

# COSMETIC SURGERY & BEAUTY

Because Nobody's Perfect

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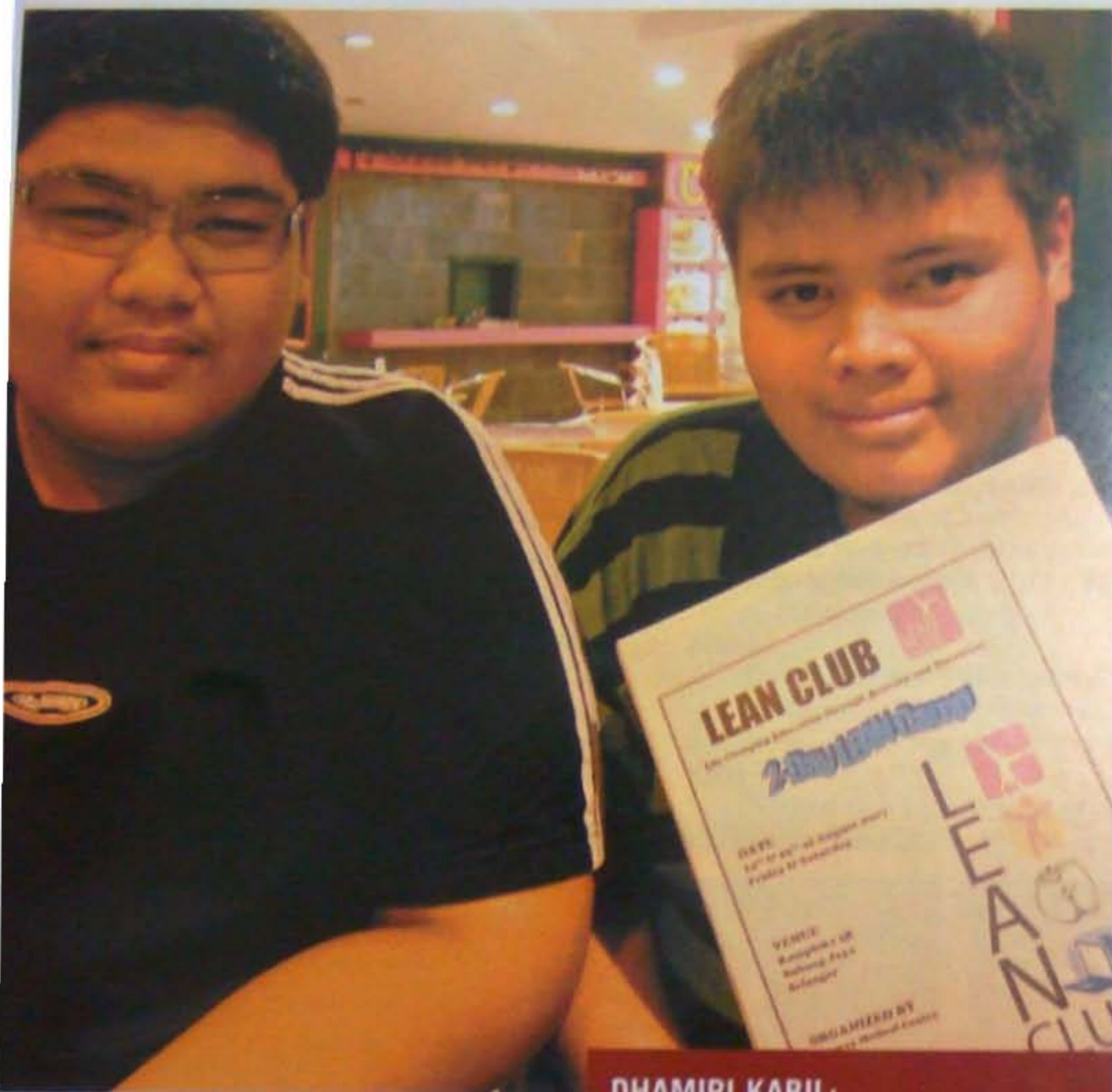
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Kids

# Weight Loss Success!

Sixteen-year-old Dhamiri Kabil talks to **FONG WAI LING** about Sunway Medical's new LEAN Club, which educates kids on nutrition and exercise.



