

Quarterly Health Magazine Vol.32, Feb 2023

R HealthBeat



Variety Is The Spice Of Life!
Let's Diversify Workouts

How Much Walking Is Needed To
Stay Healthy?

The Ultimate Guide To
Aquatic Therapy

How can Financial wellness
affect your Health?

The Process of Discovery
Begins With You

Reawaken Your Inner Wellbeing



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Hello Readers,

It gives me immense pleasure to say that this edition celebrates the 8th anniversary of the R HealthBeat. We embarked on this holistic journey of well-being to provide you with the best ideas, information & tools to get the most out of life, see things more clearly & live with greater wisdom. I also take this opportunity to thank all our contributors & readers for their incredible support throughout.

"A year from now, you'll wish you had started today."

From Doctor's offices to detox diets, the word 'Wellness' has become commonplace. Still, the rhythm is primarily towards an actively pursued goal of remaining in good health- mentally, physically and spiritually. The current generation is experiencing stressful living conditions, deteriorating physical & mental health, societal expectations, & a growing disconnect from realizing their full potential & intrinsic purpose. Moreover, there are various confusions around healthcare, and with the pieces of information flowing through multiple sources and social media, we sometimes become overwhelmed. The time has come to evolve from simply surviving day-to-day life to genuinely thriving in all facets of life. So let's rediscover Well-being by nurturing the best conditions for excellent & positive health by clearing all the clouds around various wellness concepts.

The peace & happiness we access on our mats can teach us a few mantras on joy. So, let's learn yoga poses to create the mind-body connection. The ancient Chinese martial arts form of Tai-Chi, with its gentle & fluid movement, has been immensely beneficial for centuries and is also effective for our senior citizens with Arthritis.

Walking is excellent for your health, but do you need to hit a certain number? On this New Year, let's walk towards good health. Aquatic therapy continues to grow in popularity as a safe complement or alternative to traditional land-based treatment suitable to all children & adults of all ages & fitness levels. We are determining the ultimate guide to Aquatic therapy for a happier & healthier life.

The U.N. has declared 2023 as the International year of Millets. India has been at the forefront of identifying and popularizing the health benefits of millets since ancient times. In this edition, let's review millet's nutritional profile and health benefits. The connection between financial wellness & personal health is more connected than you think. But it's more than just cash-on-hand; wealth is critical for overall wellness.

As the saying goes, variety is the spice of life, which also goes for your weekly exercise routine.

The importance of different types of exercise extends beyond just alleviating the boredom of training. It also helps you develop a well-rounded physical experience, keeping your body on its proverbial toes. So let's diversify the workouts and enjoy its benefits in 2023.

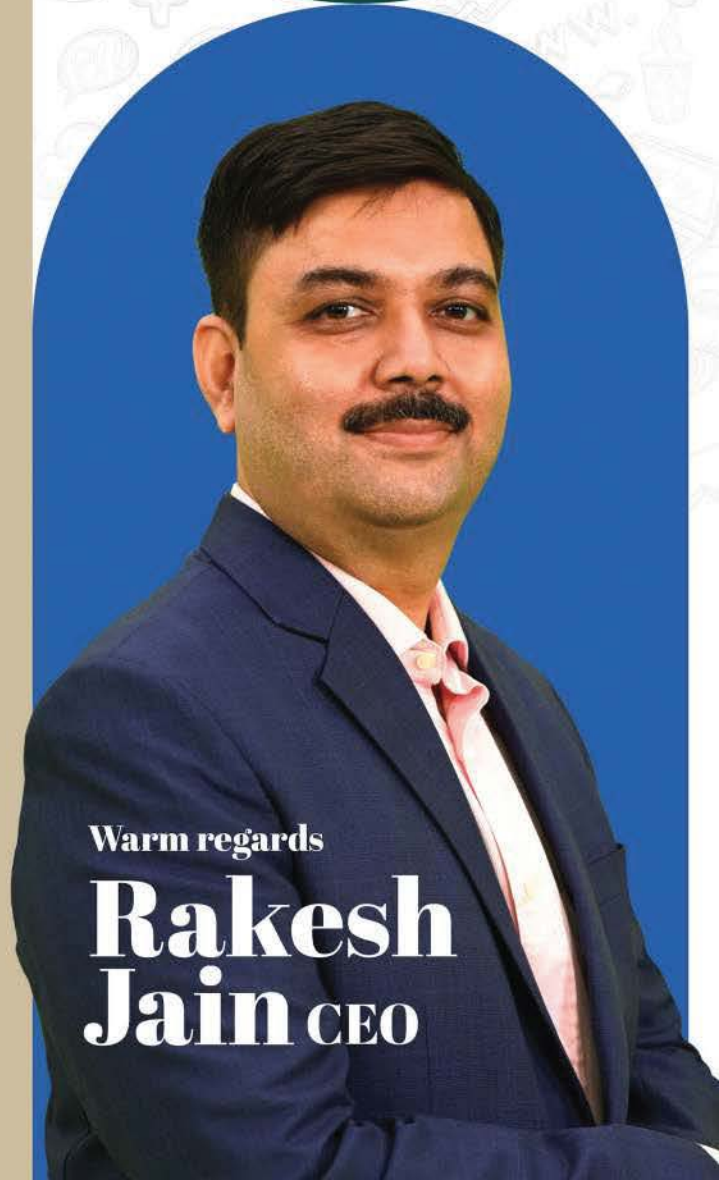
In the end, I would like to wish you all a happy and healthy year ahead by quoting from a famous Sanskrit verse

“व्यायामात् लभते स्वास्थ्यं दीर्घायुष्यं बलं सुखं।

आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम् ॥”

- meaning exercising results in good health, long life, strength and happiness. And good health is the greatest blessing and means of everything.

Let's work towards a conscious & continuous process of holistic development leading to enhanced quality of life. I wish you the best of health... always.



Warm regards

**Rakesh
Jain** CEO

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TESTIMONIALS



01



Congratulations on your 32nd edition of the magazine. It offers a refreshing change & the content is thoughtfully curated, well-written, and timely. I look forward to the success of your magazine!

MR. BHAVESH PHOPHARIA

*Head Sales and Marketing
Jaslok Hospital, Mumbai*

Health is a complex issue. Our health is dependent on a number of factors including our diet, habits, society and the environment.

The R HealthBeat magazine is a wonderful initiative to bring forward small capsules of knowledge on these diverse elements. A higher level of consciousness would help us live better.

MR. ABHISHEK BONDIA

*Managing Director & Principal Officer Secure
Now Insurance Broker*

02



03



I just wanted to let you know how much I enjoyed reading your magazine. What I love about the content is that it achieves the difficult feat of taking subject matter that, by now, has been very thoroughly covered in thousands of blogs & books & offers fresh insights and unexpected wisdom that is easily accessible. Kudos to the good work!

