



BKKKKM ACTIVITIES

(JAL Welleness 2023)

2023/SEP/20



JAPAN AIRLINES

Activity Report

■ Participating Companies Organization
JALI BKKKKM ALL MEMBER

■ Name of Activity
The Relationship Between Food, Sleep and Wellness

■ Date, Time, and Location
2023/09/03 -009/15 @ KKM Office

■ Number of participants
13 persons

■ Implementation Details
Develop materials for KKM members to learn about the effects of sleep and diet on wellness.

■ Impression
This time, we prepared materials on the themes of eating and sleeping, which are deeply related to wellness, in order to help foster knowledge.
Since the activities had so far focused mainly on physical exercise, we tried to incorporate activities that would deepen understanding.



Eating healthy food is Good for your Health

- High Fiber Food**
Broccoli, Avocado, Chinese Kale, Barriers, brown rice, Oats, Beans
- Good fats Food**
Avocado, Almond, salmon, Coconut, Olive oil, Cheese
- Antioxidants Food**
Carrot, Pumpkin, Papaya, Mango, Orange.
- Good source of Protein**
Chicken breast, Egg, Fish, Soybean, Tofu.
- Fruits strengthen immunity**
Gooseberry, Guava, Strawberry, Orange.



Techniques to Help you Sleep comfortably

- Organize Bedtime**
The most suitable time is Go to bed before 10 PM and get up at 6 AM
- Meditate before going to bed**
- Use accessories**
And create an atmosphere
- Exercise in the evening**
Before bedtime 4-6 Hrs.
- Adjust the room temp.**
Keep around 25°C
- Avoid stimulant Drinks**
Such as Tea, Coffee
- Drink warm Beverages**
Before go to bed
- Eat right when feeling Hungry**
Eat fruit and should not sleep While hungry or too full
- Request A consultation From Doctor**

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