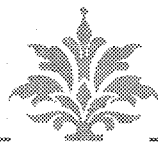




# Healthy *Lifestyle*

## **Importance of Healthy Lifestyle.**

Most of the diseases leading to poor quality of life are a result of faulty lifestyle. Overeating habits, sleeping habits, posture, physical activity as well as mental & physical stress, all put together comprise our lifestyle. Many commonly found diseases and disorders like obesity, hypertension, diabetes, backache, depression etc. can be avoided by following a healthy lifestyle.



Help yourself **to stay healthy**




**BARODA HEART INSTITUTE  
& RESEARCH CENTRE**

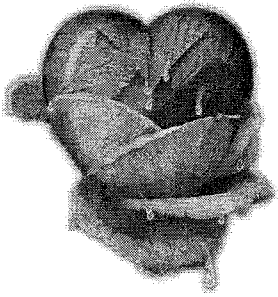
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# Heart disease prevention:

## 5 strategies keep your heart healthy

Heart disease may be the leading cause of death for both men and women, but that doesn't mean you have to accept it as your fate. Although you lack the power to change some risk factor such as family history, age and race, there are some key heart disease prevention steps you can take.

### 1. Don't smoke or use tobacco products

This is the most powerful, preventable risk factor for heart disease. When it comes to heart disease prevention, no amount of smoking is safe. Smokeless tobacco and low-tar and low-nicotine cigarettes also are risky, as is exposure to secondhand smoke. Tobacco smoke contains more than 4800 chemicals. Many of these can damage your heart and blood vessels, making them more vulnerable to narrowing of the arteries (atherosclerosis). Atherosclerosis can ultimately lead to a heart attack.

### 2. Exercise regularly

You already know that physical activity is good for you. But you may not realize just how good it is for you. Regularly participating in moderately vigorous physical activity can reduce your risk of fatal heart disease by nearly a quarter. And when you combine physical activity with other lifestyle measures, such as maintaining a healthy weight, the payoff is even greater. Regular physical activity helps prevent heart disease by increasing blood flow to your heart and strengthening your heart's contractions so that your heart pumps more blood with less effort. Physical activity also helps you control your weight and can reduce your chances of developing other conditions that may put a strain on your heart, such as high blood pressure, high cholesterol and diabetes. It also reduces stress, which may also be a factor in heart disease.

### 3. Eat a Heart-healthy Diet

Consistently eating a diet rich in fruits, vegetables, whole grains and low-fat dairy products can help protect your heart. Legumes, low-fat sources of protein and certain types of fish also can reduce your risk of heart disease.

Limiting your intake of certain fats also is important. Of the types of fat - saturated, polyunsaturated, monounsaturated and trans fat - saturated fat and trans fat increase the risk of coronary artery disease by raising blood cholesterol levels. Following a heart healthy diet also means drinking alcohol only in moderation - no more than two drinks a day for men, one a day for women. Above that, it becomes a health hazard.

### 4. Maintain a healthy weight

As you put on weight in adulthood, you gain mostly fatty tissue. This excess weight can lead to conditions that increase your chances of heart disease - high blood pressure, high cholesterol and diabetes.

How do you know if your weight is healthy? One way is to calculate your body mass index (BMI), which considers your height and weight in determining whether you have a healthy or unhealthy percentage of body fat.

Waist circumference is also a useful tool to assess abdominal fat. In general, men are considered overweight if their waist measurement is greater than 40 inches. And women, in general are overweight if their waist measurement is greater than 35 inches. Even small reductions in weight can be beneficial. Reducing your weight by just 10 percent can decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes.

## 5. Regular Health Check-up

High blood pressure, high blood sugar and high cholesterol can damage your cardiovascular system, including your heart. But without testing for them, you probably won't know whether you have these conditions. Regular screening can tell you what your numbers are and whether you need to take action.

**Blood Pressure** : Adult should have blood pressure checked at least every yearly. You may need more frequent checks if your numbers aren't optimal or if you have other risk factor for cardiovascular disease. Optimal blood pressure is less than 120 / 80 millimeters of mercury.

**Blood Sugar Level** : Blood sugar needs to be checked one yearly. If the sugar are deranged, more frequent measurement may be required.

**Cholesterol Levels** : Adults should have their cholesterol measured at least once every two years. You may need more frequent testing if your numbers aren't optimal or if you have other risk factor for cardiovascular disease. Some children may need their blood cholesterol tasted if they have a strong family history of heart disease.

