

"Sometimes the smallest step in the right direction can be the biggest step of your life."

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## Read the Editor's mind

Dear Readers,



On the 9th of November 2017, the CII (Confederation of Indian Industry) held the '11th Health Insurance Summit - Future Readiness of Health Insurance Industry', at New Delhi. Our MD, **Dr. Nayan Shah** was one of the panelists for the session "A Paradigm Shift - from Illness to Wellness".

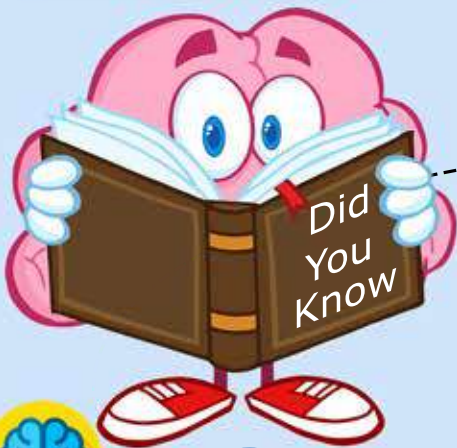
Further, **Dr. Nayan Shah** was also panelist for the session 'Changing scenario in Health Insurance - Provider's Perspective' at AMCON conference, organized by Association of Medical Consultants on the 12th of November, 2017 at Mumbai.

Some of the interesting points discussed included:

- Change in consumer attitudes when moving towards wellness/good health
- What consumers are looking for nowadays
- Has IT played a significant role in healthcare
- Role of insurance companies in delivering wellness



## Brain-ology



**My storage capacity is almost unlimited!**

So go on and save those contact details in your brain, if your phone storage has run out!

**Exercise is really good for me!**

Exercise works well for the body as well as the brain.

**I receive high blood supply!**

The brain can survive only for few minutes without oxygen, before getting permanently damaged!

**I am not permanently wired at birth!**

Nerve cells continue to change depending on how they are used and stimulated in early years of life!

**Sleep deprivation can really affect me!**

So don't miss your 7-9 hours of sleep for memory retention and effective brain functioning!



Albert Einstein & Isaac Newton used only a small percent of their total brain capacity!



**Ergonomics, what's that?**

Ergonomics is the science that allows the worker to work comfortably at desk without any back pain or injuries. It also helps prevent musculoskeletal disorders (MSD)



**Workstation Ergonomics Guide**



**Tips to remember**

- Support your wrist on soft and compressible material to reduce pressure and friction
- Give your eyes rest by looking at distant objects at regular intervals
- Take micro-breaks and practice stretching exercises to relieve stress on back, neck and shoulders
- While using laptop ensure you support your wrist appropriately

**Exercises you can do at your desk**



**Neck Rotation**  
10 times clockwise and 10 times anti-clockwise

**Shoulder rotation**  
10 times clockwise and 10 times anti-clockwise



**Seated Neck stretch**  
Hold 10 seconds, repeat twice

**Standing hip rotation**  
10 times clockwise and 10 times anti-clockwise



**Seated glutes stretch**  
Hold 10 seconds, repeat twice

**Seated Side-ways stretch**  
Hold 10 seconds, repeat twice



## Have you invested atleast 30 minutes to prevent lifestyle diseases, today?

Mr. Fit



Smoking, Alcohol, Drugs, Unhealthy diet and sedentary habits are common today. This lifestyle may seem comforting and pleasurable in the short term but it has serious repercussions on your health in the long term. It increases your likelihood of being attacked by various lifestyle diseases such as Hypertension, Diabetes Mellitus - Type 2, Obesity and Heart problems. Gradually, over a period of time these diseases become life threatening.

If you make tweaks to your lifestyle, you can prevent lifestyle diseases. Investing atleast 30 minutes on fitness and exercises should be a crucial part of your day. Here are some doubts and questions frequently asked by people regarding the same:

### 1 If I am already suffering from a lifestyle disease, will exercise help in curing it?

Exercise is more important for preventing the diseases rather than curing them. It does help to some extent at improving your current health condition or prevent your suffering from getting worse.

### 2 If I exercise, how will it help to prevent lifestyle diseases?

In simple terms, when you exercise regularly your calorie intake and expenditure is under control, metabolism improves, fat deposition reduces and bad cholesterol (LDL) reduces,

immunity system is strengthened. Basically, exercising creates a condition that does not support the onset of any lifestyle diseases.

### 3 Which activities would you suggest are the best to prevent these diseases?

You can do any kind of activity but ensure your exercise routine covers all basic components of fitness - strength, stamina and flexibility. It is always good to have a fitness program that is a combination of different types of exercise for example - 1 cardio activity (for stamina) alongwith 1 strength training exercise (for strength). All exercises done regularly will have different effects on your body.

