

Whats New in **CHANGSHA**?

Changsha's FREE English language magazine for foreigners and Chinese alike!
面向英文学习爱好者的长沙的免费英语城市期刊
来自长沙给外国人与中国人的免费英语杂志



All hail the new Changsha Card!

One **card**, one **city**, big **savings!**

一卡“通”城，
乐“惠”长沙！



p10

Cover story

p4 Info on Changsha



您的“长沙卡”在内页

p6 Orange Lounge @Wanda Vista Changsha

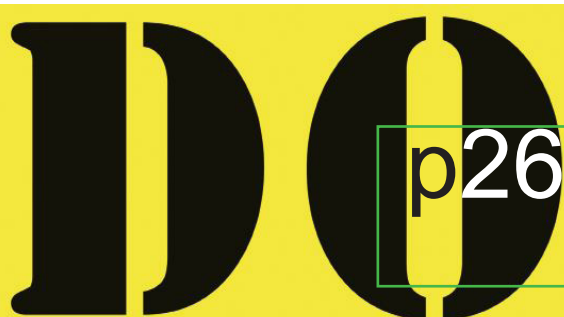
p7 Travelling in (China) Style

p12 CO:MOTION

Hunan's 8 most famous towns p16

p20 New Media: Bringing Longli to life

p26 Tsunami Crossfit & Kitchen



Bowl of rice (2 cups): 83 grams of carbohydrate 2 grams of fiber, so that's 81 grams of insulin spiking glucose. Whole wheat noodles just 58 grams: 136 grams of carbohydrates 16 grams of fiber, which nets 120 grams of insulin spiking glucose. In total this normal breakfast and lunch total 201 grams of glucose (sugar). The calories of these two dishes equal 1995 calories, really not that much based on of 2,000-2,500 calorie diet which is what nutrition experts recommend. So why is everyone walking around fat or "skinny fat"?

Here's why:
Calorie in and calorie out is bullshit. A calorie is not just a calorie. Hope I got your attention because here we go!

一碗米饭(2杯), 83克碳水化合物 2克纤维, 所以有81克葡萄糖飙升胰岛素。一餐(2碗); 再加两根米饭(1杯), 其中含有136克碳水化合物 16克纤维, 总共净增120克葡萄糖飙升胰岛素。在总上, 这正常早餐和午餐总计201克葡萄糖(糖)。这两道菜的热量等于1995卡路里, 真的不是那么多, 基于2,000-2,500卡路里的饮食, 这是营养师推荐。那么为什么每个人都会肥胖或“瘦胖子”?
让我来告诉你原因。
卡路里进和卡路里出是胡说八道。卡路里并不只是卡路里。希望我引起了你的注意, 因为这里我们要讲!

THE MATH

This edition's team

Damion Braithwaite (Editor)
Jamie Omer (Music)
Naomi Fu (Quality)
Echo (Legal)

Cover: 高金金
Models: Stef & Anastasia
Vermilion von Kangur
Ron Fisher
Ben Wilkinson
Jamie Omer
Additional thanks to:
Salil, Link, Echo, Mr Yuan &
The WNIC Team

We also want to thank all the WNIC supporters in Changsha!

This magazine is supported by Hualu Culture.

WNIC reserves the rights in all aspects of this magazine, including all sponsorship, guest advertisers and all other content produced by contributors. Copying of any article, image or information printed in this magazine is by permission only. Email wnic@qq.com to enquire.

WNIC is Changsha's largest foreigner information service. We welcome new contributors, advertisers and partners.

What's New in Changsha, or WNIC, is "star city's" biggest foreign run group... a free service, with no registration and lots of great info!

What's New in Changsha (WNIC)? is Changsha's biggest and most loved local events and news provider. WNIC is run by local expats, we help promote all kinds of events, it is totally free and there's no registration needed to access our info!

Get answers on our buzzing FACEBOOK group, follow us on wechat for city tips or just visit the website for more on local JOBS, EVENTS, PROMOTIONS and ADVICE!

To find out more go to: www.wnichangsha.com

本杂志致力于帮助长沙早日进入国际化轨道，传播有益于社会和谐发展的资讯，鼓励本地人民与外国友人更好的相处，增进了解加深友谊共同创建文明和谐的社会。与此同时，本杂志也是一本帮助英文学习者锻炼英语阅读技能的优秀读物！因为大部分文章源于英语为母语国家的外籍作者，当然我们同样欢迎来自中国的撰稿人！WNIC主要以英文为外籍读者发布文化娱乐消息的自媒体（所以英语是我们主体语言）。感谢支持！

此杂志为免费提供。如果您想在本杂志上为您的企业进行推广，或为我们撰写文章，或有任何建议，请发电邮 wnic@qq.com 联系我们。



We now need dedicated people, foreign or Chinese, to make the magazine go monthly



大明 (Damion)

a note from the editor

"Welcome to the new-look, sixth edition of the free WNIC magazine, Changsha's only informative English language magazine now available at many places across Hunan!

We are now looking to expand our services to you seek the following people who want to help Changsha become more international:

- > Article and magazine designer
- > Photographer / Videographer
- > Journalist (or passionate writer)
- > Assistant Editor
- > Support staff

The positions, for now, are voluntary. We now need dedicated people, foreign or Chinese, to make the magazine go monthly and become even better! If interested contact us: wnic@qq.com

Thanks and I hope you enjoy the upcoming WNIC events and info!"

“我们WNIC第六期以一个全新面孔来欢迎我们的新老读者，作为长沙唯一的全英文杂志现已在省内各个城市推送。

因业务扩展的需要，以下岗位需寻求有为青年来加入我们的国际团队！

- > 文章和杂志的排版和编排
- > 摄像师 / 摄影师
- > 记者（或有从业经历的作家）
- > 编导助理
- > 文员

所有的岗位现在还属于志愿见习岗位，我们需要专业的任何国籍的有为青年，来共同打造我们的期刊成为月期刊或更具时效性！如果您有兴趣，请发邮件联系我们 wnic@qq.com

感谢支持，我也真诚的希望你能一起分享接下来的更多的WNIC的活动和资讯！”

Hualu Culture
华旅文化

Official magazine sponsor



想了解更多，扫描此二维码！



Want to write for us? Want to share your experiences or passion? Interested in helping the wider community?

We need volunteer journalists and photographers!

wnic@qq.com

关于长沙的那些事

Information on changsha

further info:
www.wnichangsha.com/a-z

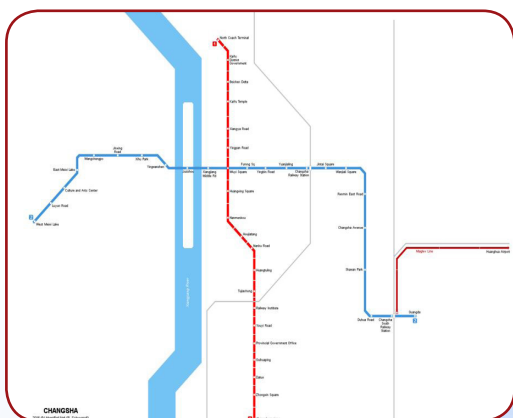
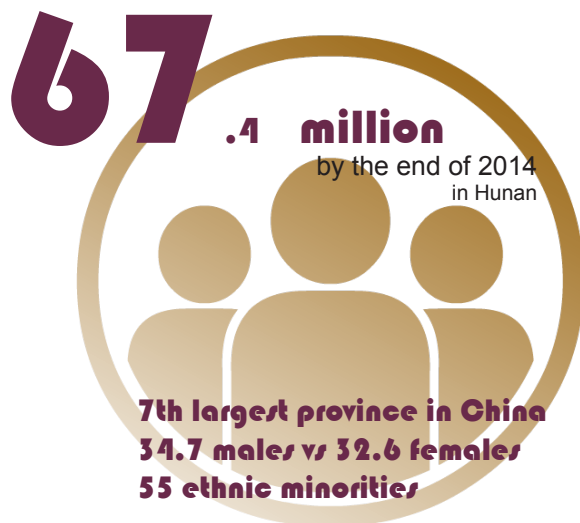
Upcoming world national holidays and important dates

Tomb Sweeping Day: April 2nd-4th
Labour Day: April 30th-May 2nd
May Day
Dragon Boat Racing Day: June 9th-11th

St Patrick's Day: 17th March
Easter Sunday: 27th March
Ramadan Begins: 6th June
Father's Day: 19th June



Symbolic flower:
Azalea



Simplified Chinese
Traditional Chinese

长沙
長沙

Bus Station Info

Changsha West Bus Station (for Zhangjiajie/Fenghuang)
Address: Fenglin Third Road, Yuelu District, Changsha
Tel: 0731-82857676 or 0731-82857691

Changsha Xingsha Bus Station (North East of Changsha)
Address: No 4 Tianhua Road, Changsha
Tel: 0731- 84011013

Ningxiang Bus Station (one hour West of Changsha centre)
Address: Ningxiang County, Changsha
Tel: 0731- 87887918

Changsha East Bus Station
Address: No 1021 Yuanda First Road, Changsha
Tel: 0731-84611431

Changzhutan Bus Station
Address: No 339 Chezhan Zhong Lu, Changsha
Tel: 0731- 82280212

