

YOUNISPIRE

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YOUR TOP HEALTH & FITNESS QUESTIONS ANSWERED

您最重要的健身和健康問題



TRICIA
YAP
the inside scoop



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TRICIA YAP

Tricia Yap is recognised as one of the most accomplished health and fitness experts in Hong Kong and featured on TimeOut, CNN and Bloomberg, amongst others since her first venture, Bikini Fit - an all female only health and wellness community. Day to day she lives and breathes her philosophy of encouraging a holistic and balanced mindset towards lifestyle, nutrition and training.

What's more?

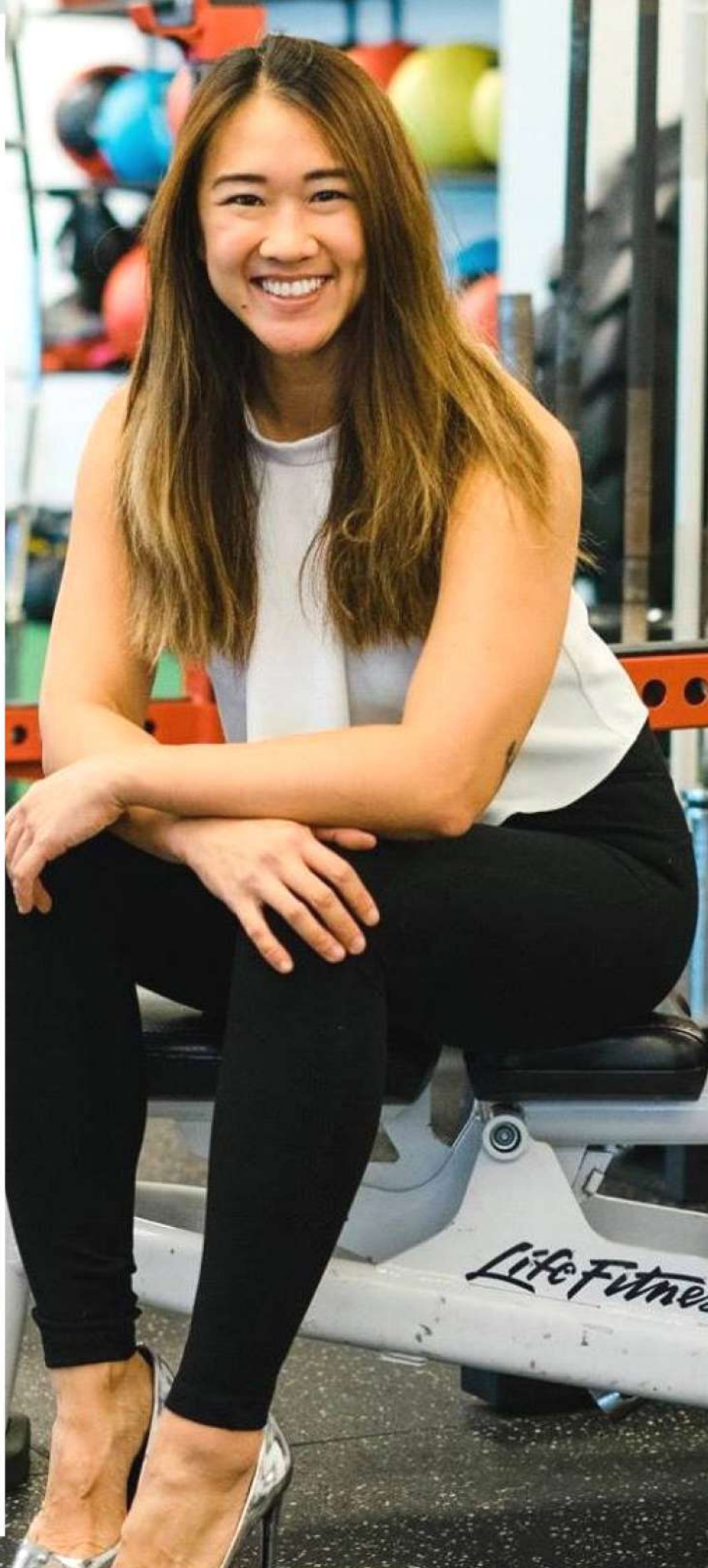
Just to name a few, she is a writer and speaker on entrepreneurship, health and wellness with experience in TEDx, The Women's Foundation, CanChamHK, General Assembly, HKMBA UST, schools and more. She was also HK's first professional female MMA fighter and had a lead coaching role in ViuTV's most watched MMA reality tv program - G1 Fight Club.

Tricia Yap is the Co-Founder of Warrior Academy, Director of Fitness of Goji Studios, and a women's wellness coach.