MR. SRIKANT KULKARNI

*Executive Vice President
Administration
Sobha Limited,
Bengaluru*



SO, WHERE TO START AND HOW MUCH TO GO?

Start with identifying the benefits of walking. The health benefits of the walking list are pretty extended - such as reducing your risk for diabetes, blood pressure and cardiovascular disease; improving your cholesterol and triglyceride levels; controlling your weight; keeping bones, muscles & joints healthy & enduring. It also keeps you mentally fit and allows you to socialize with like-minded people. The next step is to understand where you are starting from with why you are not walking and strategize how to solve those obstacles to get going. Then, track your daily steps for a week before committing to your long-term pursuit of a healthy life.

Let us begin with short-term step goals, record them, and make them realistic. and rejoice once achieved. Reward yourself for your accomplishment! This will help you to remain motivated.

Physical activity need not be very vigorous or to be done for long periods to improve your health. Exercise and spend most of your time sitting, the first goal may be to start walking. Walking, maybe 30 min a day, is a great way to enhance or maintain your overall health. The recommended amount of exercise for overall health for adults is 2.5 hours of moderate exercise or 75 minutes of vigorous activity per week, along with little strength training twice a week.



HOW MUCH TO LOSE WEIGHT?

People who walk 10,000 steps a day are more likely to lose weight than those who walk just 3,500 steps daily. Adding a few extra miles to your routine would help, thanks to the extra calories you're burning.

But new research suggests that may not be the case.

Over time, the body compensates for the extra energy you burn by increasing your hunger signals. Hence, you eat more to make up for it.

We can overcome this perplexing situation by budgeting, losing and gaining calories for optimum results.

If you want to lose weight, walking effectively burns calories, but changing your diet is paramount & evidence suggests combining those measures leads to the best results.



THE ULTIMATE GUIDE TO AQUATIC THERAPY FOR A HAPPIER AND HEALTHIER LIFE

Aquatic therapy continues to grow in popularity as a safe compliment or alternative to traditional land based therapy that is suitable for children & adults of all ages and fitness levels. The soothing properties of water appeal to those in search of treatment that can heal the body while improving rehabilitation time frames as well as reducing overall stress levels.



What is Aquatic Therapy?

Aquatic therapy is a form of physical therapy that uses water as its primary medium. It's used as some form of rehabilitation and treatment or to provide resistance & support for exercises. It requires a pool or other body of water, such as the ocean or a lake. The therapy is also known as hydrotherapy and Aqua therapy.

Its history dates back to the time when man first started to take baths. They would enjoy the thermal effects that water has on different parts of our bodies. Hippocrates, father of modern medicine, prescribed hot springs for people suffering from various illnesses in 400 B.C.

During the 1800s, Spas were popular places where people went to relax. From the early 1900s onwards, physiotherapists began using water to help patients. They did so to help them regain their strength or range of motion after an injury or surgery. The therapy wasn't used extensively on patients until the 1980s, when it became more popular.



Techniques Used In Aquatic Therapy

There are a number of techniques that aquatic therapy uses. These include:

Ai Chi is a form of aquatic therapy that was developed in the early 1990s. It combines elements of Tai Chi and Qi Gong. It can be done in seated or standing positions and it helps to improve flexibility, balance and strength. They can also help to improve breathing and relaxation.

Aqua running is a form of low - impact exercise. It may provide a similar cardiovascular workout to running on land. This is considered a good option for those suffering from joint pain or other injuries.

Bad Ragaz Ring method aims to improve flexibility with range of motion. It involves using a flotation ring to support the body in water. This helps to stretch the muscles and ligaments around the joints.

Watsu is a form of aquatic massage wherein the practitioners use water to support people during a deep tissue massage.

Water aerobics is a form of strength and endurance training that combines the use of water with aerobic exercise. They are designed to improve cardiovascular health and strength. The exercises can be adapted to suit people of all ages and abilities.



Conditions that can be helped by Water therapy

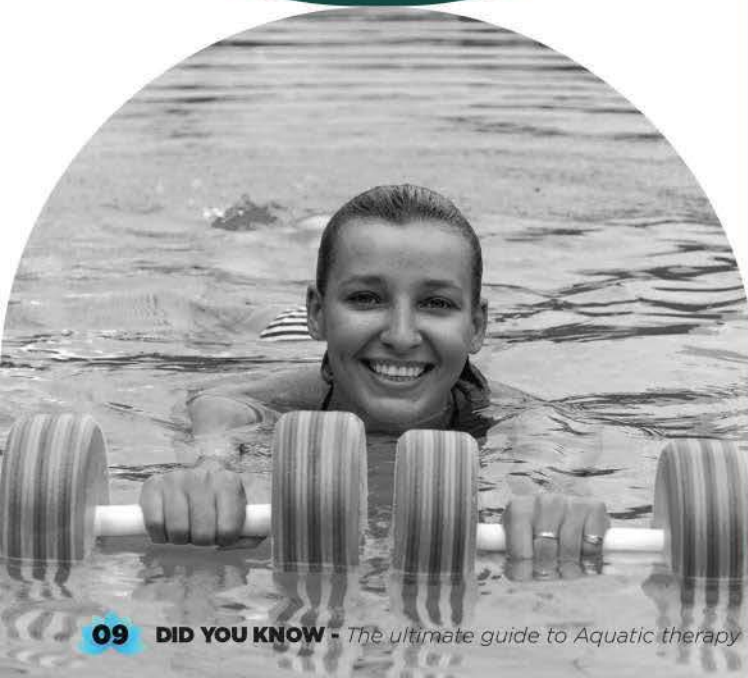
It's helpful & useful for those who are suffering from Arthritis, Cerebral palsy, Idiopathic joint pain, Movement disorders such as Parkinson disease, Multiple sclerosis, Spinal cord injury, Stroke, Scoliosis, Traumatic brain injury, Osteoarthritis, Orthopaedic injuries etc.

Benefits of Aquatic Therapy

Warm water provides a relaxing & soothing environment for aching joints & muscles. Water's natural viscosity or resistance can be used for muscle strengthening and increasing rehabilitation progressions.

Buoyancy allows for flotation & reduces the effects of gravity on injured or aching joints & muscles.

Hydrostatic pressure supports & stabilizes the patient, allowing people with balance deficits to perform exercises without a fear of falling, decreasing pain and improving cardiovascular return. Studies also show that it can improve quality of life for people suffering from conditions such as Dementia & Chronic pain. The holistic approach to aquatic therapy takes into account the body, mind & spirit connection. Experts suggest using in conjunction with other forms of physiotherapy treatment methods. Start slowly & gradually increase the intensity of your workouts. Listen to your body & stop in case you experience discomfort.



HOW CAN FINANCIAL WELLNESS AFFECT YOUR HEALTH?

