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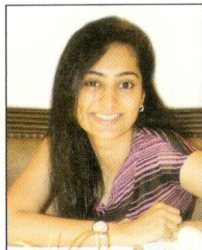
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Exercise for healthy living





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Nutrition Tips before You Cross 40!

NUTRITION

Middle age is the period of life beyond young adulthood but before the onset of old age (Between the age of 40-60). The changes that come with middle age such as loss of skin elasticity, graying of hair, decrease in energy intake, loss of muscle mass with accumulation of body fat are uncontrollable. Health Care for adults is often directed toward particular physical problems such as diabetes, heart disease, menopause, osteoporosis, arthritis, thyroid disorders and obesity. Therefore Priority for young adults should be to establish lifelong lifestyle patterns that will promote health, well-being and fitness.

Every day individual is bombarded with messages that encourage actions to improve their health. An overweight child will require less time to make changes in his lifestyle a habit compared to an overweight adult who finds it a head breaking task. Therefore care should be taken from the initial years which will happen only when people are aware about it and at the same time value importance of good health. Good or poor health is in large determined by five **factors-Heredity, Environment, Health outlook, Health care, Lifestyle**. The first of these factors heredity is beyond the individual's control. However the remaining factors can at least to some extent be modified if the person wishes to achieve a higher level of wellness.

One can reduce their risk of chronic disease by adopting positive life style patterns which includes

Food selections

Regular exercise for fitness and weight control

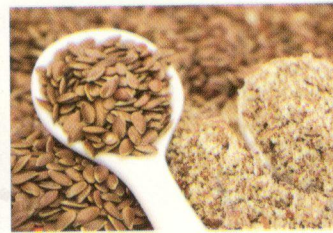
No smoking

No or moderate use of alcohol

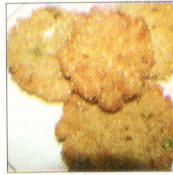
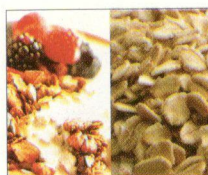
Stress management

Food Selections for a healthy diet would include

1. Reduced intake of saturated fats & increase intake of PUFA & MUFA: Limit use of red meat and egg yolk, butter, ghee, whole milk, malai paneer, cheese which are higher in saturated fat instead use chicken, fish, low fat milk and milk products, **almonds, walnuts, flaxseeds, sunflower seeds**, till seeds which are lower in saturated fat and higher in polyunsaturated fat and monounsaturated fat (good fat). Omega 3 Fatty acids found in fish such as salmon, tuna, mackerel and mullet have serum lipid lowering effect. Studies have shown that eating fish once or twice a week is an effective deterrent to developing coronary heart disease.



2. Increase intake of complex Carbohydrates and eat fewer simple sugars: 50 to 60 % of total calories should come from carbohydrates with an emphasis on complex carbohydrates- **oats, museli, nachni, bajra, jowar, wheat, legumes, fruits and vegetables** with only limited amounts of added sugars including white and brown table sugars or other sweeteners. Complex Carbohydrates are rich in fiber which serves 3 important functions



• **Water absorption:** Fiber provides bulk and water binding necessary to maintain rapid transit time and produce a large soft stool. Lack of fiber has been implicated in the case of colon cancer and constipation.

- **Binding Effect:** Fiber has capacity to adsorb or bind bile acids and cholesterol, thus preventing their reabsorption, with a subsequent lowering of serum lipids.
- **Blood Glucose Control:** Fiber requires longer digestive period & release glucose into the blood in a slow sustained manner.
- In addition diet high in complex carbohydrate foods providing slow release of glucose is less likely to lead to obesity than a diet high in fat as a result of hormonal regulation of both appetite and energy utilization.

