



Punta Riviera Resort

Bolinao, Western Pangasinan



Short Courses on
Punta Riviera's Funshine
Immunity & Health
Boosting



How to Boost Your Immune System and Develop a Healthy Lifestyle



Something New – Something Different
at Bolinao's High Ambiance Beach, Riverside and Countryside Resort

Typical Activity Day Programme

TIME	DAY 1
6:00 - 7:00 am	Early Morning Exercise: Beach walk /jog/swim
7:00 - 8:00 am	Breakfast – Low GI, Carb Foods
8:00 - 9:00 am	Introductory Talk -Programme, Exercise and Nutrition. By Dr Ian McFeat-Smith Weigh-in and Waistline Measurement by Lydia
9:30 - 11:00 am	Main Morning Activity Full Body Exercises, Zumba Dancing & Laughter Yoga
11:00 - 12:30 pm	River Kayaking/Task Initiative Challenge
12:30 - 1:30 pm	Lunch – Experience Philippine's 'Superfoods'
1:30 - 3:00 pm	Keynote Lecture on Control and Lifestyle for Boosting Immunity and Health By Dr Ian McFeat-Smith and Anjo
3:30 - 5:00 am	Low Ropes Obstacle Course
5:00 - 6:30 am	Relax/Swim in Infinity Pool - Poolside Massage
6:30 - 7:30 am	Dinner – A Range of Local Cuisine
7:30 - 9:00 am	Live Entertainment and Dancing with Lydia



Located at Bolinao's at the edge of the River Ilog Malino and the South China Sea the Resort has a unique, healthy ecology with plenty of space and fresh air. Three new obstacle courses are available.



Reasons to Exercise

Our funshine courses include of full body, non-intensive exercises.

Exercise Boosts Energy. Regular physical activity improve muscle strength and boost your endurance.

- It also reduces stress, improves your mental health and mood.
- It aids in weight reduction.
- Your immune system responds almost immediately to exercise.





How to Lose Your Belly

(WellnessForLife-MasterHealth-DrEkberg)

1. *Quickest - Lose Bloat*
2. *Long Term - Lose Fat*
 - *Nutrition is first*
 - *Exercise is second*
 - *Lower Stress (Cortisol)*
3. *Make it sustainable*

Bloated Stomach

Most Common Causes

1. Irritable Bowel Syndrome
2. Food Intolerance
3. Constipation



Top 10 foods you should never eat again!

10	None Low Fat - Milk, Mayo (Sugar texture flavour)
9	Deli Meats, Bread
8	GMO (Genetically Modified Organisms) - Corn, Soy, Sugar Beets
7	Commercial Oils, Vegetable Oils, Deep Fried
6	White Flour, Modern Wheat, Cereals
5	MSG - Hydrolysed, Yeast, Extract, Protein, Vegetable, Soy
4	Sugar, Soft Drinks, Soda, Nectar, Energy Drinks, Tea, Coffee
3	Margarine, Shortening, Trans Fat
2	Donuts, Cake and Frosting
1	Artificial Sweeteners, Aspartame, Sacral, Saccharine



Healthy Eating

Eat natural unprocessed foods.
Avoid fast foods, soft drinks.
Avoid sweeteners.
Avoid digestion problems.
Lower carbohydrates.
Learn about Glycemic Index.
Eat lower sugar foods and fruits.
Drink much water.

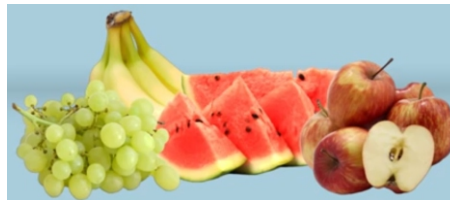
FOOD COMBINING PRINCIPLES

(Joanna So – Are you eating correctly. Lose weight with food combining.)



These solutions cancel each other out leaving you with a digestive problem and maybe bloated, heavy and tired. Try eating meat with vegetables; or starch with vegetables and do your gut a favour.

Eat fruits alone. Fruits take only 20-30 minutes to digest so taking them after a meal consisting of steak that takes 3-4 hours to digest will cause a chaotic traffic jam in your gut and the fruit may ferment. Try fruit in the morning – alone.



Don't drink lots of water with your meals.

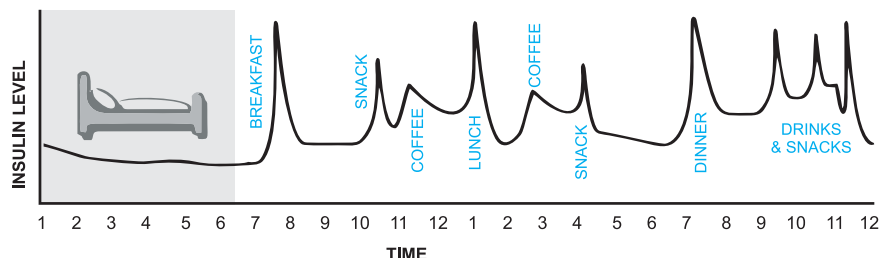
This will dilute your digestive fluids. Take small sips of water with your meals and take lemon water 20-30 minutes before your meals.