“ Danica, a Mumbai-based entrepreneur is no stranger to financial uncertainty given her line of work. But between the monetary sacrifices involved in starting a business, the high cost of city living, & the fiscal consequences of the Pandemic, Financial stress began to take a toll. But it's not just the economic burden of her circumstances that make coping with financial issues so difficult - it's also how financial stress impacts your health.”

The connection between financial health & personal health are more connected than you may think. We've all probably experienced some sort of stress in our lives at one point or another, but did you know - that stress resulting from financial challenges is often chronic?

According to the Bankrate survey, money worries are the biggest cause of sleep loss, and it's getting worse. 78% of U.S adults are losing sleep worrying about everyday expenses, saving for retirement & healthcare costs. Add in those unexpected expenses & the amount of stress felt can reach a dangerous level. It's a vicious cycle where one causes an overflow of other issues that in turn result in even more problems.

The beginning of the year is often the time that people take a look at their spending, try to determine their goals for the year & set saving plans to achieve them. But financial wellness is not just about money. Being financially healthy is a critical piece of overall wellness.

Financial wellness is a state where you're able to fully meet your money-related needs right now and later on in life. If you're financially well, you'll feel secure about your financial future.

Other things that affect your financial wellness include

- Current financial situation needs
- Regular financial behaviors
- Activities that can help you manage your money
- Short & long-term planning



Expenses over time can lead to poor financial wellness. You may feel worried about your financial wellness due to

- Medical debt or upcoming medical expenses
- Student debt
- Credit card debt
- Future family expenses

But any source of financial discomfort can lead to poor financial wellness.



How does financial wellness affect your mental health?

Experts have found that stress from money problems tends to be chronic, or long-lasting. Just like with other stressful things in life, this type of tension can cause you to become anxious, depressed, & overwhelmed.

Mental health & financial wellness work together in a cycle. If one isn't well, it usually affects the other. Stigmas around debt can cause people to not want to ask for help.

01

02 How Does Financial Wellness Affect Your Physical Health?

High levels of financial stress manifest through physical symptoms like Headaches or migraines, A weakened immune system, digestive issues, muscle tension, Heart arrhythmia & sleep issues.

Stress triggers a series of physical reactions - your heart rate quickens, muscles tense up, & breathing quickens - thanks to increased levels of stress hormones **cortisol** & **adrenaline**. If this response is chronic - it can lead to problems like hypertension & Hypercholesterolemia.

Researchers have found that participants with moderate to high levels of financial stress are more likely to have coronary heart disease events than those without financial stress. It's possible that financial stress is linked with higher rates of chronic disease overall. Research published by Lockton, an insurance company found that finances are the leading cause of stress among employees, & that those with high financial stress are 3 times more likely to take prescription drugs for chronic illness, & twice as likely to report poor health overall.

Often, these new health issues lead people to spend even more money on medical needs. If you're already in a tight financial situation, this will just add to the stress.

Financial stress can also lead to unhealthy coping mechanisms. One might be likely to overeat, use alcohol or drugs, & smoke if stressed about money. But these things only worsen both situations. They lead to further health issues and often can create even more financial stressors.

HOW CAN YOU IMPROVE YOUR FINANCIAL WELL-BEING

01 Look for spending patterns

Review your spending & saving habits. Compare this to your current financial situation & decide if it fits your means. Look for a pattern in how much & when you spend money. Decide what expenses you can continue & which one to cut out.

02 Ask others for help

There are a ton of resources that can help you become financially well. Take lessons from books, classes, or a trusted mentor to learn more ways to manage your finances.

03 Create a budget

Write down all expenses & make a budget based on what you actually require. Track your spending & stick to this.

04 Pay down debts

Pay down balances as much as possible, starting with the cards that have the highest interest rates.



VARIETY IS THE SPICE OF LIFE!

Let's diversify the workouts

Exercise is important no matter what your age or fitness level. Choosing to maintain a physical activity regimen can help you build strength, endurance & even slow the ageing process.

The trouble is, a go-to workout routine that helps you to stay fit can turn into a rut. Over time, your body becomes accustomed to the routine & reaches a sort of peak.

The Benefits of mixing up your Workouts

Since variety is a spice of life, it's probably no surprise that diversifying your workouts produces the best results.



Challenging your Body

Once your body gets acclimated to exercise, it can reach a plateau. Changing up your workouts not only helps you to stay on your toes & keeps you engaged. It can also help you to grow stronger & fit. Switching things is important if you want to lose weight.

01

02 Work new Muscles

When you vary your workouts, you'll hit muscles you may not use on a regular basis. It may also correct muscle imbalances.



Prevent injury

You may put yourself at risk of developing a *repetitive use injury*. When you overtax one area of the body, it wears down over time. Working different muscles on different days allow each muscle group to recover during 'off' days.

03



Keep exercise interesting

When you look at an exercise as an adventure, you're better equipped to challenge yourself and explore something new during each workout. If you're constantly mixing things up, you're more likely to stay engaged & continue exercising.

04

How to get diversified

01



Target different muscles during each workout

Plan your workouts & week in such a way that you're targeting different muscles on different days. You may do a strength training workout followed by a quick 10-minute run on Mondays & Wednesdays; Yoga or stretching on Tuesdays and Thursdays & long runs over the weekend. The idea is to build muscles according to your needs and preferences.

Sneak in new activities

You can maintain your regular workout while also peppering in new activities. Like to run? Pause & do side lunges during your route. You can also drop & do a set of pushups at each stop sign. That way, you're folding a strength training routine into your regular cardio workout.

02



03



Don't be afraid to try something new

Intimidated by Yoga? Think that Zumba is difficult? Scared of rock climbing? Has it been years since you've picked up a racket? It doesn't hurt to try new activities. You may even discover you like these pursuits more than your regular workout.

There are so many different types of exercise - many of them don't require training or expensive equipment. Diversifying workouts allows you to find new activities you love. The more you try, the easier it will be to achieve your goals. So, don't repeat the same workout over & over again. Spice things up on a regular basis.

IS RICE HEALTHY? THE 3 HEALTHIEST TYPES OF RICE

Most common type of rice consumed in India -



Brown rice

Is the clear choice for the health-conscious. Brown rice is a perfect example of "wholegrain". Paddy husk is removed and the grain is not polished.

Whole grains contain additional beneficial nutrients, including more fiber, micro-nutrients (vitamins & minerals), and phytonutrients. The chief advantage of brown rice is that it contains 2-3 times the fiber of white rice, providing slower and more sustained blood sugar levels. It takes a longer time to cook. It has a nutty flavor and is harder to chew than white rice. It is more susceptible to insect infestation during storage, hence, always buy in small quantities.

Rice, Milled (Polished)

Rice that has been milled in order to remove husk, bran, germ, leaving it as a starch rich grain devoid of many nutrients lost during milling process. Rice is polished to improve its acceptability but during polishing vitamins is lost.