Liuyang Long-Distance Bus Station
Address: No 402 Jinsha Zhong Lu, Liuyang City, Changsha
Tel: 0731-83666170

Wangcheng Bus Station
Address: Wangcheng County, Changsha
Tel: 0731-88816543

Taxi fares*

Main Train Station - Wuyi Square (centre):
10-15RMB

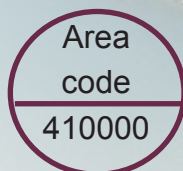
Main Train Station - Changsha Airport:
70-90RMB (incl. toll fare)

Wuyi Square - South Bus Station: 20-30RMB

Wuyi Square - South Train Station (for high speed):
30-50RMB

Wuyi Square - Yuelu Mt/Xinkin Lu:
10-15RMB

*The above prices are an approximation only



<http://www.enhunan.gov.cn/>
http://en.changsha.gov.cn/news/Local/201501/t20150122_689639.html
<https://en.wikipedia.org/wiki/Changsha>
www.wnichangsha.com

The city of Changsha has direct jurisdiction over 6 districts, 1 county-level cities, and 2 counties:



Subdivision (2010 Census)	Simplified Chinese	Pop.
City Proper		
Furong District	芙蓉区 Fúróng Qū	523,730
Tianxin District	天心区 Tiānxīn Qū	475,663
Yuelu District	岳麓区 Yuèlù Qū	801,861
Kaifu District	开福区 Kāifú Qū	567,373
Yuhua District	雨花区 Yǔhuā Qū	725,353
Suburban and rural		
Wangcheng District	望城区 Wàngchéng Qū	523,489
Liuyang City	浏阳市 Liúyáng Shì	1,278,928
Changsha County	长沙县 Chángshā Xiàn	979,665
Ningxiang County	宁乡县 Níngxiāng Xiàn	1,168,056

THE IC CARD

Franchised Outlets (available for application for a card, card recharge, lost card replacement, and card change):

- Chigangchong Customer Center
- Changsha Railway Station Nanping Customer Center
- Wangchengpo Transit Hub Customer Center
- Xiangya Road former railway station north Customer Centre

You can also recharge (add more credit) to your IC card at most...

- China Construction Bank Outlets (there is a special self-service IC bus card machine inside the branch -ask staff for help)
- China Telecom Customer Service Centers (available for application for a card, card recharge)

GDP & Official

- GDP (2014)
- Total: CNY 781 billion (USD 125.68 billion)
- per capita: CNY 108,172 (USD 17,407)
- GDP growth rate: Increase 10.5%
- License Plate: 湘A (police and authorities)



Local Gov

General Office of Changsha Municipal People's Government

Add: No.218, Yuelu Ave, Yuelu District ,Changsha

Tel: 86-0731-88665000; 86-0731-88665831; 86-0731-88665805

Hunan's leaders

Governor: Du Jiahao

Contact the Governor: www.enghunan.gov.cn/Government/Who/EmailtheGovernor/

Vice Governors: Chen Xiangqun, He Baoxiang, Li Youzhi, Huang Guanchun, Zhang Jianfei, Dai Daojin, Cai Zhenhong

Assistant Governor: Yuan Jianyao

Secretary General: Xiang Lili

USEFUL NUMBERS

Listed below are the emergency phone numbers in Hunan that can be quite useful on your trip.

Emergency Phone Numbers

Police: 110

Local Enquiry Directory: 114

Weather: 121

Ticket Service, Changsha Huanghua International Airport: 0731-84798777

Traveling in China, following numbers are sometimes proved to be helpful when you are in trouble.

116 Domestic Long Distance Inquiry

117 Time Inquiry

119 Fire

120 Ambulance

12121 Weather Forecast

122 Traffic Police

184 Post Code Inquiry

1185 Emergency Mail



The Orange Lounge

"Refreshingly cool party nights"



The Orange Lounge was launched in September 2015 by the WNIC Team. We want to bring a fresh, new concept in stylish chill out nights to the party people of Changsha. Our goals are stylish nights, affordable drinks, great music!

03.11 @Wanda Vista Changsha

橘子尊享酒会是长沙首家追求高雅极致的娱乐品味通过在不同的酒吧来获得不同的体验，旨在引领大家低姿态高追求的品味长沙穿越文化



WandaVista
Changsha
长沙万达文华酒店



Next Eat Out event: 03.25!

EAT OUT

美味聚是WNIC旗下新开展的一种新的聚会群，通过组织中外朋友一起饕餮美食，结交朋友的新的社交群。群里的每个成员都可建议大家去不同风格的餐厅组织聚餐活动！关注WNIC加入我们！



Eat Out Club is an exciting new social, dining club in which foreigners and Chinese can join together, enjoy great food and make new friends. Any one of our members can organise a dining/social activity at any good, city restaurant! Follow WNIC to join us!

Reserve on wechat: salil001

微信号: WhatshewinChangsha



Travelling in (China) style

有范的旅行

By Vermilion von Kangur

So, it's back to the grinder for most of us foreigners in China. We can't all have permanent nomadic lives, although we try damn hard to. At least allow me to tell you about my vacation. It's only polite, after all...

I left you all when we were in Zhuzhou, the sole purpose of our journey there being shopping.

We temporarily parted ways with Liam, who went off travelling with people cooler than us, so for Hilary and me, our next destination after Zhuzhou was the wonderful Guilin, located in the Guangxi province just south of Hunan. And I mean every word when I say what a treasure Guilin is. Awe-inspiring mountains (even though fat people like myself are not big mountain fans, even I had to appreciate the sheer beauty of them) and rivers, not to mention the best damn rice noodles I've ever eaten. If you've never been to Guilin, then you are a disgrace and I refuse to be friends with you. Joking. Or am I?

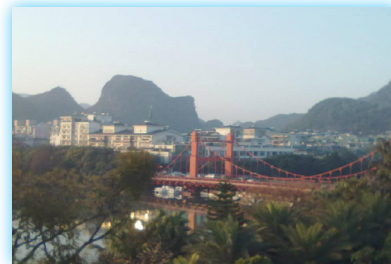
We stayed at the This Old Place hostel (老地方国际青年旅舍, 翊武路2号) which had the best staff I've ever met. Possessing fluent English, they couldn't help guests enough, even going so far as to spend hours with two other guests whose names had been spelt wrong on their flight tickets. That's going above and beyond the job description. And they also make a mean cocktail. If you're ever in the Guilin area, stay there, you won't regret it.



Now because Guilin is such a gem, there was no shortage of different nationalities. There were so many different faces I almost forgot where I was. Hilary and I wasted hours in the market areas, where my inner penny-pincher came roaring out. I haggled until I couldn't haggle anymore,

impressing the elderly women who ran the stalls. The consequence of all this haggling being I needed to buy another backpack to fit all my new goodies in. It was worth it. Guilin, I will visit you again, I guarantee it.

"I only embarrassed myself once on the sleeper train, when I fell from the top bunk"



Leaving Guilin may have broken my materialistic heart, but we were zooming off again. Where to? Well, everyone has to go to Beijing at least once. So that's where we went. And I only embarrassed myself once on the sleeper train, when I fell from the top bunk, bounced off the bunk opposite, and proceeded to Jenga-tumble onto the floor, hitting another two bunks on my travels downwards. Ouch. Hilary almost wet herself laughing, and ribbed me for it the entire journey. What a sympathetic friend I have. This is why bunk beds are my sworn enemy. And Hilary's snoring. Kept the whole carriage awake. Thank goodness for headphones.

If I was blown away by how cosmopolitan Changsha was, imagine my sheer euphoria at Beijing. It's big. It's busy. It's international. Our hostel this time was the well-named Red Lantern House (西城区新街口南大街正觉胡同5号仿古园红灯笼主院) which happened to be an award winning hostel. Kudos to my hostel-booking abilities.

We had no time to play about, because we were Waiguoren On A Mission. First stop, Tiananmen Square, which was not as busy as I was expecting. I was fully prepared to float in an ocean of people, but instead I actually had

room to walk around. Then there was the obligatory trip to the Great Wall. For me, that meant steps and walking. Lots of steps and walking. For Hilary, who walks faster than most people run, it meant an opportunity to leave me behind and test how fast she could actually go. Obviously I wasn't there to witness that, having set up camp close to where we started, and refused to move any further. I'm lazy, okay? Hilary took good enough photos, so I was there in spirit.

Whizzing off again, this time our travels turned international. Beginning first in Hong Kong, the city I am now determined to settle down in. Although it was confusing at first because I couldn't read anything but that's just another language challenge for me to accept.

Against my wishes, Hilary insisted we spend a day at Hong Kong Disneyland. I don't know what she did, but somehow I agreed. How can I sum up Hong Kong Disneyland? Kids. Kids everywhere. But Hilary was happy, and that was the main thing. And at least I fitted in in the Tomorrowland section. Although two hours to go on a ride is not time well spent in my opinion. I left Hilary to that and sat on a bench. Hilary was then determined that we go up Victoria's Peak.

A word of warning, if you're planning to go to Hong Kong, and want to go up Victoria's Peak, set aside half a day to queue. That queue was huge! At one point I was convinced none of it was real and I was simply having a nightmare. But the view did make up for it, and going pretty much vertical in a tram is quite funky. The shops up there are touristy, which I do tend to love. I'm one of those travellers who need tourist merchandise from every place I've ever been. I even picked up a Little Red Book of Mao quotes, which I've been wanting for ages.