Tricia Yap被公認為香港最有成就的健康和健身專家之一，並經常在TimeOut，CNN和Bloomberg出現。Bikini Fit是她第一間的創業公司——一個只供女性的健康和保健社區。她每天都營養和培訓的整體和平衡的心態生活。

更重要的是？

僅舉幾例，她在TEDx，婦女基金會，CanChamHK，HKMBA UST，學校等演講，在創業、健身和健康方面擁有豐富經驗。她還是香港首位職業女性MMA格鬥選手，並在ViuTV最受矚目的MMA真人秀節目--G1搏擊俱樂部擔任主教練。



ARE CARBS BAD FOR YOU?

Short answer? No!


Carbohydrates may have gotten a bad rep due to the a promotion of low carb and ketogenic diets which theorizes that insulin levels should be kept low. As a matter of fat, all carbohydrates are converted to glucose by the body. A rise in blood glucose levels triggers the hormone, insulin, to convert glucose to either glycogen (which is the energy stores in muscles) or fat (if glycogen stores in muscles are full). If you are a physically active individual, having carbs post-workout will help you to recover by lowering your cortisol that was increased during a workout as well as replenish glycogen stores in muscle.



Moreover, it is not that carbohydrates are bad, it is the choice of carbohydrate that may be bad. Consider jelly babies (pure glucose) vs sweet potato (complex carbohydrate). The jelly baby will spike insulin a lot higher than the sweet potato, notwithstanding that the sweet potato contains lots of other vitamins and minerals that are essential to the body – which as great as jelly babies may taste, they do not have. Moreover, carbohydrates have a calming effect as it raises serotonin, which is a neurotransmitter that helps with mood.

In short: earn your carbs and choose the right kind of carbs, the lower GI the better.





碳水化合物 對你有害處嗎？

簡短的回答？沒有！

現今流行低碳水化合物/澱粉質和生酮的飲食習慣是因為希望把胰島素保持在較低水平，所以很多人都避免吸取過量的碳水化合物。至於脂肪，所有碳水化合物都被身體轉化為葡萄糖。血糖水平升高會觸發激素和胰島素將葡萄糖轉化為糖原（肌肉中的能量儲存）或脂肪（如果肌肉中的糖原儲備已滿）。如果您是一個身體活躍的人，鍛煉後所產生的碳水化合物將有助降低鍛煉期間增加的皮質醇以及補充所流失的原糖。

再者，碳水化合物不是壞的，是可能碳水化合物的選擇不好。以果凍嬰兒（純葡萄糖）與紅薯（複合碳水化合物）為例。雖然紅薯跟果凍嬰兒一樣含有對身體重要維生素和礦物質，但是果凍寶寶的胰島素含量會比紅薯高很多。

此外，碳水化合物具有鎮靜作用，因為它能提高血清素，會有助穩定情緒。

總括言之：攝取更多合適的碳水化合物，GI越低越好。





在一個一直想把你
改造成別人的世界
裡繼續做你自己，
是最偉大的成就。

愛默生

To be yourself in a world
that is constantly trying
to make you something
else is the greatest
accomplishment.

Ralph Waldo Emerson



Should I eat before a workout?

我應該在鍛煉前吃東西嗎？

Eating before a workout is completely up to you! Some people will perform much better with some fuel before a workout. If you eat before a workout, make sure that it is easily digestible (eg: egg whites, fish, oats, rice, etc.) so your body isn't trying to digest food while you are exercising.

在鍛煉之前進食完全是視乎自己的喜好！有些人在鍛煉前進食會表現得更好。如果您在鍛煉前進食，請確保食物是易於消化（例如：蛋白，魚，燕麥，米飯等），這樣您的身體就不會在鍛煉期間消化食物。





DO THE
THINGS
TODAY
THAT
OTHERS
WILL COPY
TOMORROW

TRICIA YAP



WHAT IS BETTER: CARDIO OR WEIGHTS FOR WEIGHT LOSS?

FEATURE

什麼是更好的： 有氧運動 或減肥的重量？

If you have not done any exercise before, simply moving would get you a result – ie: cardio, such as running, will help you lose some weight. However, if you have been training, long steady state cardio will not help you with your body composition goals.

A combination of resistance training and anaerobic training is best for sustainable fat loss because it helps you build lean functional muscle which helps burn more calories, and which is also correlated to longevity and lowered risk of injury. In short, lift weights (safely and smartly) and move as fast as you can, ie: sprint! To maximize your results from your training, you also shouldn't forget about your nutrition, and recovery too.