K.SUNITHA PREMALATHA

*A.G.M & Chief Dietician -
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Hyderabad.*



Parboiled rice

Parboiled rice has better nutritive value than white, milled polished rice. Parboiling of rice involves soaking paddy in water for a short time followed by heating once or twice in steam & then drying before milling. Parboiling of paddy has several advantages, starch is gelatinized and nutrients are conserved as they are transported from bran to endosperm. It is often yellowish in color.



Eating large amounts of white polished rice, that has high glycemic index (GI), contributes to higher glycemic load (GL) and has been found to be positively associated with type II diabetes risk.

Glycemic index (GI)

Shows the effect different foods have on the blood sugar levels. It is the ranking of foods from 0 - 100 based on their immediate effect on blood glucose levels. The foods are compared with a reference food such as glucose and are tested in equivalent carbohydrate amounts. The most common classification of GI of foods is as follows - High (70 and above), Medium (56-69), and Low (55 and under).

Glycemic load (GL)

Is the glycemic response to an ingested food depends not only on the GI but also on the total amount of carbohydrates taken by the person in a meal.

Dietary advice to avoid rice for a Diabetic/Pre-Diabetic who habitually consumes rice may not be a sustainable solution . Instead the best practical approach is to:

1. Reducing the quantity of rice in each meal as per the recommended dietary allowance.
2. Choosing the right quality of rice. The order of preference would be first Parboiled brown rice, followed by Brown rice, followed by Basmati rice, Semi polished rice and lastly White polished rice.
3. To prevent chronic diseases half of your grain intake must be from whole grains and so, substitute brown rice/ semi polished rice for white rice for one meal a day.
4. Consider factors that lower Glycemic index (GI) - Eat rice with low GI foods (like vegetables, pulses/ legumes, viscous fiber foods. & dairy products) that will reduce overall meal glycemic index. E.g Khichdi, Sambar rice, Idli with thick dal, Vegetable pulao, Vegetable upma, Curd rice, bissi bella bhat, Dosa, Pesarattu, Adai, Vegetable paratha etc



Food item	Glycemic Index (GI)	Raw Weight	Energy Kcal	Protein g	Fiber g	Carbohydrate g
Rice, White milled	73±4	100 g	356	7.94	2.81	78.24
Basmati	58±8	100 g	360	8.5	1.4	77.0
Rice, Brown	68±4	100 g	353	9.16	4.43	74.8
Parboiled rice	67±3	100 g	351	7.81	3.74	77.16

"The World's Favorite Grain - Rice, has the right quality & quantity".

WE STRIVE TOGETHER!

8 WAYS TO IMPROVE YOUR SOCIAL HEALTH IN 2023

When people think of health, they often think of physical health or symptoms: a bad cough, back pain, or a sprained ankle. They might also think of mental health, something top-of-mind for many today.

But Health has other dimensions. They're less visible but influence our overall health & how we feel about our life. One of these is Social Health.

Think about how good you feel after spending time with your friends or how a chance conversation with a stranger in line brightens your morning. People - Relationships - are the medicine for our Social Health. They can distract us, change our perspective, & lighten the moment by making us laugh or sharing the load.

Our Social health depends on our connection with others as Social health supports health.



Why it's important to Audit how Socially Healthy you are

Psychologists talk about Social health in terms of child development. It's a child's ability to form secure relationships with others & develop trust so that one can feel safe to explore & learn. This ability is closely connected to their emotional regulation skills.

For Adults, Social health includes the networks and social support structures we have around us. Social health boils down to two main factors:

1. Ability to build healthy relationships that includes platonic friends, romantic companion partners, family members, & professional relationships.
2. Qualities of relationships are measured by their duration and our ability to connect meaningfully with other people.

Our social relationships contribute to our overall health & quality of life. Research also shows that the ongoing loneliness & chronic stress of poor social health is linked to many physical health problems. Low social health puts us at risk of social isolation, low self-esteem, anxiety, depression, & other mental health disorders.

What Social Health is not

While marriage & family have been the most studied forms of close relationships, Social health doesn't depend on family status. If you don't have a partner and you are away from family, you can still build your social health. An introvert with one or two satisfying friendships can feel as socially connected as a social butterfly. One shouldn't confuse "Social Health" with "Social determinants of Health". Both relate to our environment & how it affects our social well-being, but they focus on different things.

Be Picky

Do you often feel drained after being with a particular friend or relative? These kinds of people are commonly referred to as energy vampires. They suck your emotional and mental energy from you, and it's best to avoid these relationships at all costs.



Develop good communication skills

Have you ever heard the saying, "We have two ears and only one mouth for a reason?" One of the best ways we can develop strong communication skills is to be active listeners. Focus on the speaker, Listen, avoid interrupting, and provide feedback.

Create mutual boundaries

Be firm & stick to your boundaries with people, and don't need to explain yourself more than once. If you are firm and stick to your boundaries, it'll show people how you want to be treated. It will also show them that you respect their boundaries too.



Do your Part

Always do your best to contribute positively to the relationships by keeping promises and checking on them regularly. Pay attention to the people you value.

Find positive ways to work through issues

Take the time to learn what triggers you and express yourself appropriately. When we're upset, our message can get lost in a way we deliver it. Instead of blaming, do things that may help you to calm down.



Be active together

Join social groups or volunteer. Through this, you can meet new people, but you might also learn a thing or two about your company or partner.

Show yourself some love

When you're unhappy and stressed, it carries over into your social interactions. But that also happens when you're happy! When you make an effort to do healthy things for yourself, it'll boost your mood. You will radiate that happiness to the people around you, & this will help them feel great, too.



Dedicate time to being alone

Taking time to be alone keeps you in tune with your body & mind. Pick up a new hobby or learn new recipes or take a walk in nature.



WHICH IS THE BEST TIME TO EXERCISE?



Dr. Sumana Y.

MBBS, M.D
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Regular and consistent physical activity is a protective factor in maintaining good physical health. It helps to maintain a healthy weight and also lowers the risk of high blood pressure (Hypertension), high blood sugars (Type II Diabetes), high blood cholesterol (Dyslipidemia), heart attacks, stroke and osteoporosis (low bone mineral density).

It has also been proven to have a positive effect on executive function in older adults.

About 150 minutes of moderate-intensity (brisk walking) or 75 minutes of moderate to vigorous-intensity exercise (jogging, running, swimming or cycling) in a week is recommended. Exercise or physical activity can be incorporated into any individual's daily routine as well, especially for those who find it challenging to dedicate time separately for exercise. Taking the stairs instead of elevators, walking short distances instead of driving, and doing household work are all good ways of ensuring physical activity in a day.

Some exercise in a day is better than none. However, for those who have a separate time slot for exercise, it would be preferable to do it in the morning as it is more effective. But those who cannot fit it into their morning routine, can either break it throughout the day or do it in the evening.