From Hong Kong, we went even further afield. Thailand, perhaps? Nope. Vietnam. Thailand is so last year. It was in Vietnam that Hilary and I invented another one of our little games. Peanut Wars. She thought it would be a good idea to bring along a bag of peanuts for snacks, knowing full well I don't like peanuts, so instead we used them as ammo. The aim of the game is to hide as many peanuts in the other person's bed as possible while they're sleeping, without waking them up. Childish, perhaps. Hilarious, of course. Even more so when I washed my hair and four peanuts fell out.

We had several destination in Vietnam: Ho Chi Minh City, Nha Trang, Ha Long Bay, and Ha Noi. Ho Chi Minh City possessed a massive market called Ben Thanh Market, so we said hello again to my haggling alter-ego. And another hello to a new backpack to put even more materialistic goodies in. Vietnam is very much a haggling country. Never accept the first offer. I got everything at three-quarters the price they were asking. We also experienced the mouth-watering Vietnam food (so much seafood, I love seafood) and the coffee is to die for. I was pretty much drinking coffee all the time. Go to Vietnam for the travelling, stay for the coffee.

Nha Trang was our beach destination, and we started it off with an argument with a taxi driver trying to scam us. He threw a paper towel at me in his anger. Excuse me while I clean my war wounds. Beware the scammers, folks. What surprised me was the amount of Russians everywhere. If you're studying Russian, go to Nha Trang. You can practice

it everywhere, I promise you. Plus, I sampled the best Russian chocolate available. Shout out to the best Indian restaurant I've ever eaten at in my life: Omar's Tandoori Café, located at 89b Nguyen Thien Thuat Street. He made a lot of money from me that week. Go there and mention Spite and you'll probably get a discount.



From Nha Trang we went upwards to Ha Long Bay, taking a sleeper bus. I'm pretty sure the other passengers on that bus did not appreciate our Peanut Wars. If anyone on that bus is reading this now . . . sorry not sorry. We took one of those cruises around Ha Long Bay, which turned out better than expected because we were upgraded to a better cruise ship. Fancy, fancy. Did I mention the cruise had an all-you-can-eat buffet? Guess where I spent most of my time. Ha Long Bay really is like something out of a movie.

"I have to admit, Guangzhou is an impressive city, with wonderful nightlife and bright lights, but I'm an Hunan Waiguoren, so my loyalty remains with Changsha."

Once on dry land again, we boarded a bus to Ha Noi. Ha Noi also has markets. So I picked up more things. Our main attraction in Ha Noi was the famous Hỏa Lò Prison, which was used by the French to house Vietnamese political prisoners. I can't even

put into words how a tour around that place made me feel. It made me damn-well respect the Vietnamese, I'll tell you that. We had to cheer ourselves up with a long-awaited visit to Dominos. Eat ALL the pizza!

Arriving back in China, we stopped off in Guangzhou. Calming down from our adventures, we spent most of our time walking around (Hilary refused to get a taxi to every place we wanted to go), taking in the sights, and just going where the mood took us. I have to admit, Guangzhou is an impressive city, with wonderful nightlife and bright lights, but I'm an Hunan Waiguoren, so my loyalty remains with Changsha. It was fast approaching the actual night of Chinese New Year, so our elbows came in useful when it came to boarding our train back to Changsha, where we spent two nights revisiting the same places, if for no other reason than to preserve the memory. And to put off the loooooong bus journey back to Ningyuan.

Ningyuan was dead. Everywhere was closed. We couldn't eat out. We had to cook. This was pure horror movie material. Well, we weren't being woken up by the 6am school bell anymore, though. I've been left with the question of how I'm going to get all my travelling goodies back to England without buying an extra suitcase or going over my weight limit. I may not have thought all those purchases through properly.

Oh, well. I'll figure it out. If you're wondering why I only mention a few travelling destinations, well, we went other places, but I do have a word limit. Also, if anyone has any spare room in their suitcase, please let me know. I may need it. Later, fellow Waiguoren.

2016-2017



The new 2016-2017 'year of the monkey' changsha card is out now!

Get the most valuable discount card today!

Great city discounts from food and drink to entertainment and fitness!

一卡“通”城，乐“惠”长沙！折扣遍布性价比高的餐饮，娱乐及休闲健身！

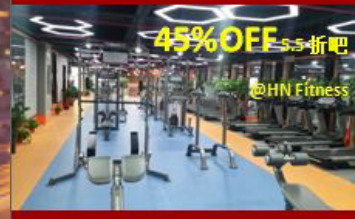
restaurants

bars & clubs

spas & gyms

major hotels

entertainment



10 新的长沙卡出的棒棒哒！ 预知更多资讯，请上WNIC查询！ 扫描今天就开始关注！

此处接受 长沙卡



Catch us online to find out where you can buy the card



One card, one city, big savings!

一卡“通”城，
乐“惠”长沙！

Massive discounts, from great deals to half price offers. Check our website or follow us on wechat!

大力度的折扣，查阅网站“关注”订阅我们的微信！



餐吧&养生会所
酒吧&健身房
星级酒店特惠



www.wnichangsha.com

Not transferable. Property of WNIC. Expires on 2017.03.15 不可转借，WNIC 保留所有权利，有效期至2017.03.15 Terms and Conditions apply. WNIC is not responsible for the discounts advertised. See online for latest discounts and updates: www.wnichangsha.com/card (wnic@qq.com) Scan the QR Code. 适用条款及条件：WNIC 网站对商家的折扣不承担任何责任。请登录www.wnichangsha.com/card (wnic@qq.com) 或扫描此二维码可以查阅到最新的优惠信息和特惠条例。



W h a t ' s a l l t h e

co:motion

about

?

超酷的DJ团队巡演颠覆长沙酒吧!



by Jamie Omer

Music editor Jamie Omer caught up with Mau Mau from Shanghai's co:motion crew for a quick 20 questions about the dance music label.



JO: Hey man, how's it going?

MM: Good thanks! Not sleeping much but fun things happening

JO: Cool, one down, nineteen to go; let's do this - What is Co:Motion?

MM: Express in the form of a Haiku...
Six kids in Shanghai,
Trying to do a label thing,
Melting hearts and minds

JO: So who are these 6 troublesome music makers melting vital organs all over China?

MM: MIIIA, Laura Ingalls, Raz, Mau Mau, Michael Cignarale and Deep 19 are the label family of DJs/producers right now. But have to mention Alvin Li and Effy Huai who are amazing and help make everything possible

JO: Where did the name co:motion come from?

MM: Names are tough, it took us forever to settle on this one. As DJs, we're about the dance floor having a good time and taking people on a journey over the course of a night, so wanted something involving movement. It's also a pretty tight label family, hence the co-. When we realized commotion (a bunch of noise) could be broken down like that, it clicked

JO: Who have you got coming to China in the next few months?

MM: Our next booking is Roscius from France at Arkham in Shanghai on March 25th. He blew us away with his improvised, percussive, raw and energetic live set at a night we threw at Dada Beijing last year, excited to dance with him again. After that, we're putting together a release tour for Deep 19's first EP on the label

"We're really looking forward to being back in Changsha with Electric Underground at the end of April"

JO: Who's bringing out tracks on co:motion in 2016?

MM: The first release was our boss lady MIIIA, with remixes by Rodion and Laura Ingalls. This month [March] our second EP comes out, produced by Michael Cignarale with remixes by Laura and MIIIA. The next release, which we will be organizing a China tour (lookout Changsha) in support of, will come from Deep 19. Look out for an EP from Laura Ingalls and more MIIIA releases in 2016 as well

JO: What adjectives describe the criteria for tracks released on co:motion?

MM: Orange, chewy, delicious

JO: 7 down, 13 to go...In relation to the animal kingdom, what kind of creatures attend your events?

MM: All kinds of horrible beasts

JO: And what kinda creatures should stay away at all costs?

MM: Funsucking slugs and creepy caterpillars

JO: What Chinese tourist attraction would you most like to host a rave in/at/on/under?

MM: On top of Mt. Emei, under the giant golden buddha, above the sea of clouds, with monkeys

JO: Fingers crossed for that one! When are you coming back to Changsha?

MM: We're really looking forward to being back in Changsha with Electric Underground at the end of April for Deep 19's release tour. He's been making some great dark, bass-driven house tunes and is a gangster DJ, should be a great night



Passenger (left) and Mau Mau



JO: What's the best thing about the crowd in Changsha?

MM: The energy they bring - you can tell that even though many of the kids are new to the type of music we do, they make a real connection to it and as a DJ that's an amazing thing

JO: What should we bring to a co:motion event?

MM: A positive attitude, open ears and your fanciest dancing pants

JO: What's your pre night out drink?

MM: 珍珠奶茶 [zhenzhu naicha]

East meets west; sounds interesting!

JO: What's your most-used sticker on wechat?

MM: It's not even a gif, it's a cartoon of a really happy cat throwing a bunch of flowers in the air.

JO: Which DJ would you love to book for a co:motion event?