Dhamiri Kabil (right) has lost 3kg and his camp mate, Ahmad Hafiz, has lost 6kg since the start of the LEAN Club program, which ended on the 1st of December, 2007.

**DHAMIRI KABIL:**  
Lost 3kg in two months through a fitness program.

I am your everyday teenage Joe. I am 16-years-old and I love to play computer games, soccer and badminton. The only thing is, until recently, I used to weigh 112kg. My Body Mass Index (BMI) indicated that I was at least 40kg overweight.

People think that a family's eating habits plays a huge role in affecting their weight, but when I look at my family members, they are all slim, with the exception of my father who is overweight as well.

I never really thought I was overweight, even with all the teasing I used to get at school. After all, boys love to make fun of other boys, don't they? So I

never thought I had to do anything about my weight - I didn't even know where to start.

Then, one day, Dr. Chow Su-Lin, consultant paediatrician and LEAN Club consultant for Sunway Medical Centre (SMC) conducted a talk in my school on the topic of healthy eating and living. As part of their corporate social responsibility program, SMC was starting a project called LEAN Club (short for Life-Changing Education Through

Activity and Nutrition Club). Their main objective is to educate young people and families on eating right and staying healthy.

Dr. Chow invited me to join a two-day camp. The main objective was to educate young people who are overweight on how to eat and live well. I went along with an open mind. The LEAN Club camp I participated in was a pilot project to kick-start a series of LEAN Club activities, which were to include road shows, talks and more. It took place between the 24th and 25th of August at Kompleks Kemudahan Usahawan (USK), Subang Jaya.

There were about 100 camp goers, with the ages of eight and 15 years old. Although we came from various schools, we all had the same problem - we were overweight.

Dr. Chow said that the LEAN Club camp was a turning point for me. It was the thought of being overweight that motivated me to join.

The camp focused on the importance of eating right, exercising, dealing with psychological problems, as well as the health risks that I will face if I don't begin to control my weight now.

It may sound like all work and no play, but it wasn't. The learning process involved a string of interesting activities in the form of games, inspirational talks, a cooking class and even an 'Amazing Lean Race' where my team won!

During the camp, I discovered what my problem was - I was an emotional eater. I used to eat whenever I was angry or upset. It started when I was 12, and I never questioned this unhealthy bingeing of mine until I heard a talk by clinical psychologist, Paul Jambunathan, called 'Dealing With the Inner Me'. I then realized that my habits and my reason for overeating had to come to a stop.

The lessons I learnt at LEAN camp were simple and easy, and really stuck with me. One of the more important lessons I learnt was how to incorporate important food groups into my meals according to the 'healthy plate' portions.

At the start of the camp, we were given a tag with a picture of a plate. Sections of the plate were divided by colour - one-quarter was coloured white (for rice), one-quarter was coloured red (for meat and fish) and half was coloured green (for vegetables). This was to indicate the portion of food servings we were encouraged to consume during meals. There was also a picture of a fruit to remind us that we should not forget the importance of incorporating fruits in our diet. We were told to keep a food journal throughout the camp to record our food intake.

All the LEAN camp co-ordinators were warm and friendly. During the camp, all camp goers bonded well with the cool and fun co-ordinators - we could tell they genuinely cared and wanted to help make a difference in our lives. One of the co-ordinators, Ghazali, who was the exercise instructor, motivated me the most to shed my unhealthy weight. On our last

Dhamiri's food journal which he still uses until today to record his food intake.





Dhamiri Kabil (left) here with Ms. Ching Lin Ling, COO of Sunway Medical Centre, during the LEAN Club camp.

day at camp, he wrote a personal note in my autograph sheet, "Keep Fit not Fat", a mantra that I have been repeating to myself since.

After the camp, I decided that for things to change, I must change first. I continue to keep a food journal where I record my food intake. Before this, I used to always have a second helping of meals (even though the first round was already a big helping!). Now, I eat according to the healthy plate portions.

I also started adopting a more active lifestyle. In the past, I would skip physical education lessons but now, I find myself on the field instead - running or playing badminton or soccer with my classmates.

