



A Complete Health Guide

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REACHOUT

Please circulate to all your friends,
colleagues, relatives, associates
and just about everyone on your
mailing list.

Let them gain too!

Contents

- 1. Exercise & Fitness**
- 2. Nutrition & Calorie Management**
- 3. Stress Management**
- 4. Ear Nose Throat Teeth**

Exercise & Fitness

1. **Stamina (Cardio) Exercises**
2. **Strength Exercises**
3. **Mobility Exercises**
4. **Back Exercises**
5. **Yoga**
6. **Weight Training**

Stamina (Cardio) Exercises

Walking: Excellent cardiovascular benefits for the advanced age groups.. Should be done briskly with swinging of the arms. Comfortable shoes must be worn. May be done morning or evening for 30-60 minutes..

Jogging: Suitable for younger age group below 50 years. 30 minutes is all that is required and may be done continuously, or jog and walk in between when fatigued. The pace of jogging is equal to that of a brisk walkrun on soft or grassy surface. Wear comfortable clothes and breathe freely.

Stamina (Cardio) Exercises

Swimming: For those who know how to swim, 20 minutes of continuous swimming is sufficient. Alternately swim the length of a pool 10-20 metres, rest at the end for 30 seconds, swim back. 10 such lengths is good. Use any stroke you know. They are all of almost equal cardiovascular and muscular benefit.

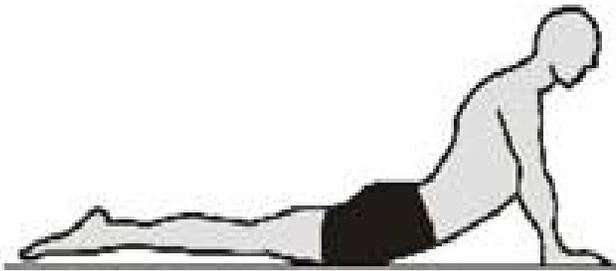
Cycling: For any age group. Minimum time 45-60 minutes of continuous controlled fast cycling. Cycling up slopes gives added benefit. Ordinary cycles are good enough and indoor stationary exercycles may also be used at low resistance for 45 minutes.

Stamina (Cardio) Exercises

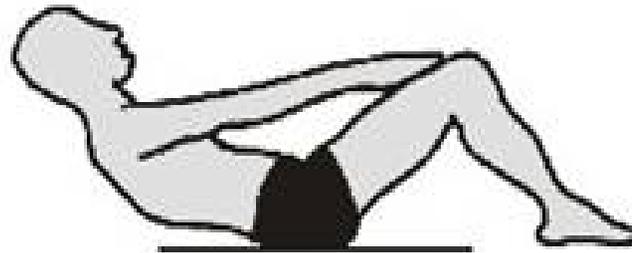
Games: For the fitter younger age group. Get fit first before playing games such as squash, badminton, tennis, handball, basketball, football etc.. Warm up before the games. 30-45 minutes of the game is sufficient. Weekend or once a week games must be avoided unless other fitness programmes are done on other days. Play within your capacity.

Strength Exercises

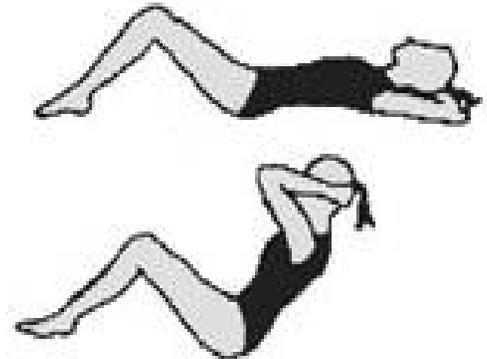
Improve muscular strength with 10-20 repetitions of each of these movements



Modified Push-Up

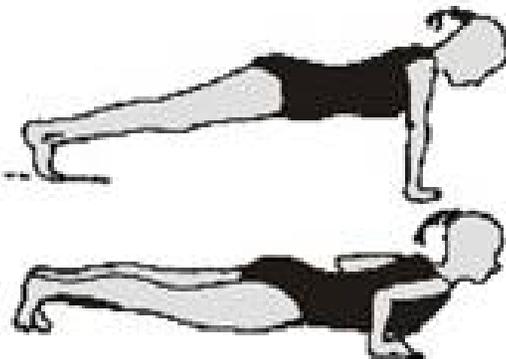


Modified Sit-Up



Situps for Abdominal Muscles

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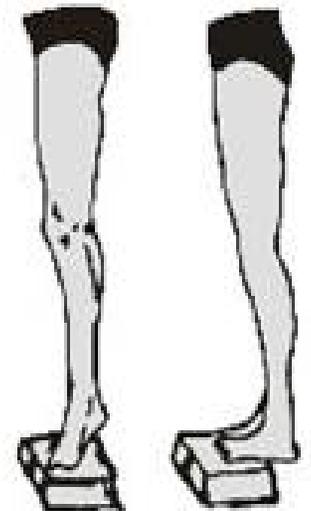
Push-Ups for Shoulders
Chest, Arms