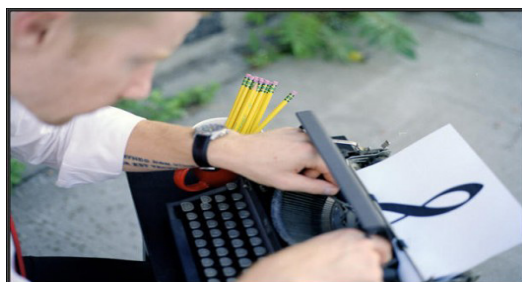
MM: DJ Koze, anyone who doesn't know should check him out for sure

JO: I saw him in Ibiza last year, was incredible! Last question; what's your guilty pleasure?... musically...ahem...

MM: Fake Blood's remix of Little Boots' 'Stuck on Repeat'

That is an absolute banger! Cheers Mau Mau, see you soon!

Mau Mau will be bringing Co:motion back to Changsha at the end of April for Deep 19's release tour.



Why not write for us?

Do something positive. Join the wnic? army today!

wnic@qq.com





周日亲子早午餐 Family Sunday Brunch

择一温暖周日，和宝贝一起悠享一个长长的、丰盛的早午餐。长沙万达文华酒店 Café Vista 美食汇一切准备就绪，让您在欢笑声中度过幸福时光。多种美味、现场乐队、欢乐小丑、儿童厨艺课堂，邀您共度美妙的亲子时光！

It's Sunday family day enjoy our international selection of freshly prepared dishes at Café Vista. Multiple delicacies, live music, naughty Clown and kid's cooking class bring your family to a wonderful cheering and laughing day.

即日起至2016年12月31日

From NOW to 31st December, 2016

美食汇全日餐厅
Café Vista

* 如遇特殊节日以酒店活动为准
This promotion cannot be combined with other promotions

WandaClub
www.clubwanda.com.cn

中国湖南省长沙市开福区湘江中路一段 308号 邮编: 410005
308 Xiangjiang Middle Road, Section 1, Kaifu District, Hunan Province 410005, P.R.China
全球预订免费电话 Toll Free: 400 088 8899 电话 Tel: 86 731 8800 8888 传真 Fax: 86 731 8577 1999 www.wandahotels.com



WandaVista
Changsha
长沙万达文华酒店

真意文华 悠然自我
Your Vista of Comfort

Café 美食汇
Vista



Hunan's

8

most

Original article by 大湘西大湘西
Translated / Edited by
Ben Wilkinson

湖南最著名的8个地方

famous towns

The beauty and style of Xiangxi's ancient towns is enough to make people's hearts bleed, but have you heard of these places?

Apparently, the eight most famous towns in Hunan are all in Xiangxi, going to five of these cities will make people feel like they've gained a new lease on life.



湖南唯一的“城” 老司城 Laosi Cheng

1

Laosi Cheng is situated in Si Cheng Cun, Ling Xi town, Zhouyong Shun county. Originally named Fushi Cheng, this city has around 800 years history as a client kingdom's administrative capital, also known as Si Cheng and LaosiCheng. During its period as an administrative region, Fushi Cheng was Xizhou's prosperous political, economic and cultural centre.

According to the locals, Laosi Cheng was divided into two sections; inner Luocheng (inside the town walls), and outer Luocheng (outside the town walls) with a cross-cross of densely populated streets and alleys, and thriving shops and businesses this town was recorded as “a city with three thousand households within the city and eight hundred outside.” And “Wu Xi's giant town, a town spread out over 10,000 miles.” The Qing dynasty poet Peng Shi Duo, exalted Fushi Cheng in one of his poems, describing the city's beauty and vivaciousness. Laosi Cheng is an old minority administrative capital, and is a living example of the development an old minority area's autonomous administrative system in China. As of 2015, the Yong Shun Laosi Cheng site has been accepted as a world cultural heritage site, and is also Hunan provinces only historical world heritage site.

2 中国最美的“城” 凤凰古城

Feng Huang old town

Feng Huang was established during the reign of the Qing emperor Kang Xi in 1704, and is situated in the south-west of Hunan province's Xiangxi autonomous administrative area, and has been successively rated as one of China's "ten best travel destinations", and chosen as one of "New XiangXiao's eight landscapes", and has even been promoted on Japanese TV as a "world famous town", and has been rated by China's photography committee as "the most beautiful ancient town". In 2001, Feng Huang was designated as a national historically famous town, and as one of China's historically significant cities and famous cultural cities, it is also rated as an AAAA grade scenic area and is one of Hunan's ten most famous cultural sites.



浪漫爱情的“城” 边城茶峒

Biancheng Chadong, originally named Chadong is a town situated on the border of Huayuan county in the Xiangxi area. Literary master Shen Cong Wen's famous novel 'Border Town' paints a vivid picture of Chadong's beautiful, rustic scenery, Chadong's people's friendliness, and their simple lifestyle. This has brought lots of visitors from both within China and abroad and has helped to develop Biancheng Chadong's local tourism industry. In 2005, Chadong officially changed its name to Biancheng Chadong ('Biancheng' is Chinese for 'Border Town').

Biancheng Chadong

Chadong was established during the reign of Jia Qing in 1803, and was completely built out of limestone, creating sturdy and towering buildings. This town was built in front of Tai mountain, to the left of it is Jiu Long mountain, and to the right is Xiang Lu mountain, and to the front of the town is Ming mountain; thus, there is a town in the middle of mountains, and there are mountains around the town. Because this 'border town' is situated on the border of Hunan, Guizhou and Sichuan province, therefore, there is a saying that in Biancheng Chadong one can "step into three provinces at once".



饱经沧桑的“城” 黄丝桥古城

Huangsiqiao old town

Huangsiqiao old town is situated 24 kilometers west of Feng Huang county, originally named Weiyang. Huangsiqiao was established during the reign of the Tang emperor Ruizong in 686CE, giving this town over 1300 years of history. During the reign of the Qing emperor Kang Xi in 1700 the royal court established the 'Feng Huang Zhi Kang Ting' area (modern day Feng Huang county) and the 'Yuan Yong harmony administrative office' in order to pacify the minority government.



In 1794, there was the largest revolt of the Miao ethnic people in history, this result has also been mentioned by historians as the war which caused the Qing dynasty's decline, from then on, the Qing dynasty's authority started to decline. Huangsiqiao is situated by South China's Great Wall section, this area is also the historical site of wars between the Han and the Miao ethnicities. In October 1983, Huangsiqiao old town became a

protected important cultural and historical relic site.

人杰地灵的“城”

乾州古城

Qianzhou old town

5

Qianzhou old town is situated in Jishou City, Xiangxi and is a town with over 4200 years of history. By the Xia and Shang dynasties (approx. 2000 BCE-1100 BCE's) this place was already a thriving settlement for the aborigines, afterwards came the Ji people, followed by the Yao tribe, and then finally the Miao people (one of the ethnicities which still reside in the area). During the Qin and Han dynasties, this area was an important commercial area and port, the courier stations running from the south to the north converged here making this area's river transport very developed, and in turn making this an economically developed area.

During the Ming and Qing dynasties, Qianzhou gradually became the Miao people's political, economical, military and cultural centre. During the ages, Qianzhou has been the primary old



town out of Xiangxi's four famous old towns (Qianzhou, Fushi, Liye, Chadong). Qianzhou was described in Shen Congwen's famous work "Xiangxi", in this work he describes Qianzhou as "Although small, the stones of the buildings are all arranged neatly and are all pristine".

Qianzhou has also cultivated many famous names throughout the ages, such as the governor-general Yang Yue Wu who commanded forces against the eight power alliance, and the famous 20th century painter Ma Si Jie to name just a couple.

源自秦朝的“城”

里耶古城

Liye old town

6

Liye old town, situated in the hinterland of Hunan province's Wuling Mountain under the jurisdiction of Xiangxi's Longshan County. Liye has an epically long history, having had inhabitants as far back as 6000 years ago. During the reign of Qing Emperor Kang Xi, Liye started to construct roads and a port, and during the emperor Yong Zheng's reign Liye Tang was established which gradually became a market town.

According to Qin dynasty records, over two thousand years ago Liye was the administrative capital for Dongting Lake's Qianling County. During the 32 years of the first emperor of China's reign, Qianling County had 55,534 households, with a total population of over 300,000 people (during the Qing dynasty, the whole of China only had an estimated population of around 20 million people, therefore the population of this county made up a total of 1/70 people in China during this period.)

Liye is Longshan County's largest southern town. Liye old town is also the sight of "one of the most important archaeological findings of the 21st century", in 2002, bamboo scrolls dating back to the Qin dynasty were discovered at the site of the old town, there is now the saying that "The north has Xi'an's terracotta warriors, and the south has Liye's Qin scrolls". Liye is one of Hunan's ten most important cultural sites, and has also been rated, along with Laosi Cheng and Feng Huang as Xiangxi's tour.



7

历史文化的“城” 黔阳古城

Qianyang old town

Qianyang old town is situated in the west of Hunan province, in the middle of snowy mountains, and by the trunk of the Yuan river which flows to Hongjiang city, this is the birthplace of hybrid rice and is also the home to China's 'bingtang' (rock candy or sugar cube) orange, this town was also the place of exile for Tang dynasty's "poet emperor" Wang Chang Ling. Qianyang old town has over 2200 years of history, and is even one of the best preservers Ming and Qing dynasty towns in China.

