy Diet

Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections.

While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes and some types of cancer.

For babies, a healthy diet means exclusive breastfeeding in the first six months, with the introduction of nutritious and safe foods to complement breastmilk from age 6 months to 2 years and beyond. For young children, a healthy and balanced diet is essential for growth and development. For older people, it can help to ensure healthier and more active lives.

Tips for maintaining a healthy diet:

Eat a variety of food, including fruits and vegetables

- Every day, eat a mix of wholegrains like wheat, maize and rice, legumes like lentils and beans, plenty of fresh fruit and vegetables , with some foods from animal sources (e.g. meat, fish, eggs and milk).
- Choose wholegrain foods like unprocessed maize, millet, oats, wheat and brown rice when you can; they are rich in valuable fibre and can help you feel full for longer.
- For snacks, choose raw vegetables, fresh fruit, and unsalted nuts.

Cut back on salt

- Limit salt intake to 5 grams (equivalent to a teaspoon) a day.
- When cooking and preparing foods, use salt sparingly and reduce use of salty sauces and condiments (like soy sauce, stock or fish sauce).
- If using canned or dried food, choose varieties of vegetables, nuts and fruit, without added salt and sugars.
- Remove the salt shaker from the table, and experiment with fresh or dried herbs and spices for added flavor instead.
- Check the labels on food and choose products with lower sodium content.

Eat moderate amounts of fats and oils

- Replace butter, ghee and lard with healthier fats like olive, soy, sunflower or corn oil when cooking.
- Choose white meats like poultry and fish which are generally lower in fats than red meat; trim meat of visible fat and limit the consumption of processed meats.
- Select low-fat or reduced-fat versions of milk and dairy products.
- Avoid processed, baked and fried foods that contain industrially produced trans-fat.
- Try steaming or boiling instead of frying food when cooking.

Limit sugar intake

- Limit intake of sweets and sugary drinks such as fizzy drinks, fruit juices and juice drinks, liquid and powder concentrates, flavoured water, energy and sports drinks, ready-to-drink tea and coffee and flavoured milk drinks.
- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate. When other dessert options are chosen, ensure that they are low in sugar and consume small portions.
- Avoid giving sugary foods to children. Salt and sugars should not be added to complementary foods given to children under 2 years of age, and should be limited beyond that age.





Stay hydrated: Drink enough water

- Good hydration is crucial for optimal health. Whenever available and safe for consumption, tap water is the healthiest and cheapest drink. Drinking water instead of sugar-sweetened beverages is a simple way to limit your intake of sugar and excess calories.

Avoid hazardous and harmful alcohol use

- Alcohol is not a part of a healthy diet. Drinking alcohol does not protect against COVID-19 and can be dangerous. Frequent or excessive alcohol consumption increases your immediate risk of injury, as well as causing longer-term effects like liver damage, cancer, heart disease and mental illness. There is no safe level of alcohol consumption.

Tips for Food Safety during COVID-19

COVID-19 is generally thought to be spread from person to person. However, it's always important to practice good hygiene when handling food to prevent any food-borne illnesses.

Follow WHO's Five keys to safer food:

- 1) **Keep clean**
- 2) **Separate raw and cooked**
- 3) **Cook thoroughly**
- 4) **Keep food at safe temperatures**
- 5) **Use safe water and raw materials.**





Healthy At Home - Mental health

As countries introduce measures to restrict movement as part of efforts to reduce the number of people infected with COVID-19, more and more of us are making huge changes to our daily routines.

The new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues take time to get used to. Adapting to lifestyle changes such as these, and managing the fear of contracting the virus and worry about people close to us who are particularly vulnerable, are challenging for all of us. They can be particularly difficult for people with mental health conditions.

Fortunately, there are lots of things that we can do to look after our own mental health and to help others who may need some extra support and care.

Here are tips and advice that we hope you will find useful.

- **Keep informed.** Listen to advice and recommendations from your national and local authorities. Follow trusted news channels, such as local and national TV and radio, and keep up-to-date with the latest news from @WHO on social media.
- **Have a routine.** Keep up with daily routines as far as possible, or make new ones.
 - Get up and go to bed at similar times every day.
 - Keep up with personal hygiene.
 - Eat healthy meals at regular times.
 - Exercise regularly.
 - Allocate time for working and time for resting.
 - Make time for doing things you enjoy.