I have to admit that my emotional binging was the hardest to deal with, but I have learnt to confront my negative feelings by distracting myself and doing something else, or instead, talking it out with my parents.

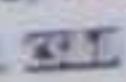
Every month, as part of the program, I am required to go to Sunway Medical Centre to have my health accessed. I meet the camp co-ordinators again, who talk to me and keep track of my weight. There is also an online group forum and website for the LEAN campers. Every two days, I will log on to the site just to say hello to the people I met at the camp and check out other campers' progress. It is an exclusive website available to only us but our weight loss progress is disclosed to each other. Here, we can see who is losing weight and who is not. This acts as positive peer pressure for me to continue what I am doing.

I am now 11 weeks into the program and I am proud to say that I am still eating healthily and exercising whenever I can. I admit there are times when I want to just give up and quit but when I think of the effort the LEAN Club

co-ordinators made to encourage me, and my own effort so far, I know it would be silly to throw it all away. I remind myself that I am doing this not for anyone else, but for myself.

I have a family history of diabetes. One of my uncles who is a diabetic, always loves to taunt me that I will get diabetes one day. Although my blood test levels are now normal, I refuse to take any chances. I want to prove to my uncle that I will be diabetes-free.

My long-term goal is to stay fit, to take advantage of my youth and to live a healthy and active lifestyle - I want to play sports like football or tennis as swift as some of the boys I see in school. I know I will get there one day. I would advise those who want to lose weight to never give up, eat according to the healthy plate portions and be as active as possible.

For more information on LEAN Club activities, contact Dietetics and Nutrition Services Sunway Medical Centre or Dr. Chow Su-Lin or Edmund Teh at (+603) 7491 9191 extension 7758 or fax to (+603) 7491 8181 or visit [www.sunway.com.my/sunmed](http://www.sunway.com.my/sunmed). 



The diagram that campers use as a reference for healthy eating portions: half a plate of vegetables, one-quarter for meat or fish and one-quarter for rice.



LEAN Club campers and co-ordinators at 3K during the two-day camp, which saw 21 girls and boys aged eight to 16 participate.

# COSMETIC SURGERY & BEAUTY

# 整形美容

Because Nobody's Perfect

## UP CLOSE & PERSONAL

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## STAYING YOUNG

## 不朽的青春

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让你媚眼抛得美

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# 成功瘦身!

16 岁的 Dhamiri Kabil 将他持续瘦身，维持健康生活的秘诀与 Fong Wai Ling 分享。

译: Anna



**DHAMIRI KABIL**  
通过健身计划，在两个月内消除三公斤赘肉。

自从参加了 LEAN Club 计划，Dhamiri Kabil (右) 减去三公斤，他的营友 Ahmad Hafiz 则瘦了六公斤。这项计划已于 2007 年 12 月 1 日结束了。

**我** 今年 16 岁，似一般的轻少年，酷爱电玩、足球和羽球。特别之处，在于我的体重曾经高达 112 公斤，那时的身体质量指数 BMI (Body Mass Index) 显示，我至少超重 40 公斤!

人们一般相信，一个家庭的饮食习惯，往往影响其成员的体重，但是，当我回头看看我的家人，他们个个身轻如燕，唯独我的父亲，他跟我一样——超重!

即使我常被同学取笑，我也从不认为自己真的超重，说到底，男孩子不都喜欢开别人的玩笑吗? 所以，我从不认为自己的体重有何不妥——也没想过要去处理体重问题。

直到有一天，Sunway Medical Centre (SMC) 的 Life-Changing Education Through Activity and Nutrition Club (LEAN Club) (活动和营养改变一生教育俱乐部) 顾问兼儿科顾

问与医生 Dr. Chow Su-Lin，到我的学校主持一个有关健康饮食与生活的讲座会。该项计划是 SMC '企业界的社会责任' (corporate social responsibility) 的其中一部分。成立这个俱乐部的主要宗旨，是要教导年轻人和家庭如何正确饮食、保持健康。