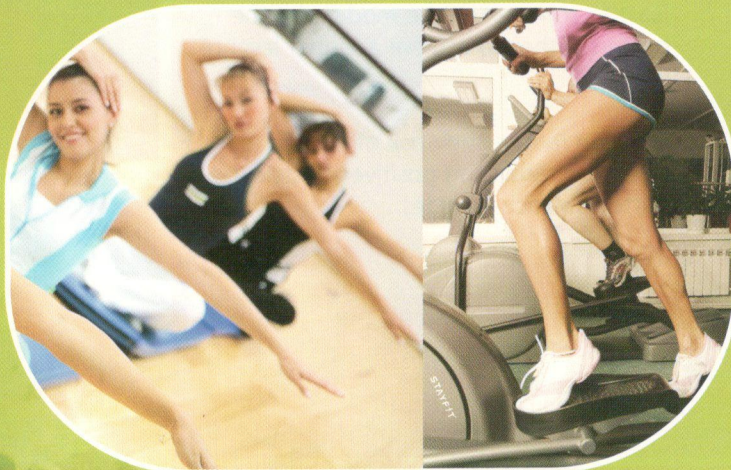
Fruits and vegetables are rich source of antioxidants, Eg: betacarotene found in dark- green and deep yellow vegetables and fruits as well as indole compounds found in cruciferous vegetables such as broccoli, Brussels, sprouts, cabbage and cauliflower, appear to offer some protection against certain cancers.

1. **Use of processed foods:** Highly processed or refined food items are lower in nutrients and generally have added amounts of sugar, sodium and fat. Limit use of convenience foods, salty snack foods, and salty condiments. A safe and reasonable intake of sodium is 3-6 g /day of Salt. Staying within the recommended intake level does not require limiting use of nutrient dense foods containing natural sodium, including milk, cottage

cheese and other animal foods. It does require some substitution of other flavoring and seasonings such as spices or herbs for table salt and limited use of pickles, olives, sauerkraut, and sardines. Refined Cereals, canned soups, frozen dinners and other highly processed prepared food items are high in sodium. Consumers should read nutrition labels to identify the sodium content of these food

Exercise

Make time for at least 30 minutes of exercise, three times per week. Regular exercise contributes of health and fitness in many ways. Some of these benefits include improved energy balance. Body composition, cardiac efficiency and serum lipid levels.



1) Energy Balance: increased energy expenditure in exercise allows a higher energy intake in food, which helps ensure adequate amounts of all important nutrients without inappropriate weight gain. An indirect effect of exercise is increased glucose uptake and utilization by muscle cells in the trained versus the untrained individual.

2) Body Composition: exercise strengthens muscle fibers and helps prevent age related loss of lean body mass and increase in body fat. It also prevents degenerative aging changes by strengthening of bone through stimulating bone formation and preventing bone loss. Regular physical stress on the bone provided by consistent exercise will prevent or retard the onset of osteoporosis, a common bone disorder among older women.

3) Cardiovascular Efficiency: regular exercise increases the individual's ability to do physical work with increased cardiovascular efficiency and decreased recovery time. Maximal oxygen consumption is increased while heart rate and blood pressure levels are decreased both during exercise and at rest. Among those persons not exercising regularly blood pressure increase with age.

4) Serum Lipid Levels: Daily exercise increases serum levels of HDL, which protect against coronary artery disease by removing cholesterol molecules from the blood before they can enter the arterial wall. At the same time LDL that carries cholesterol to the cells and increase risk of heart disease is lowered.

An individual previously sedentary, regardless of age should undergo a physical examination before embarking on an exercise program. Persons should also pay attention to body signals. The appearance of pain suggests that it is time to slow down or stop. To prevent muscular or skeletal injury or a cardiovascular accident, the progression in both duration & intensity should be gradual.

Stress Management

Emotional and psychologic stress is related to both physical and mental health. Stress can result in adverse physiologic symptoms including

1. Gastrointestinal distress for example nausea, vomiting or diarrhea.
2. Irregular sleep patterns
3. Increased muscle tension resulting in headache, backache
4. Heart disease is significantly related to high blood pressure, which can occur over time as a stress response.

Stress can be eliminated by keeping in mind the following key points

Learn to say "no", avoid people who stress you out, express your feelings instead of bottling them up, be willing to compromise, be more assertive, manage your time better, reframe problems have solving attitude, don't try to control the uncontrollable, learn to forgive, set your own relaxation time, keep your sense of humour.

Avoid alcohol, cigarettes, and drugs.

Most importantly get enough sleep. Adequate sleep fuels your mind, as well as your body. Feeling tired may cause you to think irrational & affect your health