- **Minimize newsfeeds.** Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information at specific times of the day, once or twice a day if needed.
- **Social contact is important.** If your movements are restricted, keep in regular contact with people close to you by telephone and online channels.
- **Alcohol and drug use.** Limit the amount of alcohol you drink or don't drink alcohol at all. Don't start drinking alcohol if you have not drunk alcohol before. Avoid using alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation.
There is no evidence of any protective effect of drinking alcohol for viral or other infections. In fact, the opposite is true as the harmful use of alcohol is associated with increased risk of infections and worse treatment outcomes. And be aware that alcohol and drug use may prevent you from taking sufficient precautions to protect yourself against infection, such as compliance with hand hygiene.
- **Screen time.** Be aware of how much time you spend in front of a screen every day. Make sure that you take regular breaks from on-screen activities.
- **Video games.** While video games can be a way to relax, it can be tempting to spend much more time on them than usual when at home for long periods. Be sure to keep the right balance with off-line activities in your daily routine.
- **Social media.** Use your social media accounts to promote positive and hopeful stories. Correct misinformation wherever you see it.
- **Help others.** If you are able to, offer support to people in your community who may need it, such as helping them with food shopping.
- **Support health workers.** Take opportunities online or through your community to thank your country's health-care workers and all those working to respond to COVID-19.





If you need to work from home

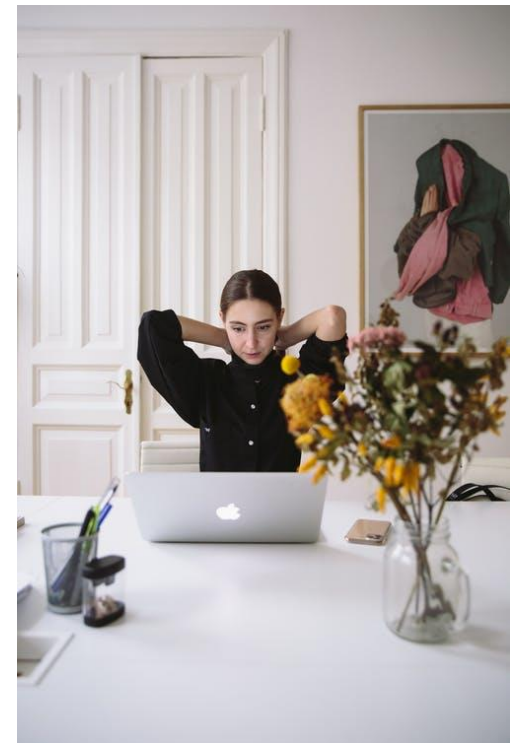
Working from home during the coronavirus pandemic – and generally hunkering down amid stay-at-home orders – mixes multiple aspects of life. That can be a recipe for stress. For those accustomed to large offices and co-worker interactions, it's a drastic change. Even people who usually work at home are now also juggling added responsibilities and concerns, such as a partner working at home, children out of school or the need to check on older loved ones. Household chores and trips to crowded grocery stores can heighten anxiety, especially for women who may fill the main caretaker role. Stress in the short term can increase blood pressure and heart rate and interfere with sleep, over the long term, stress can lead to weight gain and pose a risk for diabetes. Several strategies can help you stay healthy and bring life into balance.

Develop a schedule

Decide when to wake up, work, exercise, eat and play. Regaining a sense of control will minimize distress, Setting a schedule with other family members ensures individual needs are met. Many people find comfort in routines, Lundberg added. For example, you might specify 9 a.m. to noon as work time for your job, then arrange for a lunch break and time to oversee children's play or at-home schoolwork before finishing the workday from 2 to 6 p.m.

Designate workspace at home

Whether it's a home office or even a small corner of the living room, a specific spot for work helps with concentration and productivity while establishing boundaries with others in the household. Select a well-lit area, preferably with a window. Consider playing soothing background music. Avoid keeping the television or radio news on while working.



