

Tis' the Season to be Drinking Alkaline Water

*“Ring-a-ling, hear them ring, soon it will be Christmas day...”
Time flies and indeed, the festive season will soon be upon us.
Ivan Koh figures out how to prepare for the loads of delectable
dishes, delightful drinks, and long drawn days (and nights)
coming our way!*

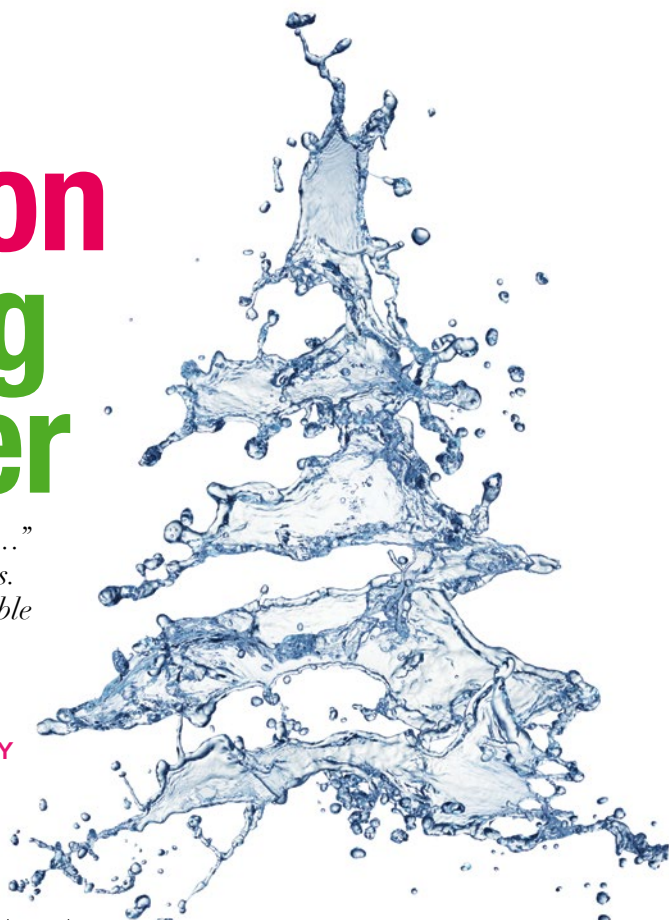
IN A BLINK OF AN EYE, 2015 is drawing to a close and with it comes the host of Christmas and New Year festivities. For many, there's certainly no escaping the numerous meal gatherings and parties, as well as the late night drinking and dancing until the break of dawn.

Yet amidst the joy and revelling, it is also very important to take care of one's health during this season.

Research shows that on average, people gain 1 to 2.5kg over this festive period, largely due to the indulgent lifestyle. Just on Christmas day itself, most people consume over 6,000 calories – three times the daily average! On top of that, exercise schedules are often disrupted with the late night engagements and socialising that deprive the body of rest.

Doctors annually report seeing double the amount of patients for abdominal pain, heart burn, and heart attacks during festive season as compared to an average day. In fact, the highest number of cardiac related deaths falls on Christmas day, shockingly.

With this knowledge and awareness, how should you then prepare for the year-end celebrations? Here are a couple of simple tips on managing your diet and lifestyle.

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- Start with a **HEALTHY BREAKFAST**
Cereals, wholemeal bread, and porridge are great in providing energy for the busy day ahead. Not only are they low in calories, they also help cut back on the need to snack unhealthily during the day.
 - Go for **HEALTHIER COOKING OPTIONS**
Nutritionists recommend removing the skin of the chicken or turkey before cooking since most of the fat is under it. Also, grilling and roasting are preferred cooking styles because it's easier to remove the animal fats while retaining more nutrients and benefits.
 - Bring on the **VEGGIES** and **FRUITS**
Manage and balance your meals by covering a third of your plate with a variety of seasonal or fresh vegetables. Also, take more water-rich fruits like melons, berries and citrus.
 - Got to **MOVE IT, MOVE IT**
Squeeze in time for some simple exercises such as walking and stretching. You could park the car slightly further away or take the stairs after your meals to get moving.
 - Give that **FLU** a **JAB**
Because the festive season coincides with the common cold season, where you're constantly mingling with others, it makes sense to get a flu jab in advance to enhance your immune system.
 - Drink lots of **IONIZED WATER**
Ionized water and its host of rich benefits help tremendously! Its high alkaline pH helps to counter acidic load build-up through the food and drink that you consume, while its antioxidants help to build up your immune system so you stay healthy. Its smaller water molecules help hydrate, energise and detoxify the body quickly, too.

Choose the right water ionizer from the Kemp Smart i series by KEMP SINGAPORE PTE LTD to enjoy excellent alkaline ionized water and the numerous user-friendly features such as its patented SmartClean, SmartAdjust and SmartValve in an aesthetically pleasing design.

After all, a good start to the festive season will go a long way towards keeping you healthy!