With three sides of the town surrounded by water, and being situated on what was once the frontier of the Miao people's area, this place was an area of strategic importance, thus has obtained the title of the "gate to Yunnan and Guizhou" and "west Hunan's first old town. Qianyang is older than Yunnan's important archaeological city Lijiang by 1400 years, and is 900 years older than Feng Huang. Inside the old town, there is a cross-cross of old streets and alleyways and Ming and Qing dynasty buildings can be found everywhere.



It has been given the titles of "the pearl of Xiangxi", "little Nanjing", and "the metropolis of the south-west". Hongjiang Gushang Cheng's ancient buildings, can said to be south China's classic residential buildings, and the sight of the buildings is like seeing Ming, Qing and early 20th century China taken straight from a picture and put before your eyes. Hongjiang Gushang Cheng is an example of a town with early commercial development, and is also one of China's best preserved and richest towns. Some scholars say that this town is "Mainland China's bud of capitalism and living fossil. This town is a protected cultural and historical tourist site.

Hongjiang Gushang Cheng is situated by the Yuan river and Wu river's converging point and has a long history of around 3000 years. Hongjiang Gushang Cheng originates from the Spring and Autumn period (770-476BCE), and started taking shape as a town around the reign of Tang emperor Xuanzong (810-859CE). During the Ming and Qing dynasties, Hongjiang Gushang Cheng reached its age of prosperity. This town is southern Xiangxi's best preserved collection of ancient buildings. Hongjiang Gushang Cheng was well known for its distribution of tung oil, lumber, white wax and opium, and was the distribution centre for the surrounding five provinces of Yunnan, Guizhou, Guangxi, Hunan and Sichuan. It was southern Xiangxi's economic, cultural and religious centre.

明清标本的“城” 洪江古商城

HONGJIANG Gushang Cheng

8

首届中国隆里

A 'New Media' Festival - Bringing Longli to life

About the "New Media" plan to create the first international 'media arts festival' this July

Article provided by Usaly Culture

国际新媒体艺术节7月落户隆里



January 22nd 2016, Cao Lin the president of the Chinese academy of arts lead a team of professionals to Longli old town, Jinping county in Guizhou province to carry out research.

The team was warmly welcomed with a reception from Jinpin county committee

secretary Mr. Meng Fan Ming, county committee chief vice secretary Mr. Yang Wei, county committee vice secretary Mr. Zhu Fa Ling, county committee propaganda department head Mrs. Fan Lie Mei, and the county committee's vice chairman Mr. Yang Cong Qing. President Cao Lin's team

was comprised of leading stage artists, new media artists, and technologists from within China, the purpose of this visit was to conduct preparation for the first "Longli international new media arts festival".



2016年1月22日，中国舞台美术学会曹林会长率专家组前往贵州锦屏县隆里古城进行调研。专家组受到锦屏县委书记孟凡明先生、县委副书记县长杨伟先生、县委副书记朱法领先生、县委常委宣传部部长范烈梅女士、县委常委副县长杨从清先生的热情欢迎和隆重接待。曹林会长所率专家组由国内顶尖舞台艺术家、新媒体艺术家和技术专家组成，此行目的是为落实首届“中国隆里·国际新媒体艺术节”相关筹备工作。

1
新媒体艺术焕发生机
新媒体艺术是艺术与当代前沿科技的结合，它融合各种艺术与非艺术元素为一体，极大延伸了视觉传达的形式和内容，丰富了艺术的表达形式。在数字信息技术快速发展的今天，新媒体艺术更是插上了一双无限创意的翅，被越来越多的人所认识和关注，展现出前所未有的蓬勃生机。

2
“新媒体+”正当时
新媒体艺术一系列的基础属性决定了新媒体艺术具有良好可延展空间。作为新媒体视觉领域的知名企业，深圳市天地文化创意工程有限公司及其旗下的SHOWPOWER GROUP团队十余年来一直在新媒体创作及应用领域深耕不辍，经过多年积淀，天地文创提出了“新媒体+”概念，旨在将新媒体艺术延展至更多领域，与多种新业态融合，以产生更多的

裂变与创新，带来更大的经济社会效益。

天地文创的发展理念得到了国内多位顶级场景视觉艺术家的认同。在中国舞台美术学会曹林会长、新媒体艺术委员会丰江舟主任、荣飞弟副主任的指导下，



天地文创围绕着新媒体文化艺术节这一课题，在文化旅游领域深入钻研，足迹遍布上海、黄山、开封、敦煌、贵州等多处旅游胜地。结合长期探索与演出实践优势，突破传统限制，把旅游景观、文化特征与兼具互动性、技术性、观赏性的新媒体艺术有机结合，期待为隆里古城旅游增加新的创意附加值，为促进传统隆里旅游产业转型升级做出贡献。

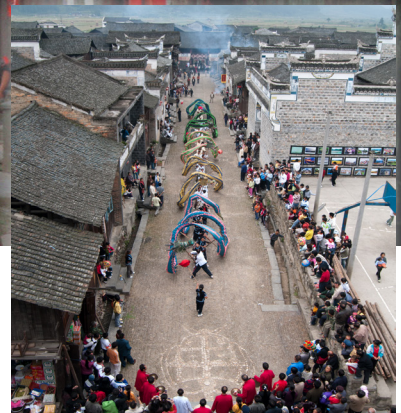
3
融合发展才是硬道
在锦屏县人民政府的大力支持下，中国舞台美术学会新媒体艺术委员会将于今年7月在贵州锦屏县隆里古城举办中国隆里·国际

新媒体文化艺术节。艺术节以隆里的特色文化旅游为依托，面向全球搭建广泛的艺术、创意、技术资源融合平台，为隆里的秀美山水和悠久历史注入更多元的艺术想象，为隆里古城量身打造可全天候观赏游乐的旅游创意升级方案，以“科技+文化+艺术+旅游+互联网”的模式建立新媒体艺术与大众、与产业、与城市的互动关联。作为艺术、科技与旅游融合发展新道路上的一次重要探索，新媒体艺术节同时得到了行业企业的广泛响应，在湖南明和、北京华奥视美等一批的企业积极配合下，“新媒体+旅游”模式将为隆里开启古城旅游的新篇章。

4
吹响战略转型号角

借助一系列新媒体艺术盛事，天地文创加快了跨界融合的步伐。经过近一年的规划与布局，“天地娱乐”这一拥有二十余年演出服务经验、享誉国内的舞台场景视觉品牌，即将迎来华丽转身，以“天地文创”的全新形象开辟新媒体文化旅游的蓝海。

“在继续做好传统领域，并保持领先的基础上，对新兴领域进行精准投入，以更专业的姿态服务于专业领域。希望通过新媒体艺术节这一契机，促进新媒体技术的跨界应用，希望通过企业的实际行动推动中国新媒体艺术与旅游、文化的融合发展。”天地文创董事长李风如是说。



New media is rich and vibrant: New media art is the combination of modern cutting edge technology and art, it is made from the integration of both artistic and non artistic elements, greatly expanding the content information received by the viewer's visual sense, allowing for a rich form of expression. In the rapidly developing modern era of digital information, new media arts have added a pair of wings giving people unlimited creativity, and is being noticed by more and more people, emerging as a form of expression with a vibrancy never before seen by other media.

“New media and the right time” The foundational properties of new media gives new media art forms a good amount of space to stretch out and expand. As one of the famous visual new media corporations, Shenzhen world cultural and creative engineering co.ltd and its SHOWPOWER GROUP team have been creating in new media by the past ten years, after using all of their effort and energy in the field and

gaining many years of experience, the world cultural and creative engineering company came up with the concept of "new media", with the aim of extending and integrating new media into more areas and format, bringing forth new innovation and creativity, and greater economic and social benefits.



The idea developed by the world cultural and creative company gained acceptance from leaders in the visual arts field. With the guidance of Cao Lin, new media arts committee chairman Feng Jiang Zhou, and committees vice chairman Rong Fei Di, the world cultural and creative

company talked around the topic of a new media cultural arts festival, and thus started research into the field of cultural tourism; the group then travelled to famous tourist sites within China such as Shanghai, Huangshan, Kaifeng, Dunhuang, Guizhou etc.

New media is the organic combination of a long time of carrying out probing, exploration and performances, breaking through traditional limitations and the integration of taking the characteristics from tourism landscapes and different cultural traits with interactivity, technicality, and aesthetic qualities. The world cultural and creative company expects this event to add to the innovation of Longli old city's tourism industry, and make a contribution to the acceleration of the modernization of Longli's traditional tourist industry.



The call for a change in strategy: Using a series of new media arts events, the world cultural and creative engineering corporation has increased the pace of cross boundary integration. After a year of planning and arrangement "world entertainment", this visual performing arts brand which has over 20 years of performance service experience, and enjoys a great reputation throughout China is about to welcome in a massive turn around, "world cultural creativity" will be renewing their image and opening a new avenue in new media cultural tourism.

The development of cultural integration and fusion is our aim:

With the massive support of the Jinping county People's government, the Chinese academy of arts new media arts committee will hold the Longli International New Media Cultural Arts Festival in July.