Dr. Chow 邀请我参加长达两天的生活营，我也以开放的心态接受了她的邀请。这次的活动主要是教导超重的年轻人如何正确饮食，以及如何生活得更好。

8 月 24 至 25 日在 Kompleks Kemudahan Kemasyarakatan (3K), Subang Jaya 举行的生活营，是 LEAN Club 一系列活动的首响炮，它结合了展览、讲座以及各种各样的活动。

算起来，全部营员共有 21 位，都是年龄介于 8 至 16 岁的男、女生，我们的背景虽然大不相同，但却面对同样的苦恼——年少超重。

参加 LEAN Club 生活营是我生命中的转折点，在这之前，“超重”两个字从来都不曾在我脑海里出现过。

这次的生活营教会我有关正确的饮食习惯、运动计划，以及如何处理心理问题。我也从中学习到，如果我再不控制体重，许多不良危机将接踵而至。

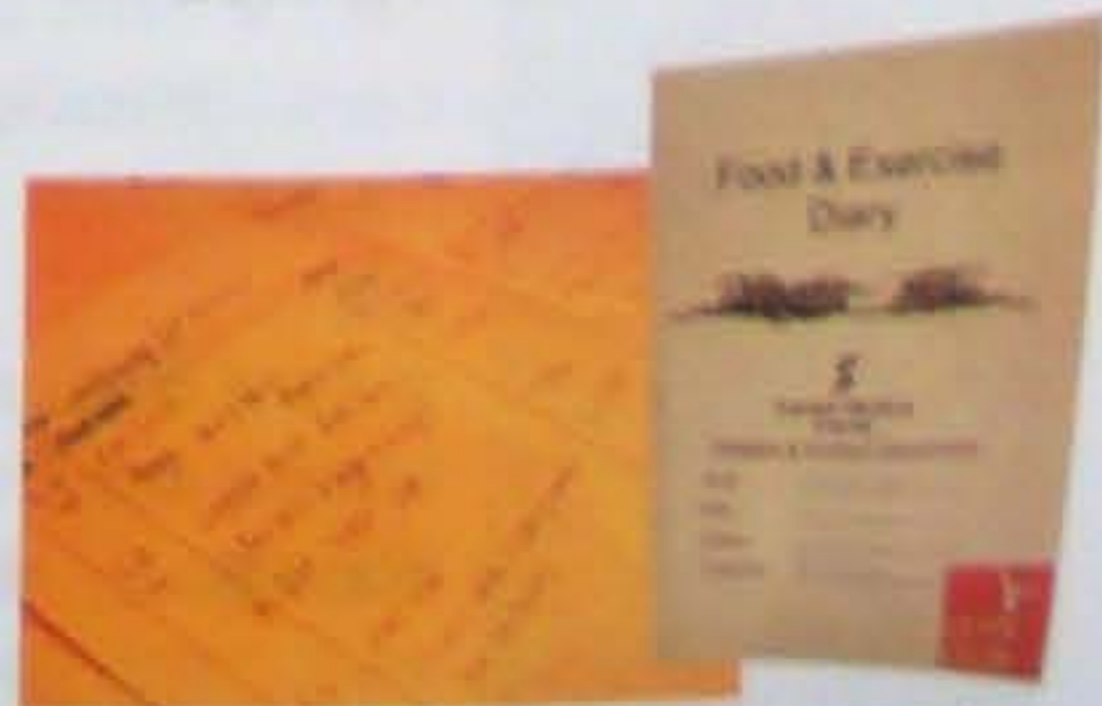
生活营中，许多人错觉它只有一大堆作业，其实不然! 这学习过程中，有一系列有趣的活动，例如游戏、运动讲座、烹饪课程，甚至是 'Amazing Lean Race' (极速前进) 游戏竞赛活动。值得高兴的是，我队在这次的竞赛中成功获胜。

在营中，我终于发现自己的问题——我原来是个 '情绪化的饮食人' (emotional eater)，打从 12 岁开始，我经常在生气或悲伤的时候暴饮暴食。在未聆听临床心理医生 Dr. Paul Jambunathan 一场题为 "Dealing With The Inner Me" (跟内在的自己相处) 演讲以前，我对此简直懵然不知。我这才彻悟，我须终止这种导致我过度饮食的坏习惯。

