





I am simply unable to gain weight!

A seldom heard statement, isn't this? To be honest, the question of weight-gain is not as popular as weight-loss in the 'Fitness World'. However did you know- for some people, weight gain is as difficult as weight loss! There are people who want to gain weight and try everything, but are unable to even add a single kilo to their body weight.

Here are some tips and exercises that can help those who want to gain weight. What's surprising is – most of these exercises are equally effective for weight gain as well as weight loss.

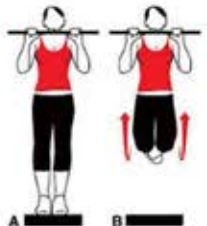
### Exercises to do:

#### Squats



It is an effective weight-gain exercise that has effect on many parts of the body. Regular squat training is sure to add some extra weight to your lower body!

#### Pull Ups



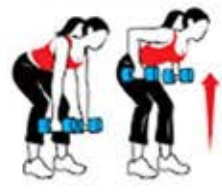
Nothing can replace this exercise in developing strong dense and bulky back muscles and thereby assist in weight gain.

#### Push Ups



If you are looking to gain weight, then do not miss this exercise that can add immense aesthetic appeal to your upper body – push-ups! This exercise involves your chest, triceps and shoulder muscles effectively.

#### Bent over Row



An exercise that challenges your back muscles! Simply try it and watch your muscles grow bigger and stronger, thereby assisting in weight gain.

#### Parallel bar Dip



This exercise has major and powerful impact on shoulder and triceps muscles. Regular exercise helps to develop bigger and stronger muscles, which also causes increase in body weight.

"Just eat more if you want to gain weight" is a MYTH! For healthy weight gain, it is important to eat healthy.

**HEALTHY FOODS YOU MUST HAVE FOR WEIGHT GAIN:**

- Sweet Potato
- Banana
- Chicken
- Potato
- Wheat Roti
- Dry Fruits

### Useful Tips:

- 01 Keep giving your body adequate supply of carbohydrates every 2-3 hours
- 02 Do not wait till you feel hungry. Set a time and ensure sufficient food intake, regardless of hunger
- 03 Ensure you get proper adequate sleep at least 7-8 Hours
- 04 Limit your cardio exercises (to avoid weight loss)
- 05 Avoid skipping meals
- 06 Avoid unnecessary calorie expenditure in day-to-day routine activities

\*Contributed by in-house Fitness expert

Mr. Money Wise



**Myth:**

**Keeping money in the saving account or term deposit is the best way to keep your money safe.**

A very common myth is that keeping the money in a savings account or a time deposit is safe enough.

In reality, money lying in the savings account or term deposit earns meagre interest rates. Meanwhile, inflation eats away at the savings or term deposit. The rupee we save today will be worth much lesser by the time we retire.

Let's say you have Rs.100 in a savings account that pays an annual interest rate of 1%. After a year, you will have Rs.101 in your account. During this period, if inflation runs 2%, you would have to have Rs.102 to make up for the impact of higher prices. Since, you will only have Rs.101 in your account, you have actually lost some purchasing power. If your savings don't grow to reflect this rise in prices over time, the effect will be as though you are actually losing money.

To beat inflation, you can start financial planning and invest in a variety of instruments that are suitable for your risk profile.

*\*Please consult a Financial Advisor or Financial Expert before making any financial decisions.*

**Did You Know?**

**Some thumping HEART truths!**

*It does its job daily without the need for any reminders or receiving any form of appraisal. Here's why we ought to appreciate the loyal, silent worker in us – our HEART!*



Ever done something for 100000 times continuously?	Imagine pumping around 7000 litres of anything per day.	What's the connection between electrical signals and your heart?	So how big is your heart that work so hard?
Your heart does – it beats for about 100000 times – EVERYDAY!	Oh yes! Your heart pumps about 7600 litres of blood – EVERYDAY through almost 60000 miles of blood vessels that feed the organs and tissues!	The heart sends electrical signals that control the timing of your heart beat!	Size of an adult heart is approximately the size of two FISTS!

*The heart is known to continue to beat (since it has its own electrical impulse), even if separated from the body, so long as there is adequate supply of oxygen. So take care of your HEART that takes care of your well being!*



### Healthy Snacking @ work - A Salad and A Sandwich

A healthy salad or a sandwich is a perfect munching snack compared to the oil soaked vadas, greasy bhajiyas or any other junk snacks easily available.

Try these tasty and healthy salad and sandwich instead.

#### Sweet Corn and Kidney Bean Salad

##### Ingredients:

- 1 ½ cups cooked rajma (kidney beans)
- 1 ½ cups cooked fresh corn (preferably sweet corn)
- 1 small chopped onion
- Salt and black pepper (kalimirch) powder to taste
- Olive Oil
- Vinegar

You can also add herbs like oregano, basil and chilly flakes.