The arts festival will be focusing on Longli's unique culture, setting up a large resource platform of art, innovation and technology directed out to the world, bringing more imagination and creativity to the beautifully landscaped and historical city's first Longli, and improving the destination to create a tourist attraction with amusements and entertainment all day long, using "technology, culture, art, tourism and the Internet" to establish new media arts which connect the public, industries and the city itself.

The new media arts festival is simultaneously doing important exploration into the idea of fusing art, technology and tourism together to develop a new path, whilst also gaining a huge response from the industry, Hunan Minghe, Beijing Hua Aoshimei international media corporation are just a couple of corporations which have been in co-operation. "New media and tourism" will be the start of a new chapter for Longli's tourist industry.

"We'll continue to excel in our traditional field and maintain a leading base, whilst taking precise measures to enter into new fields, through more professional service in our company's specialist areas. We hope that we can use the new media arts festival opportunity to advance new media technology's cross boundary applications, we hope to use the corporation's actual actions in order to promote Chinese new media arts tourism and the development of cultural fusion." Says the world cultural and creative corporation's chairman Li Feng Ru Shi.



Sit back and allow the Coffee Master to set your soul free ...for a while

Zixiang Ye, from Zhuhai, is known by his friends in the shop “Leaf”. He started to work as a part-time barista in Starbucks since university and now, he’s the Duty Manager of the Starbucks branch of Taiping St. Every morning, Zixiang Ye stands behind the counter and prepares all kinds of coffee. “Hello, what would you like to have today? More cream, less sugar? We have different kinds of hand-made pastries which would be great add-ons to go along with the coffee. Whether you are from the neighborhood or just passing by, Zixiang Ye and his fellow baristas will treat you like family. People living near Taiping St and



STARBUCKS®

tourists will visit Starbucks, wait in line, order, pay, then find a good, comfy spot, sit, enjoy the view of the old street and have their coffee—this has become a ceremonial routine. Zixiang Ye calls this a “not easily acquired experience”. In places like Taiping St “enjoying the time under the sun, and observing life, your coffee instantly gets better”. said Zixiang Ye, while making manual drip coffee. According to his previously drafted extraction plan, the time of extraction will last around a minute and half with water temperature around 88~92 degrees.

Zixiang Ye suggests that one should finish their manual drip coffee within 2~3 minutes so that they can fully taste the flavour. “Smell it, taste it,



feel it, describe it”. In those four steps, every type of coffee beans’ unique flavor would spring to life in your mouth. Starbucks uses 100% Arabica beans, “we have beans from Latin American, Asian Pacific, and African regions.” Zixiang Ye is a certified Starbucks Coffee Master; apart from superb coffee making skills, he needs to know and be able to distinguish acidity, purity, flavour and other fine details. “For example, this Starbucks Christmas Blend Coffee Beans, lively blending with Latin American beans, mellow Indonesian coffees or these rare aged Sumatra, which are full of sparkling seasoning of joy, richness, bold flavors and alluring spicy notes.

He possesses the skill to control humidity, temperature, the extraction ratio and a proficiency and patience of a craftsman. Zixiang Ye feels that each and every customer shares the same temperament. “Everybody is different, but it’s just that tiny bit that we share which brings us together, and that would be coffee.” Coffee shops are like people, they grow but you will depend on it eventually. “We are just a coffee shop where one can stay all day long no matter what is happening outside, a place full of joyful memories, not some shop that only sells coffee.”

Did you know?

The first English language use of the term?caffè latte?is credited to American author William Dean Howells in his 1867 essay “Italian Journeys”

Q&A:

How to choose the perfect coffee?

Zixiang Ye: “If you want something sweet and some distinctive flavour then go for mocha, vanilla latte, caramel macchiato. Latte and cappuccino are for people wanting more richness in their coffee. If you want original black coffee, Americano and freshly brewed coffee are your best choices. Those drinks can have other flavored syrups added, skimmed milk, soymilk, and decaffeinated coffee beans as well. As for green tea latte and red tea latte, they comprise of tea and milk with no coffee added.

How to know if the beans are good or bad?

Zixiang Ye: “First, the smell. Fresh beans have a strong aroma. Secondly, look at the beans, the plumper, well distributed, the better. Less splintered beans are better too.



Starbucks TaiPingJie Street branch: Opened in Dec, 2012, the Taiping St, is the only traditional Chinese style Starbucks in Hunan Province. Enter through the retro style metal door, sit by the Lotus murals and traditional Chinese style lights and slowly enjoy the manual drip coffee done by coffee masters, creating a very special feeling.

{ 饮食加减题 }

DOO

Bowl of rice (2 cups): 83 grams of carbohydrate 2 grams of fiber, so that's 81 grams of insulin spiking glucose. Whole wheat noodles just 58 grams: 136 grams of carbohydrates 16 grams of fiber, which nets 120 grams of insulin spiking glucose. In total this normal breakfast and lunch total 201 grams of glucose (sugar). The calories of these two dishes equal 998 calories, really not that much based off of 2,000-2,500 calorie diet which is what nutrition experts recommend. So why is everyone walking around fat or "skinny fat?"

Here's why.

Calorie in and calorie out is bullshit. A calorie is not just a calorie.

Hope I got your attention because here we go!

一碗米饭（2杯米）：共83克碳水化合物，其中2克纤维素，所以有81克刺激胰岛素分泌的葡萄糖。一碗面（58克）：共136克碳水化合物，其中16克纤维素，也就是有120克刺激胰岛素分泌的葡萄糖。总的来说，这样平常的早午饭总共有201克葡萄糖。这两顿的热量约为998卡路里，和营养专家们推荐的2000-2500卡路里相差甚远。那为什么还有这么多人会肥胖或“虚胖”呢？

让我来告诉你原因。

所谓的卡路里论都是胡说八道，摄入卡路里和消耗卡路里远不是你们想象的那么简单。注意咯，欲知详情，继续往下看！

THE MATH

CALORIES

How do you figure out the proper number of calories – and breakdown of fats, protein and carbs – to accomplish your fitness and health goals? To lose weight? Lose fat? Gain muscle? Maintain status quo? Run marathons?

In fact, most popular daily diets look at overall calories as the main factor in weight loss and weight gain. The age-old conservation of energy Conventional Wisdom says that “a calorie is a calorie.” From there most diet douchebags generally prescribe some formulaic one-size-fits-all breakdown of fats, protein and carbs U Salad (cough cough). A classically trained Registered Dietician will tell you that protein should be around 10-15% of calories, carbs should be 60% (and mostly from whole grains) and fat under 30%. This macronutrient breakdown stays the same regardless of how much weight you need to lose or what other goals you might have. Barry Sears has his 40/30/30 “Zone” diet. The USDA bases everything on a choice of between 2,000 and 2,500 calories a day. But, as I said earlier, it’s not that simple. Calories do have context.

GIVE ME 30 DAYS

Which brings me to the next part of today’s discussion. Not only is it nearly impossible to accurately gauge your exact meal-to-meal calorie and macronutrient requirements, doing so will drive you crazy. In fact, to accurately figure your true structural and functional fuel needs (and hence to achieve your goals) it’s far more effective to look at a much larger span of time, like a few weeks, and aim for an “average” consumption. Then you can review that average daily intake over weeks or months and adjust accordingly. Hence, GIVE ME 30 DAYS!

这就引出了我今天要讲的另一个部分。准确地计量你每餐的能量摄入和营养需求几乎是不可能的，这样做更会让你抓狂。事实上，为了达到目标，在衡量结构性和功能性能量的实际需求时，更有效的办法是把眼光放在更大的时间跨度上（比如几个星期），并按一个平均摄入量控制饮食。然后在几周或几个月之后，根据自己的身体反应，对日均摄入量进行相应调整。所以，给我30天！

MACRONUTRIENTS

The human body uses these macronutrients for a variety of different functions, some of which are structural and some of which are simply to provide energy – immediately or well into the future. Moreover, with regards to energy conservation or expenditure, the body acts as both an efficient fuel storage depot (and as a toxic “waist” site) as well as a potent generator of energy, depending largely on the hormonal signals it gets. It will store glycogen and/or fat and it will build muscle – or it will just as easily tear them all down and use them for fuel – based on input from you: what you eat, how much you eat, when you eat, what you’re doing before or after you eat – even what you’re thinking when you eat. Yet because your body always seeks to achieve homeostasis over time, the notion of you trying to zero in on a precise day-to-day or meal-to-meal eating plan is generally fruitless (yes, Elyn, some fruit is allowed). The good news in all this is that falling off the wagon once or twice this week won’t have the immediate disastrous effect that you might imagine – as long as you can keep your average intake under control and understand how the various macronutrients function over time.

EAT CLEAN

I will give you a way to figure a “jumping off” point to start with, but remember, our genes are accustomed to the way our ancestors ate: intermittently, sporadically, sometimes in large quantities, and sometimes not at all for days. Their bodies figured out a way to maintain homeostasis and preserve lean tissue and good health through all this and so can we. Our genes want us to be lean and fit. It’s actually quite easy as long as we eat from the long list of Tsunami CrossFit and Kitchen healthy foods and try to avoid that other list of grain-laden, sugary, processed and otherwise unhealthy foods. Realistically, we also want to allow for the occasional party-splurge, a pre-planned (or accidental) intermittent fast, an over-the-top workout or even a few days of laziness. Where most people get into trouble is in miscalculating their energy needs over extended periods of time – not day-to-day. They don’t see the average amount of carbs creeping upwards, or they figure they need x amount of calories, but don’t have a clue as to what kind of food those should be coming from.

