



fitness

Vincharm Spa 
VINCOM PARK PLACE



“Our mission is to educate, coach, and support you on your journey towards achieving **optimal health** and **vitality**.”



AN INTRODUCTION of DON S. ADAM



Born and Bred in Singapore Vincharm's Fitness Club Manager Don S. Adam 31 National Academy of Sports Medicine (N.A.S.M.) International Certified insists on providing unique fitness programs to men and women. He brings over more than 10 years of fitness expertise and experience to this business. He was appreciated for his contribution in International Fitness centers such as California Fitness, Fitness First, Sky Fitness, Planet Fitness and True Fitness.

He will lead the Fitness department as it establishes itself as a fitness provider in Hanoi Central area. Don S. Adam will also be capturing the market on individuals who has very little time to spend in the fitness centre and relish quick results within the shortest period of time.

He spent past year researching and developing new programs to suit different categories of individuals that need specialized conditioning and fitness beyond the physical self. His programs are customized to complement every unique individual who requires fundamental and special to immediate attention. He consistently strives to bring you better programs each time.

Vincharm Fitness Training System Launched in September 2009, it offers an in-depth personal training system emphasizing on correcting postural and muscular imbalances. This is a common problem most city-dwellers suffer due to prolonged usage of desktops or laptops and high stress living environment.

Vincharm Fitness Conditioning Programme- With increasing participation in the sport of Working out among all ages – most participants are not aware the type of stress placed on the joints and body in general when they start weight training. This often leads to injuries and imbalances which can lead to more serious issues if left unaddressed. Vincharm's Conditioning Programme will help to 'tune up' your body to train your body more efficiently and prevent injuries by strengthening your foundation and correcting muscular and postural imbalances

WHAT WE NEED TO KNOW before starting a workout program

Many committed, hard-working athletes struggle to achieve their very best because they're unable to identify which aspects of fitness they may be lacking in. And that means they can't adjust their training and conditioning to address these weaknesses.

Unfortunately competitive sport operates at such a high level nowadays that you can't turn in a medal-winning performance simply by competing regularly, and supplementing this through training that relies on doing more of the same basic activity. No matter how much more of the same you try to do! Runners need to do more than just run, cyclists need to do more than simply ride their bikes for longer distances, swimmers need to train outside of the pool...

Now, with the assistance of the 9 elements of fitness being well focused on every time u hit the Fitness Club, you can address any imbalances in your current training programme and target the performances you've always known you're capable of.

9 Elements of Fitness

Strength – the extent to which muscles can exert force by contracting against resistance (holding or restraining an object or person)

Power – the ability to exert maximum muscular contraction instantly in an explosive burst of movements (jumping or sprint starting)

Agility – the ability to perform a series of explosive power movements in rapid succession in opposing directions (zigzag running or cutting move//ments)

Balance – the ability to control the body's position, either stationary (a handstand) or while moving (a gymnastics routine)

Flexibility – the ability to achieve an extended range of motion without being impeded by excess tissue (Executing a leg split)

Local Muscle Endurance – a single muscle's ability to perform sustained work (eg rowing or cycling)

Cardiovascular Endurance – the heart's ability to deliver blood to working muscles and their ability to use it (eg running long distances)

Strength Endurance – a muscle's ability to perform a maximum contraction time after time (continuous explosive rebounding through an entire basketball game)

Co-ordination – the ability to integrate the above listed components so that effective movements are achieved

fitness



OPTIMAL NUTRITION

60% of your overall results come from your nutrition while the balance 40% comes from training.

An optimal diet is one of the most important components to supporting optimal health. There are other very important areas regarding your health but diet is the most fundamental. Changing your diet to improve your health or even to lose weight should not be considered temporary. Dietary improvements should be permanent lifestyle changes.



These are safe and effective recommendations. But we would like to take them one step further. Our general recommendations for those in training fall in ranges listed below:

65% from carbohydrates (of this, 10% or less from simple sugars) Athletes should target 6 to 10 grams per kilogram of body weight, depending upon activity level and goals.

15% from fats (range of 10 to 20%) of this, 5% or less from saturated fats.