It is very important to include exercise or physical activity as a part of a healthy daily routine right from childhood as it will have a positive impact on the entire life course. Children and adolescents should be encouraged to play outdoor games and sports. Adults should also remain physically active to maintain health and not delay it until health is compromised. Exercise is recommended as an integral part of a healthy lifestyle and has innumerable benefits.



TAI CHI FOR ARTHRITIS

Can you meditate while moving? It is possible! They call it "meditation in motion" through Tai Chi.

But we may truly call it "medication in motion." Along with multiple therapeutic and preventive health benefits, Tai Chi can benefit people suffering from Arthritis.

It originated in China as a martial art form and is as effective as other exercises like aerobics or the treadmill. It inculcates self-defence & promotes inner peace. Its gentle, circular, fluid movements usually are never forced, thereby relaxing and strengthening the muscles, and the joints are not fully bent or extended. Connective tissues are not stretched, which is a natural Arthritis workout.

Belief behind:

The traditional belief behind Tai Chi concepts is to unblock and enhance the proper flow of **qi** - the body energy force and balancing of **Yin** and **yang** - opposing elements behind making up of the universe!

Benefits of Tai Chi for Arthritis

A study released by Tufts Medical centre in Boston, Massachusetts, found that "Tai Chi" could specifically reduce the pain & physical impairment of people with severe knee OA.

HERE'S A LOOK AT THE MANY BENEFITS OF TAI CHI:

1. Improves physical condition, including muscle flexibility, strength, & coordination
2. Improves balance & a decreased risk of falling
3. Easing of stiffness & a subsequent pain
4. Improved sleep
5. Improved circulation of body fluid & blood to enhance healing



Reduces stress & anxiety, resulting in less depression & enhances immunity.

The slow-motion Tai Chi Chuan was evaluated during a study involving geriatric patients as a potential health-related fitness practice. About 76 seniors took part in the survey - some did Chuan, while others were part of a control group.

The Tai Chi group practices regularly with a 20-minute warm-up, 24 minutes of specific Tai Chi Chuan training, and a 10-minute cool down.

The Tai Chi Chuan group also seemed to gain greater flexibility & had a lower percentage of body fat compared to the control group. This suggests that Tai Chi benefits the elderly as it can serve as an effective conditioning exercise.

TAI CHI EXERCISES FOR ARTHRITIS

While there are many variants of Tai Chi exercises for Arthritis, here is a quick list to add to one's daily life.

One may start with a Warm-up, like shoulder circles, turning head, or rocking back, followed by practice of tai chi short forms. Another essential aspect of the movement is breath energy work called Qigong (or chi kung).



TAI CHI SHOULDER EXERCISES

1. Stand with legs shoulder-width apart and look straight ahead.
2. Extend your hand out in front of you with palms facing down.
3. Slowly lift your hands until they're at about shoulder height, and turn your wrists so that your palms are now facing you. Turn your palms toward your face and gently push your chin back.
4. Push your palms out in front of you and slowly lower your arms down to your sides while bending your neck down gently.

TAI CHI NECK STRETCHES

1. Hold your arms and hands on your sides with your palms facing up.
2. Lift your arms toward your head but when they reach shoulder height, turn your palms and push your arms down as if you are pushing air.
3. Repeat this cycle several times.



TAI CHI SPINE STRETCHES

1. Stand with legs shoulder-width apart and hold your hands in front of you as if you're having a ball. One hand is on top of the ball, and one is supporting the bottom.
2. Take the hand under the ball and stretch it as if you're trying to touch the ceiling with your palm.
3. Go back to the ball position and switch hands so that you stretch up on the other side.
4. Make sure that you don't fully extend your joints. This is a gentle stretching exercise

Although Tai Chi doesn't seem aggressive, it is a powerful exercise. When practised regularly, it is equivalent to resistance training and brisk walking and is safe for our ageing citizens for balance and reducing pain, stiffness & chances of falls. In addition, Tai Chi is now richly researched as more people report health benefits, including people with Arthritis.



8 IMPORTANT REASONS WHY CHILDREN SHOULD TAKE UP SPORTS

The earlier we start the better it is. When children are engaged in activities which align with their particular interests, their psychosocial development is enhanced. Let's learn why taking up sports at an early stage is important.

Learning how to lose

Learning to accept & cope with defeat is an important lesson in life. In a game like badminton, one needs to be well-trained. One good shot that you're unable to dodge can make your opponent win by a point. By learning to control & understand their emotions after losing, children can build resilience that can aid them in life. After all, life brings many obstacles & learning to be dignified in defeat and to stand up when you're down are lessons sports can teach us early on.

Importance of Teamwork

Team sports require all team members to work together towards a common goal – whether that's winning the championship or winning the next match. Through their regular practices and matches against other teams, kids will learn to encourage each other and to work together in unison to achieve the common goal. For eg, in a game like football or cricket, the team can utilize each member's strength & expertise.

Discipline and Time Management

Children need to go to practice every day or every single week. They also need to ensure that all their homework & school assignments are done effectively & on time.

This practice will fully prepare them for their adulthood as they grow old.



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8 YOGA POSES & MANTRAS FOR HAPPINESS

When you hear the word Yoga, it can evoke many different ideas of what it means, from a spiritual practice to a competitive sport. It can be used to describe a person, place, or movement. Whatever it means to you, we hope that reading this article will inspire you to practice yoga more often!

Create your Own Happiness

Choosing happiness requires us to be there. We can either choose to reduce ourselves in dread, anger, or even hopelessness, or we can make a decision to smile and think positively. Be one of the people that makes a decision to become all they could be, to enjoy every day, and maximize your life & truly live it.

Select Yoga

The peace & happiness we access on our mats is no accident. Although many write it off as yet another exercise-induced dopamine high, yoga goes deeper than that. It is believed that the mind-body connection established through yoga promotes changes at the cellular level. Much of our unhappiness stems from our thoughts or feelings as we evaluate our experiences in terms of good or bad. A full practice of yoga and meditation not only gently eliminates these self-judgments, but over time begins to reshape our postures, attitudes & thoughts.

Try these playful yoga poses to recharge your energy & become lighter & happier:

01



Cat-Cow pose

Rhythmic movement during the transition from one posture to another calms the nervous system, inviting the flow of positive energy to be carried throughout the body.

MANTRA: "Today I will find joy on my path."

02



The Pose of the Warrior II

Use this pose to relieve stress and remind yourself that you can be strong, invincible & irresistible in everything that you do!

MANTRA: "I control how I feel – and today I choose happiness."

Pose of the Dancer

This beautiful pose is the embodiment of grace and elegance. The feeling of lightness and joy that it gives relaxes the tension in the hip area and opens the heart.

MANTRA: "I welcome freedom, energy and ease."

03



Pose of the Crow

This pose increases focus & strength while soothing the mind.

MANTRA: "I welcome balance, strength and happiness."



05

Pose of the Bridge

It is proved that deflections contribute to the release of endorphins. A strong opening of the front part of the body helps to get rid of stress and raise the level of energy.