If you are a parent

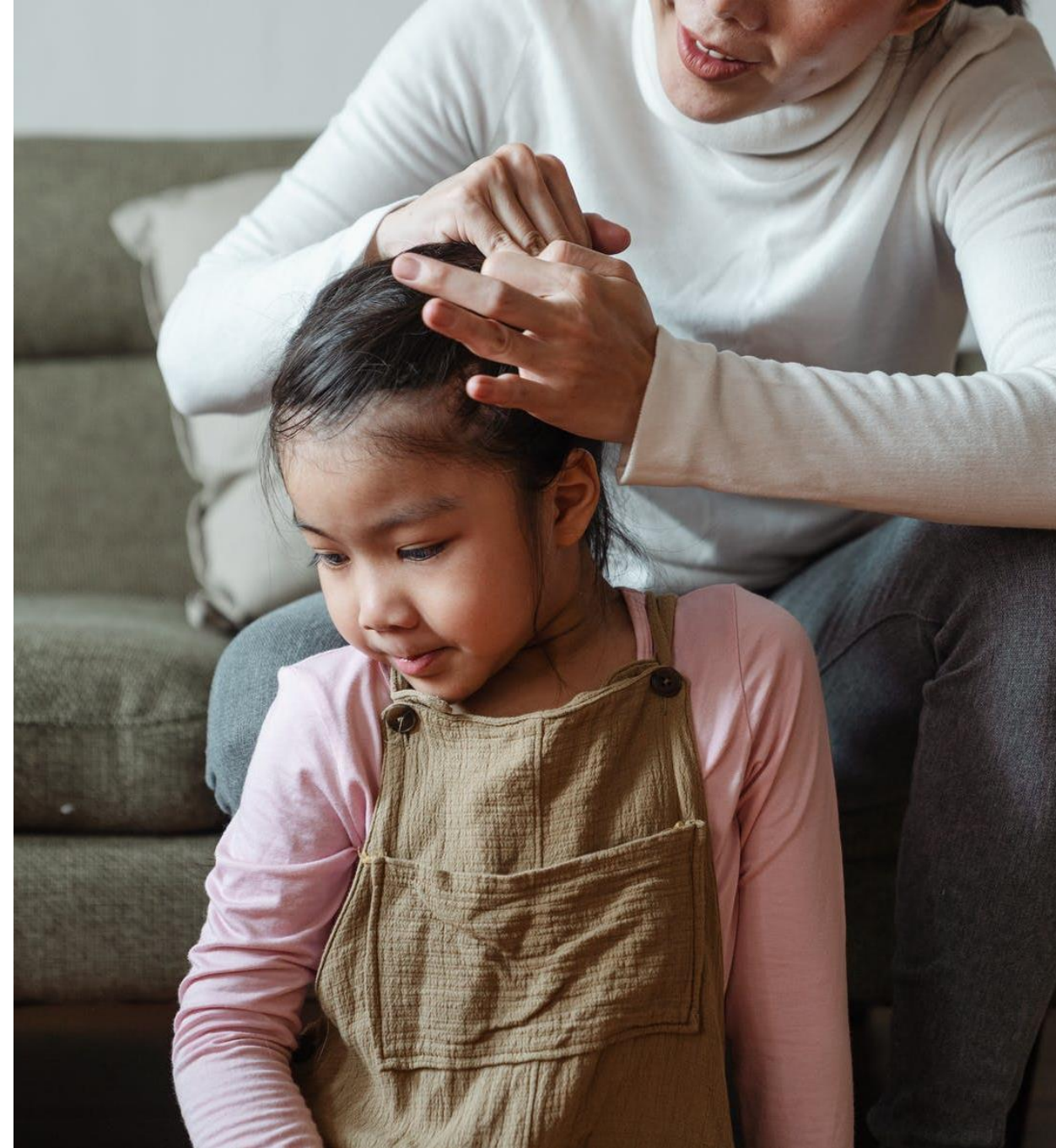
In times of stress, it is common for children to seek more of your attention.