### Prevention Pays

Heart disease is often avoidable. Following a heart healthy lifestyle doesn't have to be complicated, and it doesn't mean you need to live a life of self-deprivation.

## Knowing the risk factor for heart disease could reduce your chances of having a heart attack.

### Risk Factor for Heart Disease that can't be changed.

#### Heredity

You have a greater chance of having heart disease if a close relative has had it, especially brothers, sisters, or parents. Your chances increase significantly if more than one close relative has had heart disease, and even more if they were under 50 !

#### Sex

Men have a greater chance of having heart disease than women. This is partially due to the fact that men carry their body fat closer to their heart. The risk of a women having heart disease increases after menopause, due to the decrease in estrogen levels.

#### Age

If you are over 65 you have a greater chance of having a heart attack.

#### Smoking

If you smoke cigarettes you are twice as likely to have a heart attack. This is the greatest risk factor for fatal heart attacks. This could be due to a number of factors but one of the major ones is that smoking makes you blood cholesterol stickier, which makes it easier to stick to the walls of the arteries this in turn increases blood pressure.



#### High Blood Pressure

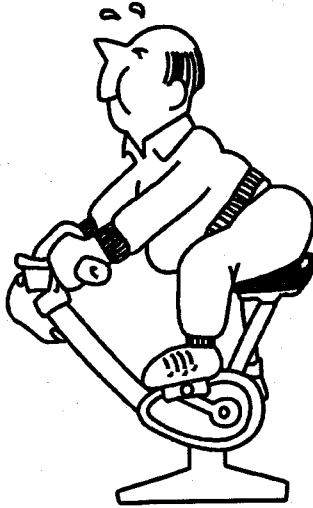
This is usually termed 'the silent killer' because there are usually no early warning signs. As you get older it is wise to have your blood pressure checked regularly, especially if you are inactive, smoke and have a poor diet.

## Diabetes

Statistics show that 80% of people with diabetes die of some form of heart disease. We will see this figure reduce as more diabetics are educated on the benefits of exercise.

## High Blood Cholesterol

As mentioned previously, as your cholesterol rises so does your blood pressure. Your diet is crucial in the maintenance of cholesterol. Eat good cholesterol (HDL) and limit bad cholesterol (LDL)



### Physical Inactivity

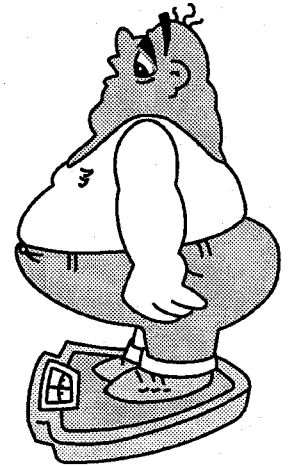
Physical inactivity makes a person more susceptible to heart disease. Moderately vigorous exercise is enough to significantly reduce your risk of heart attack.

### Obesity

Even if you don't have any other risk factors, if you are obese or overweight you will have a high chance of getting some form of heart disease.

### Individual Response To Stress

If you don't respond well to stress (ie. get overly angry, etc.) you have a greater chance of having a heart attack.



# Fitness Fundas

## DO's

### DO Start Of Moderately

Being slowly & progress gradually through your activity programme.

### DO Warm Up and Cool Down

A low-impact warm-up before any exercise is essential. It warms the muscles, makes them more limber & easier to stretch, which results in a better workout. It also helps to prevent injury.

Cooling down after exercising is also important as it relaxes the muscles, lowers the heart rate, and helps the body to recover from the stress of a work out. It'll make you feel better immediately after the workout, & the next morning.

### DO Stretch

Flexibility is one of the most important factor of fitness. Stretching before, during & after a workout will result in a better performance, good posture, fewer injuries, & overall better fitness.

### DO Consult a Trainer / Physiotherapist

If you belong to a gym, you may consult a certified trainer for reasonable workout plan. If suffering from any orthopedic problem, do consult a physiotherapist.

### DO Find a Workout Partner

If motivative in your problem, a workout partner might be the solution. Try to pick a partner with abilities equal to your own.

## **DO Watch What You Eat**

Diet is just as much a part of fitness as exercise, & what you eat will effect every aspect of your workout. A proper diet also influences the results of your fitness plan, since it helps build muscle & decrease the percentage of fat in your overall body weight.