The **Glycemic Index** is a ranking of carbohydrates according to which they raise blood sugar (glucose) levels. Foods with a high GI are those which are rapidly digested, absorbed and metabolized giving (blood sugar spikes). Low GI carbohydrates produce smaller fluctuations. Choosing low GI foods will improve your health and reduce your risk of type 2 diabetes and heart disease. It is one of the keys to maintaining weight.

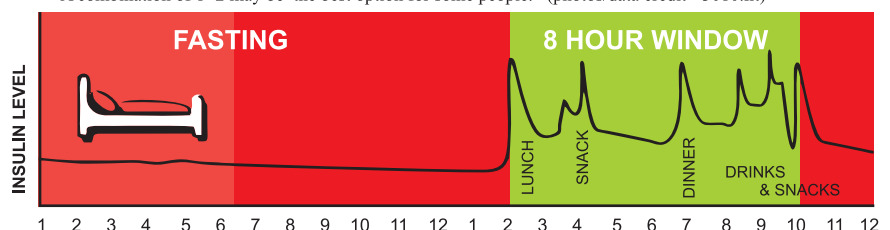


RED – NO Sweets, Desserts, Snacks, Crisps, Breads, Grains, Milk, Potatoes, Corn, Beetroots, Carrots. **YELLOW** – Careful: Dairy, Fruits: Fistful Early in Day – apples, grapefruit, oranges, grapes, berries, Nuts (Raw) – Snack – Almonds, Pistachios, **GREEN** – Unlimited All Vegetables – except 4 above. All Meat Proteins (lean) Egg whites, tofu, lentils (www.LowGlycemic-Foods.com)



Our bodies are not designed to accommodate these frequent spikes and so much insulin activation. Two ways exist to control this better:

1. Lower our carbs and intake of GI foods, or:
 2. Intermittent Fasting; e.g. reducing eating time to 8 hours as below to give our endocrine a well-deserved rest.
- A combination of 1+2 may be the best option for some people. (photos/data credit - 3010.fit)





Punta Riviera Resort

PHILIPPINE SUPERFOODS

Filipinas know these and have been cooking with them for years. Top Superfoods are: 1. Bitter Gourd and 2. Malunggay. Malunggay's Benefits are shown here:



92 nutrients; 46 anti-oxidants
36 anti-inflammatories; 18 amino acids
9 essential amino acids
Vitamins B1-3, B6, B7, A, C, K, E, D
24 Health properties including detoxification, improves digestion, eliminates constipation, anti-depressant, and strengthens immune system. With this line up you would be well advised to enjoy it.



Mam Aileen's top notch dishes served up include malunggay soup, malunggay with Pinakbet, dinakdakan (tuna marinated in vinegar with crispy pork); and many more power vegetable dishes.

Weight and Waist Line Change



Ian dropped 13.5 kg and lost 6 inches from his waist (watch this space). Our courses are designed to start you off in the right direction, with good knowledge and confidence.

The rest is up to you!

Tips for Staying Positive

1. Routinely exercise and conduct laughter yoga.
2. Share an attitude of positivity and also happiness.
3. Challenge your negative thinking.
4. Relish small pleasures
5. Assume responsibility, control of your life.
6. Give up entitlement. Don't expect life to be easy.
7. Avoid complaining and whining to others. Watch your words.
8. Keep up your enthusiasm. It rubs off on others.
9. Focus on good, and see the good in others.



Why 'Laughter is the Best Medicine'.

1. It burns calories
2. Decreases pain
3. Lowers stress and improves mood
4. Counteracts depression by reducing levels of the stress hormone 'cortisol'
5. Decreases risk of cardiovascular diseases
6. Boosts the immune system by increased activity of immune cells and antibodies for up to 12 hours.
7. Helps us relax, recharge and sleep

Control of Stress, Mind and Body



Maintaining Your Immune System

In addition to your skin your Immune System consists of armies of cells that:

- Need you to minimize incoming bacteria through good personal hygiene
- Strongly rely upon feeding on a range of nutrients for killing pathogens.
- Need you to maintain a healthy gut and body free from excess sugar, carbs, fat, toxic smoke, and alcohol.
- Needs you to be physically fit to reduce excess stress hormones like cortisol

**Punta Riviera's Funshine
Immunity and Health Boosting
Courses are Unique**



During the Current COVID-19 Pandemic the Resort is offering two and five day Funshine Courses.

Travel Restrictions exist for entering Pangasinan Province and guests need to double-check travel and medical restrictions, as well as having a confirmed booking from the Resort. Full payment of course fees are required in advance.

For details check us out at:

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e-mail: puntarivieraresort@yahoo.com

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Your Hosts: Dr Ian McFeat-Smith & Aileen Respicio; Anjo