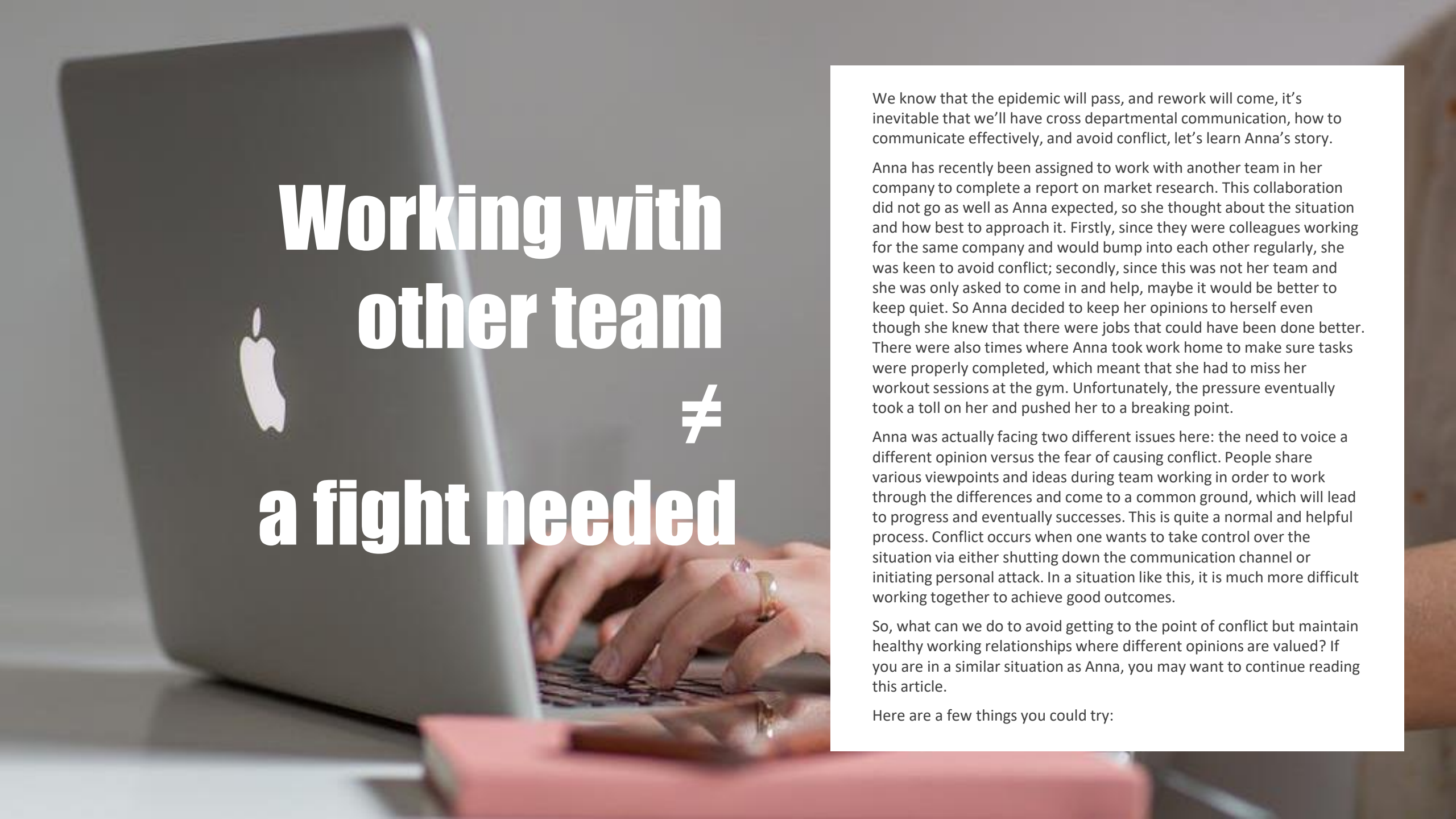
What you can do:

- Maintain familiar routines as much as possible, or create new ones, especially if you must stay at home.
- Discuss the new coronavirus with your children in an honest way, using age-appropriate language.
- Support your children with at-home learning and make sure time is set aside for play.
- Help children find positive ways to express feelings such as fear and sadness. Sometimes engaging in a creative activity, such as playing or drawing, can help you with this process.
- Help children stay in contact with friends and family members through telephone and online channels.
- Make sure that your children have time away from screens every day and spend time doing off-line activities together. Do something creative: draw a picture, write a poem, build something. Bake a cake. Sing or dance, or play in your garden, if you have one.
- Try and ensure that your children do not spend significantly more time than usual on video games.

