

2012

Programme - Forever Young : The "foodway" to healthy & beauty

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Recommended Citation

Programme: Forever Young: The "foodway" to healthy & beauty (2012). Asia Pacific Institute of Ageing Studies Newsletter, 2, 9.
Retrieved from http://commons.ln.edu.hk/apias_nlj/vol2/iss1/13

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Forever Young : The "foodway" to health & beauty

Forever young — a dream for all

"I'm over 60. My physique and vitality have declined, and that's why I'm here to learn about the way to rejuvenate myself," said Mr. Yu, a 63 years old student from the Elder Academy.

"To stay in the prime" is the dream for everyone. The concept of "youth" is regarded as the equivalence of beauty and vitality. Staying young forever is impossible, as ageing is an inevitable and degenerative process in everyone's life course. Many people are simply afraid of getting old.

Instead of possessing an evasive mentality towards ageing, APIAS suggests we should deal with the process positively. A group of health professionals from The Hong Kong Adventist Hospital was invited to offer anti-ageing tips on campus.

Promoting healthy diets through practice and education

In the spirit of Knowledge Transfer for the community, "The Way to True Beauty", as an extension of our "Cooking MaMa Series" for hostel residents, is a lunchtime thematic workshop welcoming all staff members and students in Lingnan as well as elderly from Elder Academy.

While enjoying nutritious and healthy lunchboxes, participants learnt from Mr. Alan Siu, a Registered Dietitians from The Hong Kong Adventist Hospital, the harm brought by oxidization inside our bodies. He explained how the ageing process can be slowed down by consuming a balanced diet rich in anti-oxidants such as Vitamin E, Zinc, Beta-carotene and Vitamin C which are commonly found in broccoli, carrot and citric fruits. While alleviating our body cells from the oxidization induced by free

radicals, anti-oxidants also lower the risks in getting cancers, cardiovascular diseases, strokes, dementias or other illnesses. There was also a live demonstration on how to make quick and easy healthy snacks.

"The live demonstration and the do-it-yourself section have shown that it is not difficult to make yourself a healthy meal with easily accessible ingredients."

Know your body, choose your diet

APIAS believes that staying young throughout a life course can only be achieved through a thorough understanding of individual wellness as well as the establishment of one's healthy eating habits.

Participants who attended the workshops were also invited to fill in a questionnaire to evaluate their health statuses. They were then returned a Personal Wellness Profile with analysis and dietary suggestions prescribed by professional dietitians. This follow-up service can provide tailored advice to every stakeholder, which helps identify their health problems and facilitate them to take appropriate actions.

The high level of participation and interaction observed in this workshop are encouraging to the cause of Knowledge Transfer and our team. Many participants have expressed a positive experience joining our event and expresses interest in attending future health related events organized by APIAS.

Students also felt that they have gained a better understanding in controlling their health; "The topic is interesting and the information is valuable to me as I can relate it to my own health and diet, I'm glad I now have a better understanding in the nutritious value of what I eat daily."