MANTRA: "I am open hearted and open-minded about everything that comes to me."



04

The Pose of the Goddess

Let this total energy pose remind you that it is you who are responsible for your happiness.

MANTRA: "I am a strong, confident yogi and invite only love and happiness in my life."

06



07



Pose of the Dove

Creates space for all that is positive and happy, saying goodbye to the tension that may have accumulated in your hip region.

MANTRA: "Be happy, be joyful, be yourself."



08

Rack on the head

Look at life from a different angle. Feel the blood flowing through your body, filling you with positive energy.

MANTRA: "I will do more things that make me happy."

EFFECTIVE WAYS TO STAY HEALTHY & ACTIVE AT YOUR WORK DESK

Ergonomics focuses on how individuals interact with their surroundings, particularly at work. It entails creating tools, things, and systems that people may use effectively and pleasantly while reducing their risk of harm or pain.

Neutral posture at work

Feet flat on the ground, knees bent at a 90-degree angle, hips and shoulders relaxed, & head facing forward.



Arrange your work desk

Arrange your desk so that items that you frequently use, such as your phone and documents, are within easy reach.

Green

Reach with bent elbow (most frequent)

Yellow

Reach with outstretched arm (medium frequency)

Red

Beyond arm's reach (least frequent)



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FOLLOW THE 20-20-20 RULE

The rule suggests that every 20 minutes, you should take a 20-second break and look at something 20 feet (about 6 meters) away.



DO SOME STRETCHES AT WORK

Here are a few simple exercises & stretches that you can do at the workplace to help improve your posture and reduce muscle fatigue:

Neck stretches

To stretch your neck muscles, slowly turn your head to the right & hold for a few seconds, then turn to the left & hold.

Shoulder rolls

Sit up straight and inhale deeply to extend your shoulders. Roll your shoulders back, forward, and down as you exhale. Do this several times.

Arm and wrist stretches

Extend your arms in front of you with your palms facing down to stretch your arms and wrists. Push your hands down gently, then reposition your wrists so that your fingers are pointing in the direction of your torso. Hold for a short while, then let go.

Chest stretch

Sit up straight and place your hands behind your head to extend your chest muscles. Feel a stretch in your chest as you gently press your elbows back. Hold for a short while, then let go.

Leg stretches

To stretch your legs, stand up and cross one ankle over the other knee. Feel a stretch in your inner thigh as you gently press down on your lifted knee. Hold for a short while before switching sides.

Take short breaks

Short breaks during office hours would:

- Improve productivity
- Reduce stress
- Increase comfort
- Improve mental health

How long should the break be?

No specific length of time is considered the "right" amount of time for a short break in the office. The length of your breaks will depend on your personal needs & the demands of your job.

HEALTH TIPS TO BE HEALTHY AT THE WORKPLACE

- Stay hydrated
- Eat a healthy diet
- Get enough sleep
- Take breaks and stretch
- Stay active
- Manage stress

WHEN TO CONSULT A PHYSIOTHERAPIST?

If you are experiencing pain and discomfort due to office work, it is generally a good idea to consult a physiotherapist.

- Persistent or severe pain that does not go away after a few days of rest
- Numbness or tingling in arms or legs
- Weakness or difficulty with movement
- Loss of function or mobility



TRENDS TO SET YOUR TRAINING ON FIRE 2023

A 2022 recap

It's common knowledge that the Pandemic has changed how the world operates. Closures & capacity restrictions impacted the fitness industry more than others. Businesses had to adapt to stay afloat, pivoting to a purely online business model during numerous lockdowns.

Last year's fitness trends predicted the growing importance of Mental Health & Hybrid classes. As we delve into the 2023 fitness trends below, we'll explore how the past year's trends laid the foundation for what's to come.

The research suggests that the pursuit of wellness will set the tone for the year ahead, seeping into many areas of life.



Digital fitness will become immersive

The Pandemic also accelerated the fitness industry's leap into the digital world, with live-stream & on-demand classes becoming the norm. In 2023, we expect to see more formats emerge, such as virtual reality classes & Metaverse events. Wearables, such as watches & rings that allow users to track & share their stats online are one of the fitness trends that will continue to go strong next year. New fitness tech & apps cropping up in 2023 is inevitable. Many will be designed to enhance the functionality of wearables or existing online platforms, but we also anticipate a rise in gamified fitness apps that make being active fun.

02

Mobility Training

Mobility is totally different from flexibility & stretching is also primed to have a major moment in 2023. Mobility training helps to improve the ability to safely move a muscle through a range of motion within a joint. It will also improve functional movement, prevent injuries, reduce pain, & more. We can expect to see prioritizing post-workout recovery as another form of self-care this year.





High intensity workouts

From Tabata to EMOM or AMRAP, there is a plethora of HIIT or High-intensity interval training, a form of training that alternates between intense bursts of activity and rest periods. HIIT sessions are usually no longer than 30 minutes and that's why their popularity will grow even more; short sessions have big benefits.

03

04 Sustainable Fitness Habits

A more holistic approach to fitness means we're tuning into our minds & bodies to find what feels good. Quick fixes & 'no pain, no gain' are out, & it's all about finding activities & habits we enjoy. The focus is going to be on encouraging movement which looks different for different people, and that opens up endless possibilities: Short or stretching workouts, exercise groups (running, walking pets, hiking, hiking, cycling etc.), walking meditation, etc.



05 Exercise for Mental Health

A study indicated that the relationship between fitness & mental health reduces the risk of Depression and Dementia by up to 30% and also helps to reduce stress, anxiety, increase brain function & improve sleep quality. Aside from the physical benefits, 2023 will see a surge in people using exercise to improve their mental health by connecting with friends, establishing and achieving personal goals and even enjoying some solitude - all vital to positive mental health.



06 Digital Detoxes

We all know that taking a break from our screen benefits our mind and eyesight, yet sometimes we can't stop the mindless scrolling or checking our emails. Digital overconsumption explains the increase in popularity of digital detox retreats over the last few years - from Yoga & Meditation retreats to surf camps.

The variety of offerings keeps expanding and niching down as the demand grows.

The concept of fitness is shifting, & people are looking for ways to incorporate movement and self-care into their daily routines. Most of the 2023 fitness trends stem from people simply wanting to feel good. So, let's start today to stay ahead in the game.

AI & ML IN HEALTH & FITNESS

Our world today revolves around data. Data science, ML, & AI have become a part of the most critical technologies of the 21st century, penetrating almost every aspect of our lives including fitness & well-being. An extensive section of the audience is becoming fitness-conscious & rapidly making lifestyle changes.

According to an article published in the World Economic Forum, the global downloads of Health & Fitness apps increased by 46% during the Pandemic. Many started concentrating on indoor exercise routines as they were restricted from outdoor activities during quarantine. In addition to intelligent wearables like Apple watches, FitBit etc. which may help one track their fitness, personal AI trainers are also gaining immense popularity.