##### Method:

- Mix all the salad ingredients in a bowl
- Put in the refrigerator until you eat
- Toss the salad well, before eating

##### Health Benefits:

Sweet corn and kidney beans in the salad make it rich in multiple vitamins, minerals and protein. The fiber content in the salad promotes digestion. Vinegar can help keep blood sugar levels more stable. Olive oil used in the dressing contains high amount of vitamin E, K and other antioxidants that help fight serious diseases.



#### Green gram (Moong) Sprouts, Tomatoes and Basil Sandwich



##### Ingredients:

- 1 ½ tbsp of mayonnaise
- 2 tbsp finely chopped basil
- 1 stem celery finely chopped
- 1 stem parsley finely chopped
- 4-5 finely chopped cherry tomatoes
- 2 tbsp steamed green gram sprouts
- 4 finely chopped purple cabbage leaves
- 2 whole wheat bread slices
- 1 ½ tsp butter
- 1 iceberg lettuce leaf
- ½ tsp vinegar
- Salt and pepper to taste

##### Method:

###### For the stuffing

Mix the mayonnaise, basil, celery, parsley, cherry tomatoes, green gram sprouts, cabbage, vinegar, salt and pepper in a bowl.

###### For the sandwich

- Apply butter on 2 slices of bread
- Place 1 lettuce on 1 slice and put 1 portion of the prepared stuffing and cover with another bread slice

##### Health Benefits:

Basil, Parsley and celery are rich in vitamin, iron and minerals. Lettuce is known to be rich in anti-inflammatory, anti-microbial and anti-oxidant properties. Green Gram sprouts provide proteins to your body and helps boost your energy levels. Cherry tomatoes are a rich source of Vitamins and minerals that boosts your immunity system. Purple Cabbage is an excellent source of Vitamin K that is required to maintain optimal bone health.

## Read the Editor's Mind

Dear Readers,

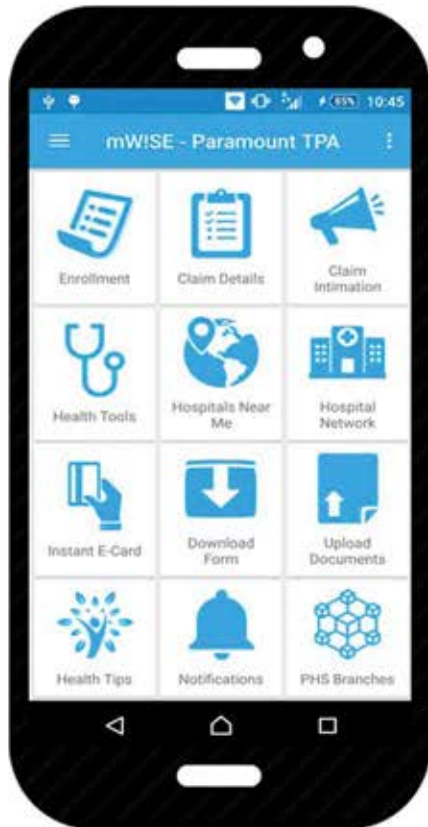
Our digital reach has widened!

A big thank you to all of you for using our Mobile Application – Paramount TPA!

With this App, you are just one touch away from accessing your claim details, E-card, hospitals near you and a host of information that you MUST have at your fingertips!

**Here's how the updated version of our App looks like:**

If you are new to our App, here's a mini-guide to help you get started:



- 1 To download the App, go to Play store for Android / iTunes for ios (Apple), on your smartphones
- 2 Search for "Paramount TPA" in App store
- 3 Click on Install
- 4 Follow user registration process with either of below options  
Corporate Employee – Group Medclaim Policy (PHS ID And Insurance Company **OR** HRMS ID + Group Code + Insurance Company)
- 5 Login credentials will be sent to you on your registered mobile number and email id by auto SMS and email respectively
- 6 You can log in to PHS Mobile App using the credentials received on your mobile & email
- 7 It is a one time login process until you clear your mobile data/ cache for Paramount TPA App

## Take a Chill Pill



© All rights reserved. Unauthorized use of this copyright document in any form or by any means is strictly prohibited.

**Follow us on:**

[phm\\_healthcare](https://twitter.com/phm_healthcare)

[ParamountHealthcare](https://www.facebook.com/ParamountHealthcare)

[blog.paramount.healthcare/](https://blog.paramount.healthcare/)

This disclaimer governs the use of this newsletter. The articles and features provided herein are solely for informational and educational purposes only. The information is not advice & should not be treated as such. We do not claim that this information is an exhaustive compilation of information about these listed facts. We do not represent, warrant, undertake or endorse the accuracy or reliability of any information, contents contained in or linked, herein provided. This information can by no means replace consultation of Doctor or an Expert for professional judgment and advise. We do not provide our own contents (information) and instead acquires them on Good Faith from other sources by purchasing, licensing or freely obtaining them and as a result we are not responsible for the authenticity, accuracy or originality of the provided information. This information is for private circulation only. Thus we shall not be liable to any party as a result of any information or resources made available through this information.