基因因为我们选择了低脂和强健。这其实很简单，只要从Tsunami CrossFit and Kitchen的美食清单中选择饮食，尽量避免谷物、糖类、精加工产品及其他不健康食物。



I START WITH THESE FOUR BASIC PRINCIPLES TO GUIDE MY NEW ATHLETES EATING STYLE:

YOU ARE WHAT YOU EAT

- 1) 80% of your body composition will be determined by your diet. Yes, exercise is also important to health and to speed up fat-burning and muscle-building, but most of your results will come from how you eat. I'll write more on this later, so just trust me on this one for now. Suffice to say, people who weigh a ton and exercise a ton, but eat a ton, still tend to weigh a ton. I think I'll have that made into a t-shirt... meatbags.
- 2) Lean Body Mass (LBM) is the key to life: lean mass (muscle and all the rest of you that is not fat) is directly correlated with longevity and excellent health. Rather than strive to "lose weight", most people would be better off striving to lose only fat and to build or maintain muscle. Since other organs tend to function at a level that correlates to muscle mass, the more muscle you maintain throughout life, the more "organ reserve" you'll have (i.e. the better the rest of you will work). Refer back to rule #1 and eat to build or maintain muscle.

瘦体重 (LBM) 是生命的关键：瘦体重（肌肉和身体其他非脂肪部分）与寿命长短和身体健康直接相关。相比于“减重”，减脂、健肌会让人活得更好。因为身体其他部分会基于肌肉含量而运作，肌肉越多，就有越多的“功能储备”（身体的其他部分会运作地更好）。请参考前面的规则 #1 选择饮食，以增加或维持肌肉。

BODY FAT

3) Excess body fat is bad. Most human studies show that being significantly overweight increases your risk of nearly every disease (except osteoporosis – because ironically it responds to weight-bearing activities). Fat just doesn't look that great either. See rule #1 and eat to keep body fat relatively low.

4) Excess insulin is bad. Chronic excess insulin may be even worse than excess sugar (and we know how bad that is). All animals produce insulin, but within any species, those that produce less insulin live longer than those who produce a lot. Eat to keep insulin low.

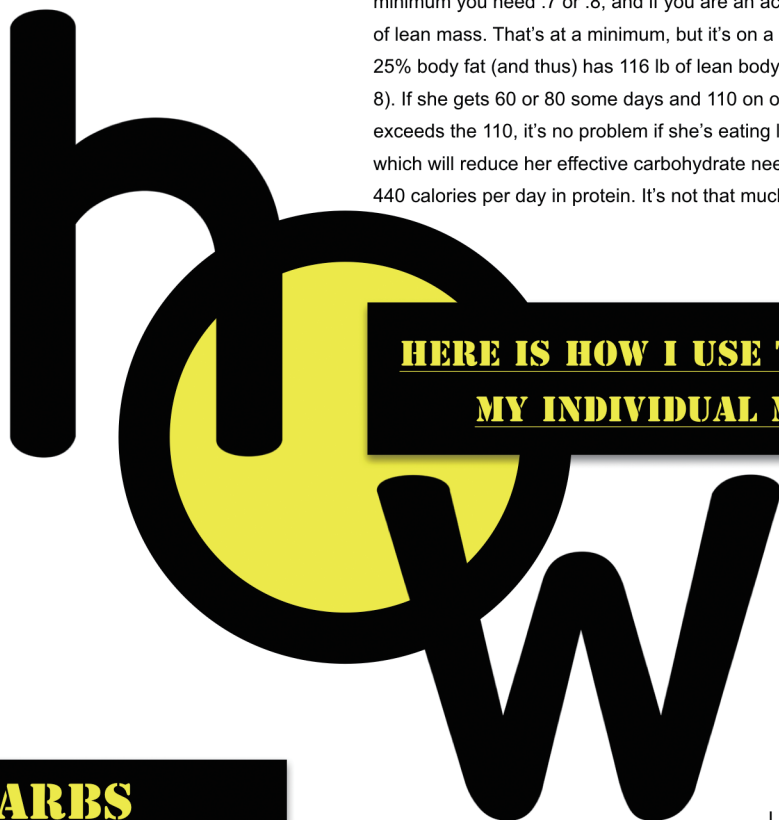
3) 体脂超标不好。大多数人体研究表明，显著超重会增加几乎所有疾病的发病风险（除了骨质疏松——因为负重可以预防骨质疏松，真是呵呵）。而且肥胖也影响美观。请参见规则 #1 选择饮食，以保持相对低脂状态。

4) 胰岛素过量不好。长期性胰岛素过量或许比糖过量（你应该知道这有多糟糕）更糟糕。所有的动物都会分泌胰岛素，但在任何一个物种中，那些分泌胰岛素较少的比那些分泌更多的活得更久。所以应该选择能减少胰岛素分泌的食物。

EAT TO KEEP INSULIN LOW

PROTEIN

Protein takes priority. If there is ample glycogen (stored glucose) and the body is getting the rest of its energy efficiently from fats, protein will always go first towards repair or building cells or enzymes. In that context, it hardly seems fair to assign it a "burn rate" of 4 calories per gram. It's like saying the 2x4 studs that support the walls of your house can burn nicely if you run out of firewood. They will, but I prefer to burn other fuel first. At a minimum you need .7 or .8, and if you are an active athlete you need as much as 1 gram of protein per pound of lean mass. That's at a minimum, but it's on a daily average. So a 155 lb moderately active woman who has 25% body fat (and thus) has 116 lb of lean body mass needs 93 grams of protein on average per day ($116 \times .8$). If she gets 60 or 80 some days and 110 on others, she'll still be in a healthy average range. And even if she exceeds the 110, it's no problem if she's eating low carb because the excess protein will convert to glucose, which will reduce her effective carbohydrate needs (see below). At 4 calories per gram, that's between 320 and 440 calories per day in protein. It's not that much.



HERE IS HOW I USE THESE PRINCIPLES TO GUIDE MY INDIVIDUAL MACRONUTRIENT INTAKE

CARBS

If you've forgotten everything you ever learned in biology, just remember this and "own" it: Carbohydrate drives insulin drives fat (Cahill 1965, and Taubes 2007). The idea is to limit your carbs to only those you need to provide glucose for the brain and for some reasonable amount (certainly less than an hour) of occasional anaerobic exercise. And the truth is, you don't even need glucose to fuel the brain. Ketones from a very-low carb diet work extremely efficiently at that task. Either way, ideally, we would like most of our daily energy to come from dietary or stored fats. Typically, (if you are at an ideal body composition now) I use a rule of thumb that 50-80 grams of carbohydrate per day is plenty to keep you out of ketosis (and ketosis is NOT a bad thing) but away from storing the excess as fat if you are the least bit active. Don't forget that your body can make up to 200 grams of glycogen from fats and protein every day, too. On the other hand, if you are looking to lose body fat, keeping carbs to under 30 grams per day will help immensely in lowering insulin and taking fat out of storage. On the other other hand, if you are insistent on training hard for long periods of time for example chronic cardio or long distance running, you would add more carbs (say, 100 per day extra for every extra hour you train hard). It becomes a matter of doing the math and experimenting with the results. What I'm trying to say is don't waste your time with long duration workouts or long distance training as the center piece of your training. I do believe that long distance is a part of fitness but used very sparingly. Most of my workouts just average about 19 minutes per session. Consisting of gymnastics, weight lifting, and metabolic conditioning.

Ironically, it's tough to exceed 80 grams of carbs even if you eat tons of colorful vegetables – as long as you eat like our ancestors and consume no grains, no sugars and few starchy vegetables (potatoes, yams, beets, legumes, etc). Even if you eat a ton of vegetables AND a fair amount of fruit, you'll be hard pressed to exceed 150 grams of carbs on average per day. Our remote ancestors couldn't average 150 grams of carbs a day if they tried, yet they had plenty of energy and maintained their lean mass. At 4 calories per gram that's only between 400 and 600 calories per day. Add that in to the protein above and our sample girl is barely at 1,000 calories on the high end. So where does the rest of the fuel come from?

学会爱上脂肪。它们注定是最好的供能物质，脂肪会是你Tsunami CrossFit所倡导的饮食方式中最主要的摄取物质。脂肪对胰岛素几乎没有影响，因此，其有助于促进食物中及体内已有（肥胖）脂肪的燃烧。

Learn to love them. They are the fuel of choice and should become the balance of your Tsunami CrossFit diet. Fats have little or no impact on insulin and, as a result, promote the burning of both dietary and stored (adipose) fat as fuel. Think about this: if protein and carbs stay fairly constant (and carbs stay under 150), you can use fat as the major energy variable in your diet. Feeling like you need more fuel (and you've already covered your bases with protein and carbs)? Reach for something with fat. Nuts, avocados, coconut, eggs, butter, olive oil, fish, chicken, lamb, beef, the list is a long one. 100 grams of fats per day would only add 900 calories to our girl's daily average, putting her at between 1620 and 1940 calories a day. Even if she averages somewhere between 1400 and 2200 calories per day over a few weeks, as long as she pays attention to protein and carbs, her body composition will shift to lower body fat and more desirable lean mass. If she decides to do some walking, a few brief intense weight sessions and a sprint day here and there, that process would accelerate greatly. If she gets to a point where she's content with her body fat, she can even add in a little more fat to provide energy that she previously got from her stored fat. The main thing I've figured out from eating this way for years is that I don't need nearly as many calories to maintain health, mass, and body fat as I once thought I did – or as the Conventional Wisdom says I do. I eat 600-1000 calories per day less than when I ate a carbohydrate-based diet, yet I train harder then ever.