So, What are AI & ML?

Artificial Intelligence is a branch of computer science concerned with replicating human intelligence in Machines. **Machine learning** or ML might be called a way of creating AI. It relies on automating the analysis of statistics to make sense of very large sets of data, using complex algorithms to find specific patterns.

How is AI revolutionizing the fitness industry?

AI coach apps are being developed with the promise that they will provide the same experience as having a personal trainer. Computer vision assesses the skeletal system, contours & volume, giving the ability for fitness products to help correct a person's form & measure body shape. It will become a common place for our smartphones, laptops & custom hardware solutions to use "Human pose estimation".

Here are some areas where AI is revamping the fitness sphere:

01. Collective Health analysis

AI makes it possible to collect BMI, glucose, diet, & nutrition. Rather than visiting a hospital, the person will only have to download the right fitness app.

02. Personalized Routines

At times, it becomes difficult to get a 100% customized routine in physical classes or gyms.

But these apps help in eradicating this problem. They analyze the details entered by the users based on their body parameters & goals. One can also come up with personalized routines after the analysis.





03.Connectivity & Adaptability

AI helps in making the experience with wearables more fulfilling. It boosts the application's connectivity and adaptability. Few apps can give seamless gadget connectivity allowing users to track their health & fitness.

04.Smart Assistants

These apps can connect the user to a nutritionist, provide customized workouts, & offer solutions to all fitness needs. Some can even offer offline usage.

05.Movement tracking

is also possible as these apps provide suggestions regarding ways to help correct posture & few also provide video suggestions for help.

06.Nutritional evaluation

AI can analyze the entire content of a meal by simply scanning a picture of the user's plate. Further, they can even identify the deficiency & suggest personalized diet plans based on a person's requirements.

The Future

In addition to the uses of AI & ML, we'll see everything from medical imaging and voice analysis to understanding how users will respond to their training. It can also pick up ailments from overtraining. We can confidently state that the future of fitness, both on the consumer side & those running wellness companies, will be data-driven. AI, ML and Data science will become utterly ubiquitous in the industry.

Are you ready to embrace the new technology?



MILLETS ON MENU:

Nutrition, Benefits & Many more

**Praveen Hegde, a home chef in the palace town of Mysuru, Karnataka loves his distinctive & authentic food. Five years ago, a major health issue forced him to undergo a lifestyle change. He eliminated rice, wheat & sugar from his diet & switched over to far more 'nutritious' millet'. He now claims that millets have helped him get rid of his ailments.*

The United Nations General Assembly at its 75th session declared 2023 as the International Year of Millets (IYM 2023). The term millet is used to describe small-grained cereals like jowar, bajra, kangni, kutki, kodo millet, ragi/ mandua, cheena, sawa/ sanwa/ jhangora, & korale.

Millets were among the first crops to be domesticated. There is evidence for the consumption of millets in the Indus - Sarasvati civilization. Several varieties that are now grown around the world were first cultivated in India.

Why are Millets "good"?

Millets are eco-friendly crops - they require much less water than rice & wheat, & can be grown in rainfed areas without additional irrigation. According to 2019 studies, "Wheat & rice have the lowest green water footprints but the highest blue water footprints, where millets were exactly opposite." Green water footprint refers to water from precipitation whereas blue water refers to water from land sources. Thus, millets require the least amount of irrigation to be grown.



NUTRITIONAL PROFILE

Like most cereals, millets are starchy grains - meaning that they're rich in carbs. Notably, they also pack several vitamins & minerals.

One cup (174 grams) of cooked millet packs :

1. Calories: 207
2. Carbs: 41 grams
3. Fiber: 2.2 grams
4. Protein: 6 grams
5. Fat: 1.7 grams
6. Phosphorus: 25% of the Daily Value (DV)
7. Magnesium: 19% of the DV
8. Folate: 8% of the DV
9. Iron: 6% of the DV

Millets provide essential amino acids than most other cereals. These compounds are the building blocks of proteins. What's more? Ragi boasts the highest calcium content of all cereal grains, providing 13% of the DV per 1 cooked cup (100 grams). Calcium is necessary to ensure bone health, blood vessel & muscular contractions, and proper nerve function.

HEALTH BENEFITS:



01

Safe for Gluten-Free Diet

Those who have celiac disease or non-celiac gluten sensitivity can safely choose millet to get dietary fiber, protein, & healthy carbs.



02

Helps in lowering Cholesterol

In a research review published in 2018, it was found that whole grains help to lower total and LDL (Low-density lipoprotein) cholesterol by 1% - 2% when compared to refined grains.



03

Improved management of Constipation

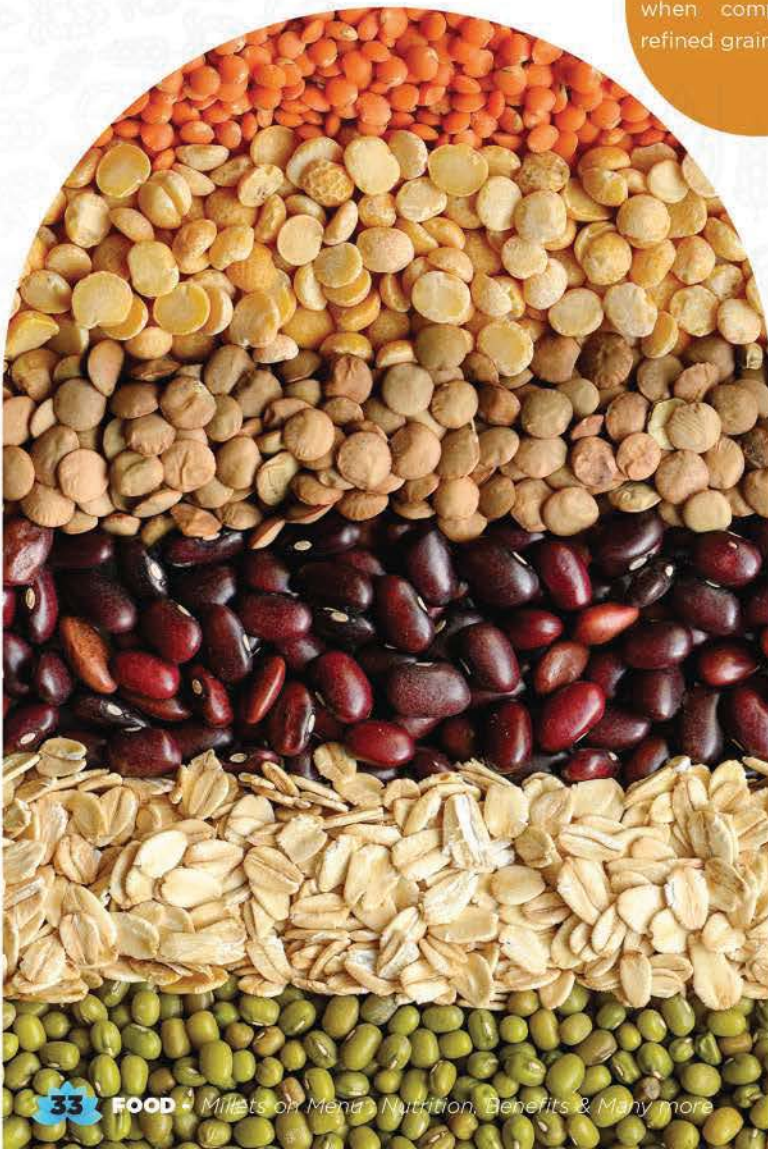
A 2018 study found that when older adults added fiber to their diets, stool frequency improved and laxative use decreased, thereby reducing the burden of constipation.