生活营里的课程十分轻松简单，也令我印象深刻。其中一堂重要的课，就是依据 "健康拼盘" (healthy plate) 的定律，在日常饮食中结合重要的食物种类。

活动一开始，营员们都会拿到一个餐盘的图样，它以不同的颜色分成几个区块：四份之一是白色 (代表米饭)，四份之一是红色 (代表肉类和鱼类)，二份之一是绿色 (代表蔬菜类)。这标示代表着，我们进餐时所应该摄取的食物比例。此外，也有一个水果图样，这提醒我们水果是日常饮食中不可或缺的一部分。在营里，我们必须把进餐的资料记载在一本 '饮食日记' 里。

营队里的协调员个个亲切友善，活



Dhamiri 依旧在使用的饮食日记，以记下每天的食物摄取量。

动期间，全体营员都跟这些和蔼可亲的协调员打成一片，我们真正感受到他们真诚的关爱，并且非常热心帮助我们改变生命。

其中一位名叫 Ghazali 的协调员，是一名运动教练，他最能激励我甩掉身上的脂肪。活动的最后一天，他在我的纪念册上写下“保持健美，不是保持脂肪”的字句，它从此成了我的座右铭。

活动结束后，我提醒自己，若要事情改变，就必须先改变自己。所以，我严格做饮食日记。在这之前，我习惯吃了又吃，尽管我早已吃了许多。现在，我如实遵守健康并盘的定律进食。

此外，我也开始采纳更活跃的生活模式。从前，我会翘掉体育课，但现在我比较喜爱跟同学在操扬上跑步、打球或踢足球。

我承认，情绪化的饮食方式，是最难打败的劲敌，但我必须学习挑战我的负面情绪，每当它来临时，就把注意力转移到其他事物上面，或者，向我的父母倾吐心事。

在这项计划下，每逢月底，我都必须前往 SMC 接受健康检验。在那里，我又与营队的协调员见面，他们跟我谈话，也关注我的体重。此外，LEAN 的营员们也有一个专属网站和聊天室。每隔两天，我都会上网跟营员打个招呼，了解他们的进度如何。这是我们专用的网站，我们的瘦身进度可在自己的圈内公开，察看谁成功瘦身、谁还没有，藉此制造正面的同侪压力，继续努力下去。

到目前为止，我参加此计划已将近 11 周，我很骄傲的说，我仍然维持健康



Amiri Kabil (左) 和 Sunway Medical Centre 总执行长 Ms. Ch'ng Lin Ling 在 LEAN Club 合影。

的饮食习惯，只要有空，我也一定会做运动。我承认，有时我也想就此放弃，不要继续下去，但是，每当想起 LEAN Club 协调员不时鼓励着我，以及我自己曾经付出的努力，如果就这么轻易放弃，就未免太傻了。我提醒自己，我这样做是为了自己，而不是别人。

我的家族有糖尿病遗传的案例，其中一位患有糖尿病的叔叔常常恐吓我，说有一天我也会得到相同的病症。虽然我现在的血糖检验正常，但我也不能未来有任何染病的机会。我要向叔叔证明，我这一生都不会得糖尿病。

我的长期目标是保持健壮，把握住青春时光，维持健康、活跃的生活模式——我要像学校里的男同学一样身手敏捷的踢足球或打网球。我相信，总有一天我一定能够做到。对于其他想要瘦

身的人，我想奉劝他们可别轻言放弃，他们应该按照健康的食物比例进餐，尽量保持活跃。

若想更了解有关 LEAN Club 的详情，可联络 Sunway Medical Centre 的食疗和营养服务处，或 Dr. Chow Su-Lin 和 Edmund Teh: (+603) 7491 9191 分线 7758 或传真: (+603) 7491 8181 或浏览: [www.sunway.com.my/sunmed](http://www.sunway.com.my/sunmed)。CS&E



营员参照的健康饮食图表：半碟蔬菜、四份之一碟肉类或鱼类，四份之一碟米饭。



LEAN Club 营员 (其中有年龄介于 8 岁至 16 岁的男女生) 和协调员于 3K 合影。