## **DO Have Fun**

Follow a workout schedule that you enjoy !!!!

# **DON'TS**

## **DON'T Over Exercise**

Don't exercise more than 45 min. to 1 hr.

## **DON'T Push an Injury**

Listen to your body. If you feel pain, stop. Muscle & joint pain can mean things - pushing a small hurt can lead to big problems later on. If pain persists is more than a few days, see a doctor.

## **DON'T Get Bored**

Don't get bored with you workout. Different exercises work different parts of the body so a diverse workout will aid overall fitness.

## **DON'T Lose Concentration**

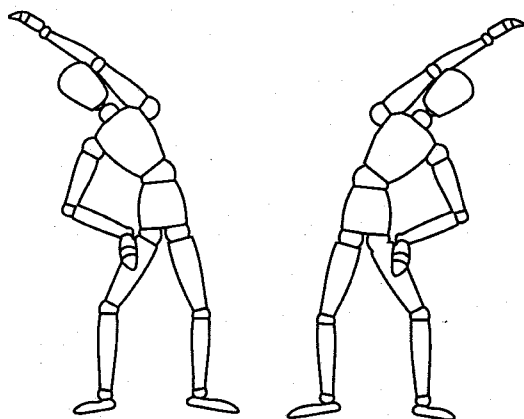
Concentrate on proper form & control of exercises to avoid injury. It will lead to a better workout, greater benefits, & a more relaxing experience.

## **DON'T Dehydrate Yourself**

If you become thirsty during a workout, take fluids in small amounts immediately. Always avoid caffeine or alcohol when exercising, both of which further dehydrate your body.

**DON'T** Follow any exercises blindly. (e.g. from TV or untrained person) especially if suffering from any kind of medical problems. Do consult a doctor / physiotherapist before starting exercises.

