

## Information Therapy

Become a VIP- Very Informed Person, by educating yourself about how your most important machine-your own body, works! Make yourself Aware! Wondering where to get it?



Drop in at Health Library, C.S.T, Mumbai and take a look.

## Health Check-ups

There is no boon like that of an early diagnosis, and it can change the entire course of your illness, thereby preventing unnecessary complications in most cases. It pays to get a **regular health check-up** done if there is a certain illness running in the family which has a great genetic transmission risk like Diabetes, Heart diseases etc. Get a complete medical check-up done for your family once a year, even if everyone appears to be healthy!

For a holistic health service for your family, walk into your nearest **Manipal Cure and Care centre** or call (022)39893979.

## Healthy Eating



Unfortunately for us, unhealthy food manages to taste so good, that we can't resist it. How can we explore the healthier yet tasty options?

- Carry a **fruit** in your bag, so you can bite into it when you get hungry. Each time you are thirsty, opt for fresh juice, iced tea or chilled water instead of an aerated drink. Soda-based drinks only pile up calories in your body, may cause acidity and may scrape precious enamel off your teeth.
- Carry a bottle of **water** wherever you go. Aim to drink at least 2 liters per day as a minimum. Increase your water consumption as per your activities in the day. 
- Replace Table salt with **Rock salt** to season your fruits, salads etc. It tastes great and aids in digestion too. Also cut down on pickles and papads, as they contain large amount of salt. 
- Use Olive, Sunflower or Safflower oil** for cooking. Do not use vanaspati/groundnut oil/desi ghee. Pressure cook, grill,

shallow fry or bake food as much as possible, they automatically reduce the oil consumed without compromising on the taste.


- Whenever you eat out in hotels, always order juices, soups, salads and tandoor starters. Not only are they healthier, they reduce the bulk of the heavy main course dishes you will end up eating at your meal. Question about the ingredients such as oil, salt being used at the restaurant!

## Tips for Losing Weight

- Have a **proper breakfast**, and then follow it up with 4-5 light meals during the day. Eat your meal slow and in one go, avoid second helpings. 
- Consume healthy desserts like fruits, custard, minimize on fatty desserts like malai sweets, burfis, cakes and milk products like rabdi or cream.
- ADD:** Sprouts, salads, egg whites, skimmed milk, and lots of green veggies, to make your food nutritious.   
**LIMIT:** Starchy food like rice, potatoes, sugar, oily curries, non-vegetarian food in your daily meals.
- Stay away from packed chips, oily farsans and fried snacks like bhajiyas & cutlets. Instead munch on **nuts**, fiber biscuits, diet khakras and wheat/whole meal biscuits at tea-time.
- If you prefer coffee to tea, then replace one of your coffees with **green tea and honey**. As a refreshment, try lemon juice with honey.

## Exercise

In today's fast paced world, there is little time for exercise. However, we can make the most out of our everyday activities, and feel better at the same time

- Climb steps.** Can be done anywhere, and make it interesting by competing with a friend. It may sound childish, but it is an incentive to exercise and give up the lift.
- Cycle** whenever you can. Ride in the fresh morning air and feel energetic throughout the day. Use the bicycle for small errands when possible. 
- Brisk walking** is an easy exercise for everyone. It serves as a very effective cardio workout and a social activity to catch up with friends and family.

- Dance your weight away!** Convert your room into a studio, pump up your favourite music and start moving NOW. It also serves as a stress-buster after a good days' work.
- Yoga** – India's gift to the western world. There is no reason why we shouldn't practice it too! Not only is Yoga a very controlled and effective form of exercise, it is also known to treat common disorders like back pains, asthma etc.

## Addictions – Get rid of them

It is indeed shocking to see highly educated executives and youngsters smoking their lungs out and drinking carelessly, with the excuse of beating stress or appearing urban. Have a look at the dangers before doing so:

- "Tobacco" is known to have no single health benefit, and causes a variety of cancers such as lung, oral, stomach, urinary bladder cancers, and we still have so many people not only killing themselves, but also endangering the lives of their near ones who are exposed to passive smoking due to them. Children, whose parents smoke are reported to have severe asthma and lung fibrosis! What else are we waiting for?
- "Alcohol" – Moderate drinking is NOT good for health! ill effects of drinking- fatal liver damage, addiction, psychiatric problems, memory loss, broken marriages, abuse, social crimes, road accidents to name just a few!

## Beat Stress

Stress is created in your mind – and arises when you either try to do something you can't do or don't do what you are supposed to! There is a lot you can do to beat stress and prevent distress!

- Learn Yoga, Meditation and recharge your body with **plenty of sleep**.
- Think about your loved ones in your difficult times and ask them for help if needed.
- Take a couple of **deep breaths** in stressful situations.
- Take up music, outdoor games; go for a small shopping spree/walk.



*"iAlive - Healthy I, Healthy India" is started by a group of youngsters to help YOU lead a healthy life. Help them by spreading the message to your loved ones. Visit*

[www.ialive.org](http://www.ialive.org)