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HEALTHLINE

Paramount's Monthly Magazine

*Fitness
is not just
a goal....
it is a
LIFESTYLE!*

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- Some SALTY TRUTHS!
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EXERCISING THE CORE

What is Core muscles?

Core muscles are a set of active muscles in the body. These muscles play a major role in the day-to-day activities like walking, jogging, lifting heavy objects, etc. Therefore, for the smooth functioning of these muscles it is important to keep them strong and flexible.

It is known as a muscular box with 29 pair of muscles.

There are three core muscles in our body i.e. abdomen muscles, back muscles and gluteus muscles.

1. Abdominal Muscles

Transversus abdominis –

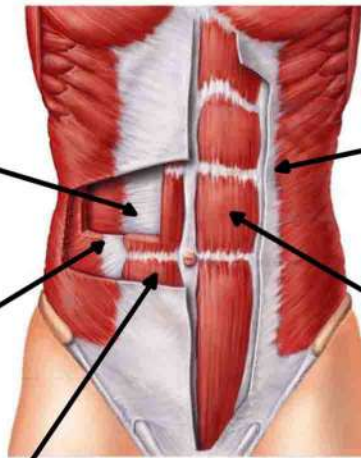
This is one of the deepest abdominal muscles. The main function is to stabilize the lower back and pelvis before movement of the arms or legs.

Internal obliques –

It is located under the external oblique. These muscles allow twisting of the torso and provide stability to the spine.

Quadratus lumborum –

It is the deepest abdominal muscle and commonly referred to as a back muscle. It contributes to the stabilization and movement of the spine and the pelvis.



External obliques –

It is located on each side of the abdomen extending from the lower half of the ribs around and down to the pelvis. These muscles enable you to twist the torso.

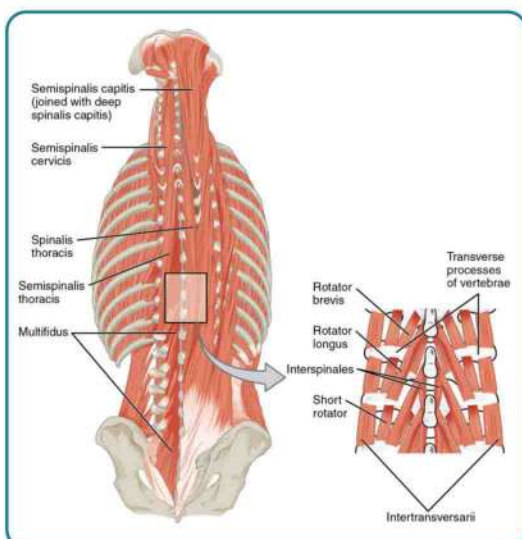
Rectus abdominis –

It is located inside the abdominal region. These muscles help create a look of a "six pack" they also enable you to flex your trunk.

Exercises to strengthen these muscles:

- Abdominal crunches
- Leg raise
- Swiss Ball Crunch
- Plank
- Pull up to knee raise

**Torso: Trunk of the human body*



2. Back Muscles:

Erector spine – It is a bundle of muscles and tendons, and is situated along the spine. It helps to straighten the back and assists in side-to-side rotation.

Multifidus – It is a deep muscle located along the back of the spine; the muscle plays an important role in stabilizing the joints within the spine.

Semispinalis – It is located in the back and is very long. This muscle is responsible for maintaining posture and for movement of the head and the vertebral column.

Latissimus dorsi – It is one of the largest muscles in the back. This muscle works at extending and rotating the arm.

Iliopsoas – It is located in the inner hip muscles. It helps in rotating the pelvis, bending the hips, and stabilizing the body in standing position.

Pelvic floor – It is a collection of muscles, wrapping down from the front of the pelvis to the back that holds the organs of the lower abdomen in place, and affects the functioning of the urological organs and sexual organs.

Exercises to strengthen these muscles:

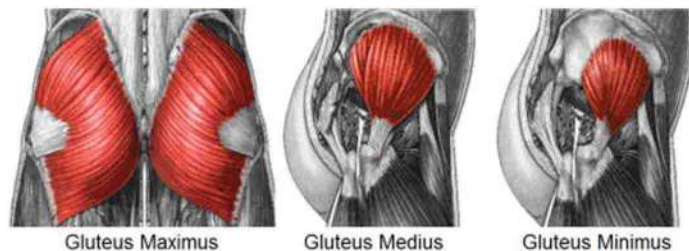
- Deadlift
- Weighted Pull-up
- Back extension
- Wide-Grip Pull-up
- Seated cable row

3. Gluteus muscles

Gluteus maximus – It is located in the buttocks and is regarded as one of the strongest muscles in the human body. Standing up from a sitting position, climbing stairs, and staying in an erect position are all aided by the Gluteus Maximus.

Gluteus medius – It is located over the smaller Gluteus Minimus and underneath the larger Gluteus Maximus muscle. Its function is to stabilize the pelvis in a neutral position during single leg stance (walking, running)

Gluteus minimus – It is situated immediately beneath the Gluteus Medius. One of its main functions is to help in lifting the leg up.



Exercises to strengthen these muscles:

- Hip thrust
- Walking Dumbbell Lunge
- Barbell Squat
- Single-Leg Hip Thrust
- Step-up

MYTH BUSTERS - 'Stretching' the truth!