## **Pre-walking Exercises**

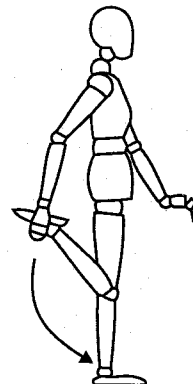


Side Reaches 1

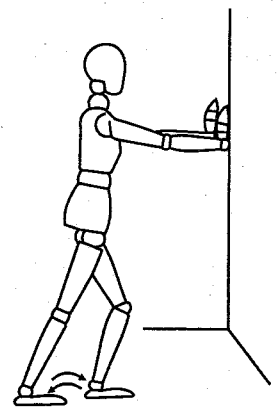
Side Reaches 2



Knee Pull



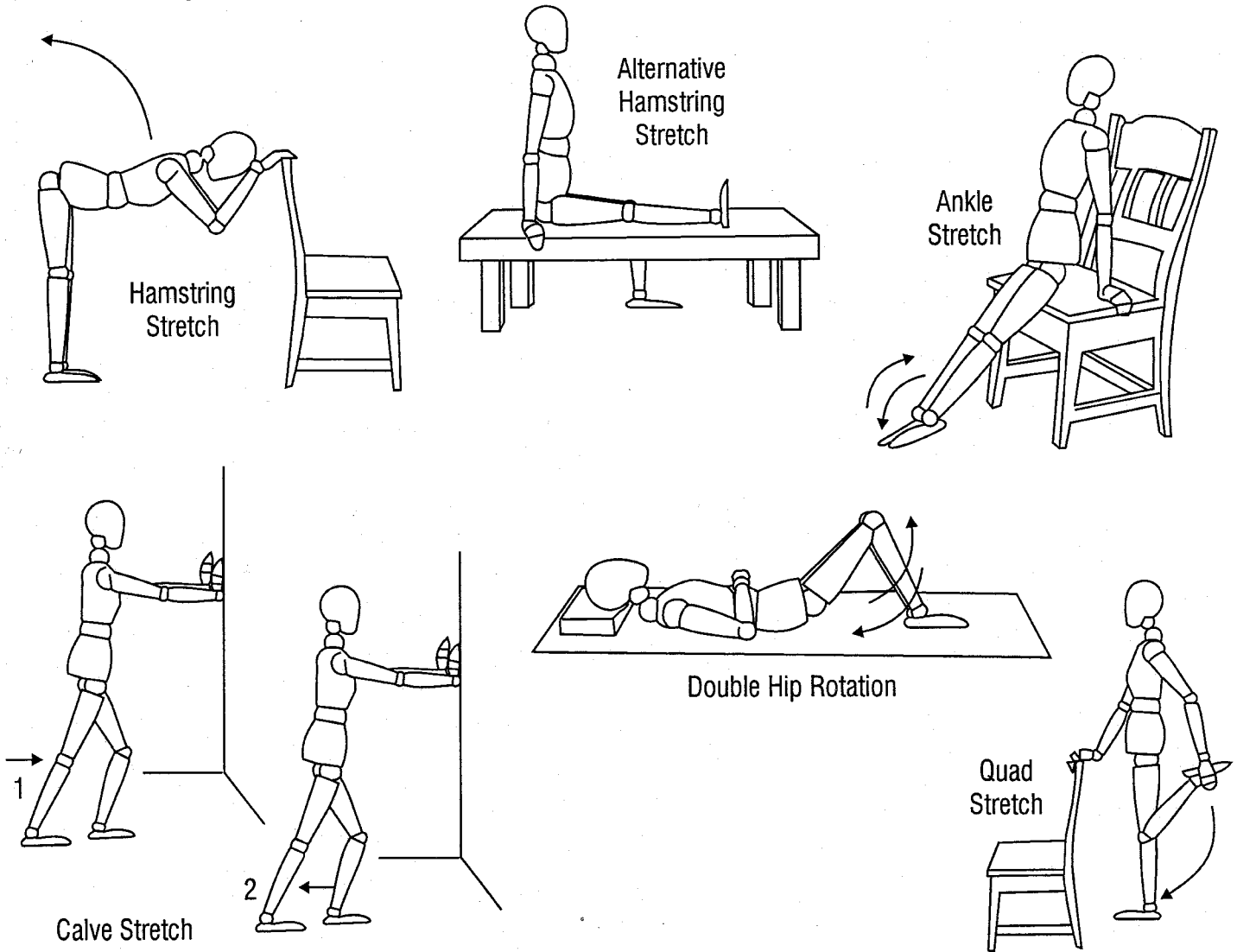
Leg Curl



Wall Push

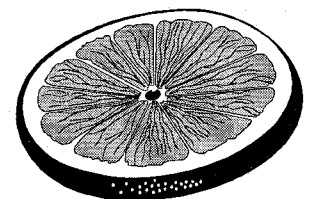
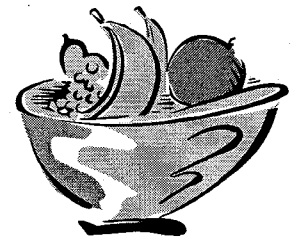
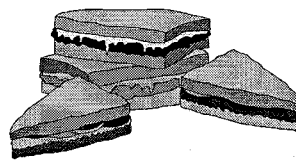
**Hold each stretch for 10 seconds and repeat with other leg**

## Stretching Exercises



## Tips for Healthy Eating

- Start your day with breakfast.
- Eat regular meals.
- Eat at least two servings of a fruit or veggie at every meal.
- Finish a meal with a piece of fresh fruit instead of cakes and biscuits.
- Instead of whole milk, switch to Skim milk.
- Eat without engaging in any other simultaneous activity. No reading, watching TV, or sitting at the computer.
- Eat foods high in fibres like grains, fruits and vegetables.
- Eat a variety of nutrient-rich foods.
- Squeeze lemon over your green leafy vegetables to improve your iron absorption.
- Maintain a healthy weight.
- Know your diet pitfalls.
- Grill, Bake, Steam or microwave food instead of frying.
- Use low-fat varieties of foodstuffs - but remember they do still contain calories.
- Drink plenty of water. Aim to drink about 6-8 glasses of water per day.



# Tips for Healthy Cooking

Food in its natural state contains many nutrients.

Post-cooking, the food that we eat must not only be palatable, it should also be nutritious. But the process of preparing food for cooking, as well as the actual cooking process, results in a great loss of nutrients. Vitamin B and Vitamin C, which are water-soluble, are the most affected as they leach into the water used for soaking and cooking and are affected by exposure to sunlight and air and by prolonged heating.

Vitamin B and Vitamin C, which are water-soluble, are the most affected as they leach into the water used for soaking and cooking and are affected by exposure to sunlight and air and by prolonged heating.

**Here are some tips by which you can minimise nutrient losses from food.**

## **Eat fresh**

- Repeated refrigerating and reheating of food results in the loss of nutrients. Hence, it is best to buy small quantities and cook for a day or two.