04

Rich in antioxidants

Milletts are rich in phenolic compounds, especially ferulic acid and catechins. These molecules act as antioxidants to protect your body from harmful oxidative stress.



How to prepare?

To cook hulled millet, bring two cups of water to a boil in a small pot on high heat. Add a dash of salt & one cup of millet. Once the water returns to a boil, reduce the heat & cook for about 20 minutes until tender (or at your desired consistency). It can be prepared in a slow cooker too.

Use millet in sweet or savoury dishes. You can use millet instead of rice as a side dish or in a stir fry, salad, or soup recipe.

Their nutty taste & versatility make them worth trying.

KAYAKING IN INDIA:

8 Best Places that'll Let You Paddle Amidst Nature In 2023

'The sooner you paddle, the better you explore.' Irrespective of what kind of a traveler you are, a touch of adventure is something that you'll definitely embrace, especially if it takes you right into the lap of nature. Kayaking in India is one such experience that can give you the much-needed thrill & make your holiday one of its kind. Be it a lake, river or sea, paddling onto an off-beaten path amidst the wonders of nature lets you have the best of both worlds. But which are the best kayaking destinations in India? Fret not; this handy little guide has got you covered!



01

Zaskar River, Leh

This is one of the best places that offers the most adventurous experiences. The trip starts on the Indus River from Spituk and goes on until you reach Nimu. Passing through various rapids of grades 1 to 5, the ultimate thrill is what you'd get to take the paddling there.

02

The Ganges, Rishikesh

Enjoy a 12 km expedition that begins at Brahmapuri & ends at a popular ghat. The heavier rapids that you'd come across would surely pump up your adrenaline rush & keep you energized for the whole journey. The Ashrams and temples ooze the bliss and are amongst the top places to spot on your way there.




03

Teesta River, Sikkim

This famous hotspot is gradually gaining popularity. If you're one of the travelers who likes to skip the crowd and embrace calmness, then this is the perfect place for you to learn & experience the adventure.





Brahmaputra River, Arunachal Pradesh

This river also boasts some of the country's most challenging

rapids

that

are

one

awesome

place to let

you be. Witness

the breathtaking

views on your way and

also explore the local

villages around for as

long as you wish.

04

05 Kali river, Dandeli, Karnataka

If venturing into the wild is more than you think, then paddling through the lush jungles into this river that flows into India from Nepal is what you ought to do. Listening to the birds chirp, camping under the stars, & spotting a few rare species are some of the things you can experience.



Paradise Beach, Pondicherry

Famous all across the country for its everlasting beauty, white sand, and paradisiacal views, the Paradise Beach in Pondicherry offers a perfect experience of kayaking in India.

06



Mandovi, Goa

Paddle your way across Mandovi or Nerul, & witness the soothing beauty of the

sunset besides the laid back charm of the town.

07



Backwaters, Kerala

Apart from a plethora of experiences that Kerala offers, backwater kayaking is one must-have experience for every traveler who tours god's own country. Offering a scenic and serene vibe, paddling through its narrow channels under the palms is the best way to witness the beauty of nature. And not just this, but you can also explore the little villages around the lifestyle of farmers & more.

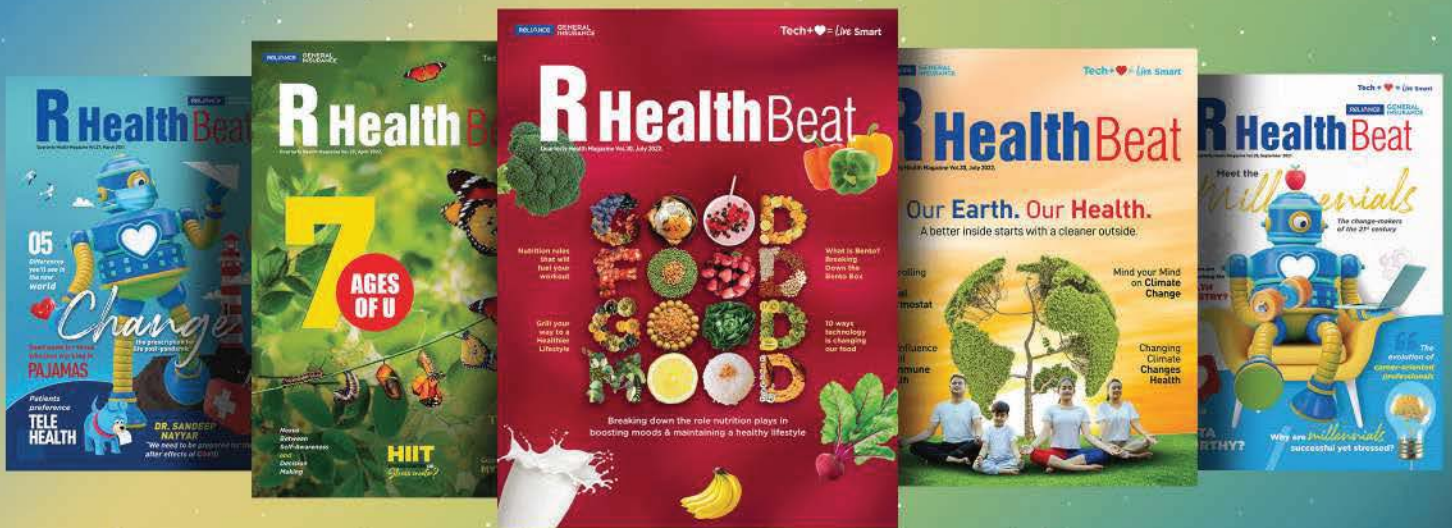
08

Tips for Kayaking in India

- There are two types of Kayaking, white water, which has rapids, & ocean kayaking which means paddling in an open sea or lake. So, do pick your destination accordingly depending on which type of activity you wish to indulge in and experience.
- Make sure you do not pollute the rivers in any form.
- Make a to-do-list of all the equipment & gear. Also, carry a handy first-aid kit.
- Last but not the least; do check the best time of the specific destination for kayaking in India that you're planning to visit.

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