Myth: Static (holding) stretches have to be done prior to exercise

*Before I explain why we should not do all stretching activities prior to work out, let me explain the two types of stretches - **static stretches** and **dynamic stretches**.*

*Stretches that are held for a certain continuous period of time are called **static stretches** and stretches which aren't held but have more added movements are called **dynamic stretches**. For example: bending forward and touching toes and holding it for few seconds is a **static stretch** on the Hamstring muscle. However, kicking in front for a certain number of times is dynamic stretch for the same muscle.*

We always hear trainers stress about the need to do full body stretching prior to work out. However, according to Science, one needs to do full body warm-up before starting exercise and stretching is NOT part of warm-up but is a post work-out activity.

People mostly do static stretches before exercise, which is not advisable because static stretches relax the muscle instead of preparing the body for exercise. Hence there are more chances of injury during exercise if your muscles are relaxed.

It is recommended to do proper warm-up like walking, running and dynamic stretches (instead of doing static stretches), as a warm-up and then start the exercise. Further, static stretches can be done after exercise when the muscles should be allowed to relax.

*Hence it is important to understand the effects of different types of stretches before jumping to the conclusion that all stretches must be done **before** exercise.*

Hamstring muscles



Dynamic Stretch



Static Stretch



Dynamic Stretch



Static Stretch

Chest Muscles

Some SALTY TRUTHS!

WHY TOO MUCH OF SODIUM CONSUMPTION IS BAD?

Salt is chemically known as Sodium Chloride (NaCl)

Sodium is an important electrolyte and is the main component of table salt. It helps maintain the fluid balance in and around cells (including the volume of fluid in the blood) and helps regulate nerve and muscle function. However, excess of salt consumption can lead to a number of diseases.

Did you know?

Table salt = 40% of sodium + 60% chloride.



So what really happens when you consume too much of salt?

- Too much of salt can have serious negative effects on your health.
- Excess salt consumption results in accumulation of sodium in the body.
- To dilute the excess of sodium build - up, the body retains water.
- Due to water retention the amount of fluid surrounding the cells increases which causes edema.
- Water retention also dilutes the blood which increases the blood volume and exerts pressure on the heart and the vessels.
- The extra work done by the heart therefore leads to high blood pressure, stroke, heart disease, or heart failure.

Common indicators that you are consuming too much of salt



Frequent urination



Persistent thirst



Swelling in feet



Salty foods craving



Frequent mild headaches

Now, the question is - What is the right amount of salt to be consumed in a day?



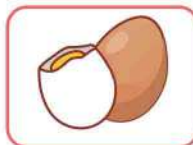
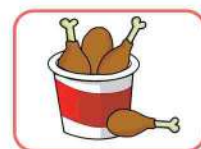
As recommended by World Health Organization (WHO), the ideal sodium consumption for adults is - not more than 1,500 to 2300 mg per day or approximately $\frac{3}{4}$ tsp - 1 tsp per day.



1tsp of salt = 6g serving which contains about 2300 mg of sodium

Consider how quickly the sodium levels add up if you consume:

100 gm of chicken (which contains 65 mg of sodium)



Two eggs (which contains 124 mg of sodium)

100 gm of cottage cheese (which contains 364 mg of sodium)



One slice of white bread (which contains 175 mg of sodium)

A cup of plain yogurt (which contains 113 mg of sodium)



Even without a grain of added salt, you are already more than halfway to your 1,500-milligram sodium target!

7 Ways to cut down your excess salt intake:

- 1. Consume fresh food and avoid eating preserved food.
- 2. Other substances to flavor food- lemon juice, black pepper, nutmeg, parsley, cumin, garlic or onion powder, bay leaf, oregano, or dry mustard. Consume fresh food and avoid eating preserved food.
- 3. Choose unprocessed or minimally processed foods.
- 4. Read labels and choose low-sodium products.
- 5. Avoid sodium rich condiments such as dips, sauces, spreads, etc.
- 6. Avoid packed chips and snacks.
- 7. Avoid adding salt to cooked meals as you may exceed the ideal salt intake per day.

HAIRY RIDDLES



Which protein in the hair is the same protein that makes up the horns, claws, feathers and beaks of animals and birds?

Keratin is the protein

Which is the best weather for hair growth?

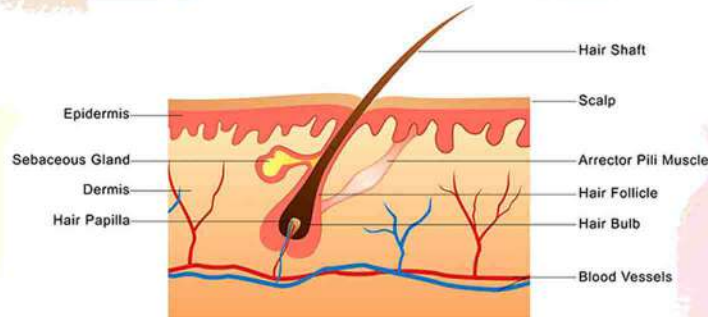
Hair grows slightly faster during summer because heat stimulates circulation and encourages hair growth

What is the lifespan of a single strand of hair?

Life span of a single strand of hair is 2-7 years

How elastic is a healthy strand of hair?

It can stretch an additional 30% of its original length, when it is wet



Hair anatomy

Is the hair on our body dead or alive?

All the visible hair present on our body are dead, except the root of the hair

How does Goosebumps occur?

Goosebumps from cold, fear or excitement occurs when tiny muscles at the base of each hair follicle contracts, this causes the hair and surrounding skin to bunch up

Which are two fastest growing cells in the human body?

After bone marrow, hair is the second fastest growing tissue in the human body



TAKE A CHILL PILL



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