## **Preserve the skin**

- The nutrients in vegetables and fruits are mostly concentrated just below the skin; it is important to eat fruits and vegetables unpeeled so that you don't lose out on fibre and vital nutrients.
- Fruits and vegetables should be soaked in water without peeling or cutting to remove any pesticide residues that are present in them.
- Never to wash, soak or store cut vegetables as it results in the loss of Vitamin B and Vitamin C.
- Fruits should be cut just before eating in order to prevent excessive exposure to air, which results in the destruction of Vitamin C.

## **Soaking**

- Soaking helps soften them, thereby saving on cooking time.
- It also helps to remove some of the anti-nutritional factors present in pulses (these anti-nutritional factors, which do not allow the protein to be digested properly, are destroyed by soaking, cooking or sprouting).

## **Sprouting**

- Sprouted grains are more nutritious than unsprouted ones.
- Other ways to increase the protein content
- Cereals and Pulses have a natural supplementary effect on each other when eaten together; the lack of amino acids is made up by combination of two.
- Use milk or leftover dal instead of water to knead dough.

## **Recycle nutrients**

- Do not throw away the excess water drained after boiling rice or vegetables or cottage cheese (while making paneer).
- Use it to knead dough, prepare curry, dal or soup.

## **Pressure-cooking**

- Pressure cooking food is quicker and helps you save gas; it also leads to greater conserving of nutrients than open boiling or cooking.
- Use herbs, vinegar, tomatoes, onions and/or low-fat sauces or salad dressings for better health without salt or fats, especially if you have high blood pressure or high cholesterol.
- Choose whole grain for part of your ingredients instead of highly refined products.

# STRESS MANAGEMENT

## Today's STRESS can be tomorrow's Vulnerability

"A student whose whole lifelong ambition was to become a doctor, received rejection letters from all medical schools to which he had applied. This unexpected blow left him feeling depressed and empty. He felt extreme frustration over his failure & conflict over what his next step should be. He was experiencing pressure from his family & friends to try again but he was overwhelmed by a sense of failure. The loss of self-esteem he was experiencing, left him with no interest in life. He was constantly under stress & thought that he was worthless & the constant thought of his parent's sacrifices for his medical studies created further more stress creating a vicious circle, which not only made him suffer mentally but physically too. Had he known how to manage his stress, the scenario would have been different. This is just one example, there are many such situations in our day-to-day life from which there is no escape, and the need of today's life which is full of competition is "STRESS MANAGEMENT.

## SO WHAT IS STRESS

When there is a change in our environment (psychological or physical) which we interpret as either harmful, dangerous or are excited about, some demand is placed on us for adjustment to it. The way our body & mind respond to these demands is what STRESS is.

It is probably fair to say that greatest threat to our health today is having more STRESS than we are able to handle. STRESS is an everyday fact of life, we cannot avoid it. STRESS is essential for life. It is how you respond to different experiences that determine the impact STRESS will have on your life.

## WHY STRESS MANAGEMENT

Needs to manage STRESS is evident from the signals which our body & mind would give us from time to time. It acts as a warning bell to tell us that some action is needed to manage STRESS.

## Common STRESS signals are :

- **PHYSICAL** : Headache, Cold hands & feet, Aching muscles, Palpitation, Dryness of mouth.
- **BEHAVIOUR**: Increase or decrease of appetite, Insomnia or excessive sleep, Speech disturbance, Absenteeism... e.t.c
- **MENTAL & EMOTIONAL** : Decreased concentration, Frequent mistakes, Forgetfulness, Feeling exhausted or fatigues & Emotional outbursts.

## Through STRESS MANAGEMENT we enhance :

- Management of day-to-day STRESS and to remain mentally relaxed and comfortable.
- To improve STRESS coping ability through development of self-confidence so as to put the decisions into action.
- Mould one's personality to meet different situations in life.
- Successful handling of any demand creating STRESS.
- Guide a person find a channel to release his/her pent-up energy without creating conflicts with other.

**STRESS MANAGEMENT** helps to break the vicious circle which can be produced by any reason big or small. Few e.g. may help you to understand it better. Say if you are fat, STRESS of laughed upon is created, which can result in physical signal such as headache due to constantly thinking about ways to reduce fat or behavior signal such as increase or decrease of appetite resulting in either weight gain or excessive weight loss resulting in mental & emotional signal as feeling exhausted & fatigued. And then the person to think that there is definitely something wrong with him which again creates STRESS.