如果你之前沒有做過任何運動，只需簡單的移動即可有效 - 即：有氧運動，如跑步，會有助減輕體重。但是，如果你有訓練的習慣，長期穩定的有氧運動對你的身體結構的效果卻不太顯著。

阻力訓練和無氧訓練的結合最適合持續的減脂，因為它不但有助建立瘦身功能肌肉，幫助你燃燒更多的卡路里，更能延長壽命及降低受傷風險。這是指舉重（安全和智能地）和快速地移動，即：猛跑！為了達到理想的訓練結果，您也不能忘記您的營養和恢復能力。



WHAT IS THE BEST NUTRITION PLAN TO FOLLOW TO LOSE WEIGHT?

Eat real, good quality food! If you can kill it, pluck it off a tree, pull it from the ground, then eat it. Water – drink a lot of it. Carbs – earn it.

什麼是最有效的方案達至減重？

吃真正而優質的食物！是如果你可以殺死它，將它從樹上摘下來，從地上拉出來然後吃掉它。水 - 喝很多。碳水化合物 - 攝取它。



HEALTH TIP

WHY CAN'T I LOSE MY BELLY FAT?

為什麼我不能減掉我的肚子胖？

減掉腹部脂肪的最佳方法是平衡你的荷爾蒙。如果您正在飲酒（特別是啤酒），營養不良或腸道健康狀況不佳、工作壓力大、睡眠不足或有低卡路里飲食史 - 您需要專注於優化這些區域。通過減少或消除飲酒的習慣來改善您的身體狀況，專注於腸道健康更、攝取更新多營養和更好的康復習慣，包括睡眠和壓力管理。確保你也接受了適合自己的訓練計劃，謹記錯誤的訓練計劃可以增加壓力，這對於擺脫腹部脂肪是不利的。

The best way to lose belly fat is to start balancing your hormones. If you are drinking alcohol (especially beer), have poor nutrition or poor gut health, work a stressful job, do not get enough sleep, or have a history of embarking on low calorie diets - you will need to focus on optimizing these areas. Improve your body condition through minimizing or eliminating alcohol, focusing on gut health, better nutrition, and better recovery which includes sleep and stress management. Make sure you get on the right training program as well, keep in mind the wrong training program can increase stress which doesn't bode well for getting rid of belly fat.

DON'T BE AFRAID TO REACH FOR THE STARS

E L L E N O C H O A



DAILY TIP



WHAT SHOULD I EAT FOR BREAKFAST?

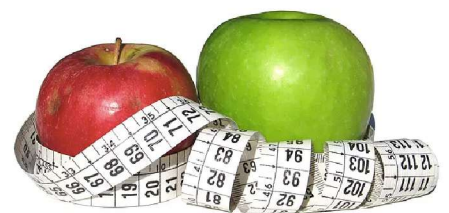


A great way to start your day is with the “meat and nut” breakfast. This is simply a combination of protein and fats; eg: steak and eggs, lamb and avocado, salmon and pine nuts. Red meat increases levels of dopamine, which is a neurotransmitter that increases energy and motivation levels.

Of course, this is not a blueprint for everyone – if you have better energy levels from eating toast or oats for breakfast, then go for it!

我早餐應該吃什麼？

開始新的一天最佳的方法是享用含有“肉和堅果”早餐。這只是蛋白質和脂肪的組合；例如：牛排和雞蛋、羊肉、牛油果、鮭魚和松子。



*Believe in
yourself and all
that you are.
Know that there
is something
inside you that is
greater than any
obstacle.*

*CHRISTIAN D.
LARSON*

相信自己和你的全部，
你的內在有一個比任何障礙都還要強大的東西。

克里斯蒂安·拉爾森






*What is
the one
thing that
you want
people to
know?*

That your path with health and fitness is always an individualized journey. Try different things, see what works and what doesn't, get the right mentors to help guide you, and keep in mind that what works for others may not necessarily work for you. Above all, make sure you are having fun with the journey – even if at times it may be a challenge. The keys to optimizing your health and fitness in the long term is sustainability and consistency, and if you do not enjoy it, then find what works for you. It's all about creating your own journey.

你希望別人知道的一件事是什麼？

您的健康和健身之路始終是個性化的過程。嘗試不同的事情，看看哪些有用，哪些無效，找到合適的導師來幫助指導你，並記住對他人有用的東西可能不一定適合你。最重要的是，即使有時可能是一個挑戰，但確保您在過程中享受樂趣。長期優化您的健康和健身的關鍵是可持續性和一致性，如果您不喜歡它，那麼便要找適合您的方法。這一切都與創造自己的過程有關。



TRAIN
RIGHT.
EAT
RIGHT.

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