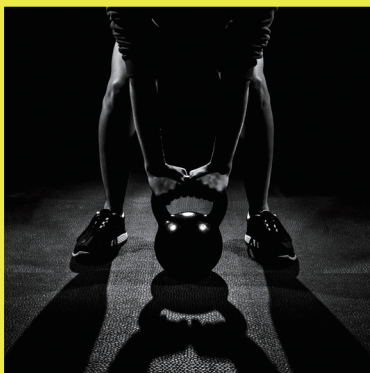
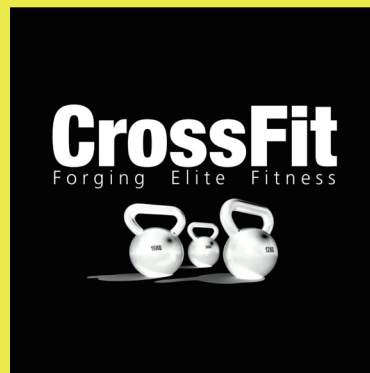
FATS

HEALTH

Final point, I don't know how to help you until you come in for a visit. I'll measure your health markers (blood pressure, resting heart rate, PH balance, body fat percentage, weight, and work capacity.) give you a jumping off start and then monitor you for the next 30 days with prescribed workouts and nutrition conversations. You are all as unique as a snowflake and there is no "one size fits all" nutrition plan. You gotta work the plan for 30 days and then we can see if the plan is working or if we have to make adjustments.

I wish you all a happy new year and hope you realize true wealth is all about your health!

最后一点，只有当你真正走进Tsunami CrossFit & Kitchen，我才知道如何才能帮助你。因为我会为每一个人进行一次健康测试（包括血压，心脏静息率，PH值，体脂率，体重，体能），从而我才能教你如何开启你的健康之旅。在接下来的30天，我会制定你的训练计划并监督你完成，同时教你营养及饮食知识。每个个体都如雪花一般，唯一而独特，所以根本没有“一体适用”的营养计划，计划都是随着个体的改变而改变的。你所要做的，就是坚持执行这个计划30天，你就会逐渐发现你自身的改变，而我们能够在这条改变之路上带给你的，就是永远为你的健康，日夜监护！



WEAVENTS CROSSFIT?

CrossFit is varied functional movement performed at high intensity.. What does that mean exactly? Well, to explain in Lehman terms.. It's the most grueling yet most satisfying exercise program on the planet and I'm in love with it. What is Fitness? There really wasn't a definition for fitness, nothing clear cut anyway until Greg Glassman the founder and CEO of CrossFit coined it. Fitness: work capacity measured across broad time and module domain. For example; if I take two people and make them move a pile of rocks from point A to point B and one of them finished 20 minutes faster than the other guy, who is more fit? If I have the same two people run 2km after moving the pile of rocks and then row a boat 2km.. Well in essence..that is CrossFit.. CrossFit does not specialize in one area.. Yet try to harness skills for any thing that we may encounter. Doing the common uncommonly well. I am a CrossFit Box owner and have been in the fitness world for most of my life. I've done all kinds of training my whole life and nothing has been close to how I feel about CrossFit. It makes the mind and body stronger than you could ever imagine. CrossFit didn't invent high intensity exercise but sure did perfect it. The movements are not new but the art of CrossFit lies within the programming. The order of different exercises, the amounts of reps, and weight. It's like a beautiful symphony when performed with max effort and perfect form. One of my favorite workouts consist of just 2 movements and could do it anywhere. A 50-40-30-20-10 speed ladder of kettle bell swings and burpees. Sounds easy enough right? This is one of the most challenging programs I've ever done. It really tests your mental strength. To quit or to push through the pain. Truly challenging your limits is how you breakthrough walls. Once you start TRULY pushing yourself you will then realize that there in no limit to your full potential.

In CrossFit we specialize in nothing.. That's right, we don't specialize in any 1 area. We work on everything and we constantly change our programs. If you are a normal gym goer maybe your schedule is something like this: Monday chest and triceps, Tuesday back and biceps, Wednesday shoulders, Thursday legs, Friday cardio, Saturday and Sunday is rest. Maybe you are doing 5x5's or maybe just running.. Anyway, training this way only leaves too many holes in your fitness. There are 10 skills that need to be worked on: endurance, speed, power, strength, flexibility, agility, accuracy, coordination, balance, and stamina. If you possess these 10 skills you are really fit. This is what we work on. We don't use isolation equipment, everything we do requires the whole body. Some of the basic movements of CrossFit are air squat, back squat, front squat, overhead squat, burpees, Olympic style weightlifting, compound movements: bench press, deadlift, bent over row, shoulder press, gymnastics: push-ups, pull-ups, dips, handstands, muscle ups, running, rowing, swimming, and climbing. We will use all of these methods within our programming and we can scale the workout so no matter your age, gender, or ability everyone can CrossFit!

If you are trying to achieve health or trying to achieve a more active lifestyle OR trying to become a top level athlete CrossFit is for you.

Exercise alone is just half the battle. Nutrition plays a huge role in becoming healthy, fit, or elite fit. At Tsunami we believe in eating according to human biology. Meat, vegetables, nuts, seeds, VERY little fruit, a little starch, and no sugar. It's only when you combine sound nutrition with effective exercise that you truly feel what healthy is. It's life changing and I guarantee you will never have felt so good in your life. When you have your body balanced due to the appropriate amounts of macronutrients and effectively exercising you will achieve true health! this is what makes my system so highly effective. I preach nutrition first then dose you with intensity. I myself eat mostly meat and eggs. I eat veggies, I never eat sugary fruit, just coconut and avocado, occasionally strawberries or blueberries (low glycemic). I never eat bread, rice, sugar, honey, noodles, or anything processed. Just natural and whole foods. I've been doing this long enough to know that the people who abide by the nutrition plan and giving their all at the gym have great success.

Without change to diet you will never reach your full potential and you will never understand these words until you have tried for yourself. I challenge you to try. What's the worst thing to happen? You feel a little tired because your body is going through sugar withdraw? Allow your body to become fat adapted and become more than human! Allow your body to become fat adapted and CrossFit and become superhuman! Give me 30 days. You'll never be sorry you did.

I'm opening a state of the art CrossFit facility combined with a Paleo style kitchen. Nutrition and fitness combined is the only way to achieve health. Tsunami CrossFit and Kitchen is the first of its kind. We are the first CrossFit facility in Hunan and have the first Paleolithic style restaurant in Hunan. Combining Paleo and CrossFit will help you become truly healthy. We will be located in Center city across the street from HeLong stadium. Come for a free health evaluation where we will measure 6 health markers and tell you where you are on the scale of sickness to fitness. Will also develop a nutrition plan. We hope to help educate and inspire 1,000,000 people in Changsha about health and fitness. All are welcome who wants to be better than they were yesterday.

CrossFit究竟是什么?

CrossFit是以超高强度完成多种变化的功能性动作。这到底是什么意思? 用Lehman的话说: 它是这个星球上最艰辛, 却又最令人满意的训练模式, 令我深爱不已。

我将以此完成一种新的艺术, 将CrossFit与古法饮食相结合。营养与健身相结合是获得健康的唯一方法。Tsunami CrossFit and Kitchen 是第一步。我们是湖南第一个CrossFit健身房, 配套第一个古法饮食餐厅, 助您获得真正的健康。我们坐落在市中心、贺龙体育馆对面。来吧, 我们提供免费健康评估, 测量你的6个健康指标, 从而诊断出你的健康或疾病状态并为你制定一个营养计划。我们希望将正确的健康知识传达给一百万长沙人, 并依次激励更多的人。所以, 如果你想超越昨天的自己, 我们随时欢迎你!



新的长沙卡出的棒棒哒！ 预知更多资讯，请上WNIC查询！ 扫描今天就开始关注！

Scan us to keep up to date on all city updates and info

扫描二维码获取最新的优惠信息。



Scan & Follow before signing up to get more special discounts with Changsha's biggest foreigner information service!
扫描&关注长沙最大的英文信息平台获取更多的折扣优惠信息！

12%OFF 所有消费 8.8 折



@Timesharer



25%OFF 7.5 折特惠

@Sophia



12%OFF

8.8 折

@North American Lifestyle



40%OFF 6 折

@Forgotten Corners

coffee / dessert /
clothing / hairdressers /
tea rooms / burgers



10%OFF 9 折

@La Vie En Rose

You can also email us your details: wnic@qq.com. All data will be held securely by WNIC only and not shared.

请将此单填好后交还给销售人员，您的信息将不会泄露给第三方。WNIC 将会确保您的信息安全。

One card, one city, big savings!

一卡“通”城，
乐“惠”长沙！



www.wnichangsha.com