20% from proteins (current recommendations suggest 1.2 to 1.4 grams per kg body weight for endurance athletes and 1.5 to 1.8 grams per kg for strength athletes.)

Reference Daily Intake



Protein*	50 grams
Vitamin A**	5,000 International Units
Thiamin	1.5 milligrams
Riboflavin	1.7 milligrams
Niacin	20 milligrams
Vitamin B6	2 milligrams
Vitamin B12	6 micrograms
Vitamin C	60 milligrams
Vitamin D**	400 International Units
Vitamin E**	30 International Units
Biotin	0.3 milligrams
Copper	2 milligrams
Folate	0.4 milligrams
Calcium	1,000 milligrams
Iodine	150 micrograms
Iron	18 milligrams
Magnesium	400 milligrams
Pantothenic acid	10 milligrams
Phosphorus	1000 milligrams
Zinc	15 milligrams



THE FOOD GUIDE PYRAMID

fitness



Benefits of Fitness

- Improve blood pressure control in those with high blood pressure
- Increases high density lipoproteins (HDL)
- Improves glucose tolerance
- Improves health related quality of life
- Enhances feeling of well-being
- Enhances performance of work, recreation

- Lower mortality rates at all ages from all causes
- Decreases risk of cardiovascular diseases
- Reduce risk of high blood pressure
- Decrease serum triglycerides
- Reduce insulin needs
- Decrease risk of colon cancer
- Lower risk non-insulin dependent diabetes
- Reduce resting systolic & diastolic pressures in people with high blood pressure
- Favorably affects body fat distribution
- Weight bearing activity may decrease or minimize osteoporosis
- Relieves symptoms of depression, anxiety, and improves mood and performance in sport activities



Benefits of Personal Training

While the fee that a personal trainer may charge may make your knees bulk, wait till you read and learn about the benefits of hiring one.

Accurate Fitness Evaluation; let's face it; a lot of us tend to over- or under-estimate our physical abilities and therefore end up with strained muscles and joints (which can lead to health problems) or a lax exercise regime (which lengthens the time enabling us to reach our fitness goals). However, with a personal trainer, your physical fitness will be accurately evaluated and you can be quite sure that whatever fitness program you end up with is the ideal one for you.

Motivation. It really is easier to exercise with someone around and a personal trainer is just the right person to have on your side if you have a fitness goal you're sweating to attain. A personal trainer will know exactly when he has to act as a tough general, a great source of encouragement and inspiration or simply as a friend to talk to and listen to your personal health woes.

Customized Fitness Program; Contrary to popular opinion, there's no such thing as an exercise or diet program that fits all. In short, what may work for others may not work for you and what may take others weeks to achieve may mean one year's worth of effort in your part. But how will you be able to determine what fitness program is best for you unless you consult an expert?

Safety; A lot of accidents can happen during unsupervised exercises so having a personal trainer will ensure that you are using health club equipment the right way. Not only does this prevent serious physical injuries, it ensures that you get the most out of your exercise routines.

The Need for Change; Perhaps one of the things that hits even the most health-conscious individual is boredom! Sometimes, all that one needs is a little change in one's exercise routine and with a personal trainer beside you, he or she can come up with different exercise programs, all geared towards keeping you active and interested in going to the gym.



fitness



Benefits of Having a Personal Trainer

Whether you are a true beginner or a super-fit gym maniac, there are many reasons to consider personal training services.

- Tailor-made training sessions
- Personal attention
- Goal-setting assistance
- Monitor progress
- Focused approach to achieve both long and short term goals
- Injury prevention guidance
- Helpful tips and suggestions provided, enabling you to train more effectively
- Accountability component to enhance self-discipline
- Strategies for those who tend to over-train
- Ongoing motivation and support
- Nutritional tips provided
- Answers to your training questions



fitness & beauty

VINCHARM JOINT STOCK COMPANY

6th & 7th Floor, VINCOM PARK PLACE

114 Mai Hắc Đế, Hai Bà Trưng, Hanoi. Tel: (84-4) 3974 8686