### 4 I do eat healthy food. Will I still have to exercise to prevent lifestyle diseases?

Diet does play a major role in prevention, and it is true to some extent that you can avoid these diseases. However, there are other factors like stress management, improved capability of internal organs, good metabolism, improved blood circulation, etc. which help in preventing diseases. Exercising contributes to the above, where only diet may not suffice. Hence, there should be balance between healthy diet and exercise to eliminate the onset of lifestyle diseases.

\*Contributed by our in-house Fitness Expert

Our Fitness instructor regularly conducts Fitness sessions at corporate for Zumba, Circuit Yoga, Aerobics, Fitness@Desk, Women Fitness programme, Fitness Drills, Couples Workout programmes etc.



## MYTH BUSTERS – by Dr. Hoshiyaar



### Myth :

I consume vitamin tablets daily so all my nutrient needs are fulfilled. Hence, I can cut down on my fruits and vegetable intake.



*Vitamins and mineral supplements can be useful for some people as an addition, when the diet is inadequate, or for increased requirements (such as during pregnancy). It does not give you adequate amounts of macronutrients - carbohydrate, fat, protein and dietary fibre. Hence, a balanced diet full of a variety of nutritious foods from the core food groups is the ideal way to get all the vitamins, minerals and macronutrients that you need each day. Besides they are called 'supplements' and they cannot replace proper nutrition-dense food.*

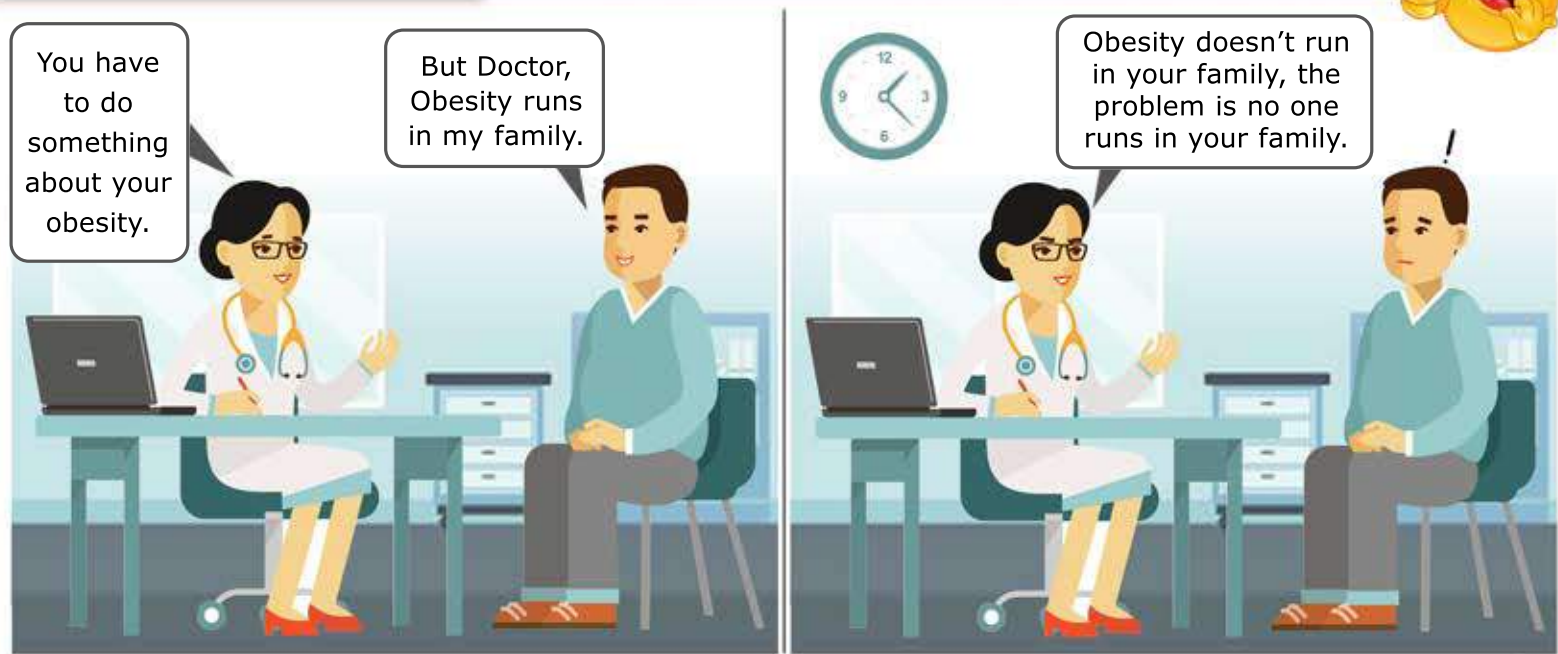
## Take a Chill Pill



You have to do something about your obesity.

But Doctor, Obesity runs in my family.

Obesity doesn't run in your family, the problem is no one runs in your family.



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