

## Staying Healthy and Alive



Leanne Costa  
Li Shan Ayuen

## "Help me I'm melting..." -keeping cool in the heat

### Top 5 tips:

#### 1) Cool your pulse points

- cold water, ice packs, cool strips

#### 2) Fan it baby

- oscillating, hand held

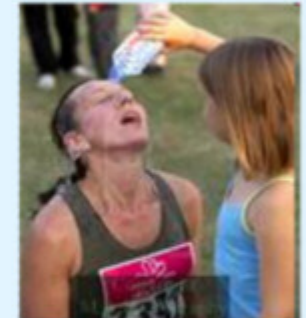
#### 3) Keep your home cool

- open the windows/doors, close the curtains,

#### 4) Turn it off!

- appliances make heat

#### 5) Keep your body hydrated



## Dehydration

*If you are thirsty your body is already dehydrated.*

### How to prevent dehydration:

- Drink 8+ glasses of water a day (2 litres+)
- Plus 1l for every hour of exercise you do.
- as well as water drinking semi-skimmed milk and diluted fruit juice counts toward your RDA

### Caution!

Drinking too much plain water when you are dehydrated, for example from exercise, can make the problem worse because it can further dilute the minerals, salts and sugars in your body. Drinking a sports drink can be useful for replacing lost salts and sugars.

### Recommended 'hydration' drinks:

Pocari Sweat, Aquarius, H2O



## Personal Health and Hygiene



- **Japanese deodorant is probably not as 'strong' as you are used to.** It usually doesn't contain antiperspirant.

- Recommended brand: Rexena

- Order online or ask someone to send you some.

- **Japanese toothpaste doesn't contain fluoride.**

- Recommended brand: Aquafresh (アクアフレッシュ)

- If you want a fluoride toothpaste look out for

フッ素 (fusso)

- **Hand washing** - is **ESSENTIAL**. Especially after contact with children.
- **Carry a bottle of hand sanitizer:** 水なし消毒 (shodoku)
- **Allergies** - if you didn't have them before then they are something to look forward to.
- **The mask!** When in Rome...? Be sure to change masks often
- **Get out of the office** - the air con will make you ill!



# Healthy Eating



- Japanese diet is carbo-licious.
  - Japanese have a longer small intestine to aid with rice digestion.
- In the first few months of being in Japan the following usually happens:
 

**woman gain weight and men lose it**
- Aim for balance and variation
- Try to consume (a varied) 5-a-day
  - fruit juice only counts as one of the 5, no matter how much you drink!
- Beware of the school lunch!! It is (not so) carefully constructed to ensure students get 1000kcal. every time.
- Cup noodles and combini food do not = balanced meal!!

# Vegetarians



- **Vegetarianism is not very popular or understood**
  - down sides to being the only vegetarian.
- Beware!!**
- **Almost everything bought outside contains meat or meat products.**
  - even fried vegetables are usually fried with animal fat.
- **Learn Japanese terms for what you can't eat.**
- **Be prepared to**
  - do a lot of home cooking.
  - answer the same questions over and over and over....

# Where to get nutrients

Protein	Fat	Calcium	Energy	Iron
Soy products: Tofu, soy milk,	Avacado	Milk Soy milk	Slow release carbs: Wholemeal pasta & rice	Leafy green vegetables
Eggs and dairy products: Milk, cheese, yoghurt	Oily fish	Eggs	Nuts & oats	Lean red meat
Most beans: Black, lentils, split peas	Extra virgin olive oil	Green leafy vegetables, broccoli, parsley (not spinach)	Dried fruit	Chick peas
Nuts & seeds: Peanut butter, almonds, cashew, sunflower.	Soy oil	Oranges	Most beans: Chick peas, kidney beans	Nuts
Lean meat and fish		Ground sesame seeds and chick peas		Dried fruit (especially apricots)

# Everything is OK in moderation

**-Never avoid, simply ration!**

## • Foods to ration:

- High sugar snacks
- Anything containing saturated fat  
(hydrogenated & trans. fats)

**These fats are usually solid at room temperature.**

## Things such as:

- animal fat – lard, chicken skin, butter, margarine
- full fat dairy products
- Anything containing the above
- chocolate, bakery products (biscuits, pastries, cakes, etc), crisps,



## Cooking

- It's not so difficult to recreate your favourite dish if you are flexible. Just be creative!

- Recipe ideas:

<http://gunmajet.net/node/713>

[www.allrecipies.com](http://www.allrecipies.com)

## What am I eating? -Nutritional Labels

- エネルギー - Energy  
たんぱく - Protein  
脂 - Fat (Abura)  
炭水化物 - Carbohydrates (Tansuikabutsu)  
ナトリウム - Sodium (Salt)  
カルシウム - Calcium



## Fitness -for free

- join in after school club activities
- jogging/running
- Hiking
- Leave the car, save the planet  
-bike/walk
- Start a 'Sunday' league
- Train at home

## Fitness -at a cost

- Join a gym  
-this can be costly (5000~12,000 yen)
- Join a local club  
- karate, jujitsu, kick boxing, ballet, yoga, dance
- go to your local community centre, see what's on offer



## Health Insurance

- The health insurance we have been provided is through a private company-read the booklet carefully to find out what exactly is covered.
- Some important things to remember
  1. You generally have 180 days from the time you start treatment to make a claim. Any treatment after said 180 days isn't covered.
  2. Any injury or illness suffered during your "official duties" aren't covered and the cost of treatment should be undertaken by your C.O
  3. You are covered when overseas.



## Health Insurance

1. Your deductible is 5000 yen. Any treatment under this amount is not going to be covered.
2. With some injuries, you must give the company the circumstances of your injury with 30 days. This applies to death/injury from illness as well.
3. Death/injury from many serious illnesses are not covered by this insurance.



## Health Insurance

- Should you need to make a claim, get your C.O to help you fill out the forms correctly.
- **Remember: Improperly filling out the form gives the company grounds to deny you compensation.**



**Thank you!!**