If you are an older adult

- Keep in regular contact with loved ones, for example by telephone, e-mail, social media or video conference.
- Keep regular routines and schedules as much as possible for eating, sleeping, and activities you enjoy.
- Learn simple daily physical exercises to do at home when in quarantine so you can maintain mobility.
- Find out how to get practical help if needed, like calling a taxi, having food delivered or asking for medical care. Make sure you have a one-month supply or longer of your regular medicines. Ask family members, friends or neighbors for support, if needed.





Working with other team ≠ a fight needed

We know that the epidemic will pass, and rework will come, it's inevitable that we'll have cross departmental communication, how to communicate effectively, and avoid conflict, let's learn Anna's story.

Anna has recently been assigned to work with another team in her company to complete a report on market research. This collaboration did not go as well as Anna expected, so she thought about the situation and how best to approach it. Firstly, since they were colleagues working for the same company and would bump into each other regularly, she was keen to avoid conflict; secondly, since this was not her team and she was only asked to come in and help, maybe it would be better to keep quiet. So Anna decided to keep her opinions to herself even though she knew that there were jobs that could have been done better. There were also times where Anna took work home to make sure tasks were properly completed, which meant that she had to miss her workout sessions at the gym. Unfortunately, the pressure eventually took a toll on her and pushed her to a breaking point.

Anna was actually facing two different issues here: the need to voice a different opinion versus the fear of causing conflict. People share various viewpoints and ideas during team working in order to work through the differences and come to a common ground, which will lead to progress and eventually successes. This is quite a normal and helpful process. Conflict occurs when one wants to take control over the situation via either shutting down the communication channel or initiating personal attack. In a situation like this, it is much more difficult working together to achieve good outcomes.

So, what can we do to avoid getting to the point of conflict but maintain healthy working relationships where different opinions are valued? If you are in a similar situation as Anna, you may want to continue reading this article.

Here are a few things you could try:

Focus on the issue and avoid personal attack

If teamwork hits a roadblock and you feel others are responsible, try de-personalizing the issue. This may help you get your point across and solve the problem. For instance, instead of saying 'you didn't reply to me in time', try 'I did not receive the response in time'. Using the 'I' sentence structure may sound softer and lessen the sense of blame. It's important to avoid getting emotionally involved, which is likely to trigger others' emotional response, which then leads to conflict instead of problem solving. Taking a solution focused approach would be helpful too. For example, instead of saying 'this is so messed up', try 'let's see why this keeps happening, is there anything we can do together to stop it from happening again?'

Venting is not always helpful

Shouting something like 'I'm not putting up with this anymore, you listen to me!' might make you feel a little better for a short period, but it will probably not help solve the problem at hand. Rather it is likely to cause an emotional reaction in the other person where they feel judged and blamed for the problem. They are likely to become defensive, angry, anxious, or passive aggressive. In these kinds of situations, it is nearly pointless to expect a reasonable conversation. This results in a confrontational working environment; endless conflict; and people working against each other. Working alongside each other means dealing with the problems and overcoming the roadblocks together, rather than becoming each other's roadblock and problem. Remember that you are a team and have a common goal.

Provide options and alternatives

The design team: "I'd like to build a rainbow bridge."
The finance team: "There's no budget for it."
The design team: "A spiral staircase then."
The finance team: "Alright, we can do that."

Different teams are responsible for different tasks therefore have different priorities as well as objectives. It is important to hold your ground and not give in, but also remember to be flexible and provide others with alternatives and options to work with.

Celebrate the good outcomes

It is extremely important to build trust and relationship in team working. Therefore, it might be useful to have a get-together, such as a dinner party or shared lunch in order for colleagues to get to know each other and better understand how each person works, since it can be very different. It is also important to acknowledge the work everyone has put in and celebrate the successes, big or small. Often it is the ups that help us through the downs.

Self-care

This is cliché, but looking after yourself well will help you connect with people around you. Working with people can be very frustrating and exhausting, especially with those who think differently from you.

Everyone plays a different role in the world and in each company and the occasional conflict is unavoidable. Having good communication and knowing ways to work with people will help you achieve common goals while allowing each person to contribute their part.



中意人寿
GENERALI CHINA

GCL Customer Service Hotline: 400 888 7555