Back Lift for
Strengthening Back



Squats for Thighs



Calf Raises

Mobility Exercises



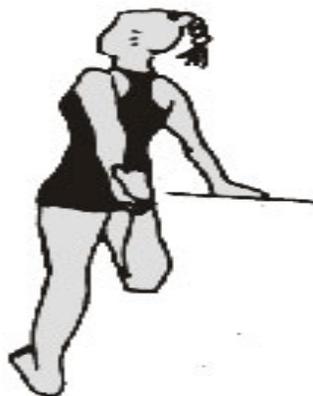
Neck Rotation



Wrist Rotation



Waist Rotation



Front Thigh Stretch

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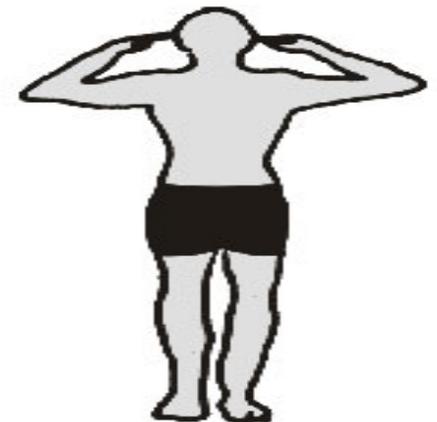
Shoulder Rotation



Toe Touch



Calf Stretch



Elbow Bends



Hip Mobility



Ankle Rotation

Back Exercises



Modified Push-Up



How to Stand



How to Bend



Modified Sit-Up



Leg Lifts (front)



Use your knees to lift

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Alternate (back) Leg Lifts



Sit upright with a straight spine



Spine Stretch



While sleeping use a firm mattress & a low pillow

Yoga

Yoga should preferably be done under expert supervision 2-3 times per week.

- b) In case you know Yoga, we suggest that the following 'asanas' be included in your programme.
- c) Each Yogasana is repeated 2-3 times except serial Nos. 1, 14 & 15.
- d) Persons with back problems should avoid serial Nos. 2, 4, 10 & 12.
- e) Persons with Cardiac problems, HBP, etc. should avoid serial 4 and 5.
- f) This programme will not only keep you fit, but is also beneficial for those persons who have high B.P., respiratory problem, mental strain, head - aches, digestive ailments, back problems, joint problems, etc.

Standard Yogasanas...I

- 1 . Stand warm up for Pawan Muktasana series.
2. Suryanamaskar (Sun Salutation) Effect - on full body including heart and circulation.
3. Ardh-halāsana (30, 60, 90 degrees, double leg raises) Effect - on abdomen, legs, back reproductive organs.
4. Sarbāngāsana (Shoulder stand) Effect - on brain, nervous system, thyroid, circulation.
5. Halāsana (Plough pose) Effect - on spine, nervous system, back, lungs.
6. Matsyāsana (Fish pose) Effect - on chest, neck, thyroid, lungs.
7. Bhujāngāsana (Cobra pose) Effect - on lower back, reproductive organs, lungs, spine, chest, abdominal organs.
8. Salabhasana, (Locust pose) Effect - on buttocks, legs, hips, constipation, gas, digestion, etc.

Standard Yogasanas...II

9. Dhanurasana (Bow pose) Effect - on abdomen, digestion, legs, back.
10. Naukasana (Boat pose) (V sit-ups) Effect - on spine, abdomen, chest, etc.
11. Bakrasana (Half spinal twist) Effect - on spine, fat on waist, gas, digestive organs.
12. Paschimottasana (Sitting toe touch) or Padahasthasana (Standing toe touch) Effect - on digestion, spine, legs.
13. Trikonasana (Triangle) Effect - on spinal nerves, waist, digestion.
14. Pranayama (Deep breathing) 10 rounds each.
 - a) Anulome / Vilome - alternate nostril breathing, and
 - b) Kapalbhathi.. - belly breathing Effect - on lungs and respiratory system.
15. Shavasana (Corpse pose) - as often as required. Effect - on physical / mental relaxation.

Yogasanas

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Ardhalasana



Sarvangasana



Halasana



Matsyasana



Bhujangasana



Salabhasana



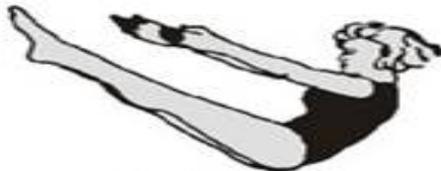
Dhanurasana



Naukasana



Bakrasana



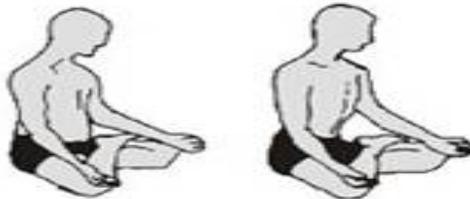
Paschimottasana



Trikonasana



Anulom/Vilom



Kapalbharti



Shavasana

Weight Training

Weight training is basically for strengthening and building up the muscles. An all-round programme must have some stretching and cardio-vascular exercises as well. In addition, weight training loads the bones thereby strengthening and protecting against osteoporosis. The points to keep in mind in weight training are as follows:

- 1 The ideal weight training schedule is on alternate days i.e. 3 days a week with a complete rest on weekends.
- 2 The systems of training different muscle groups on different days, may be good for competitive sportsmen. The best system for non-competitive sportsmen is to exercise the entire body in each session. The major muscle groups are: Upper body - Shoulders, Arms, Chest and Lower body - Back, Abdomen, Legs.

Weight Training

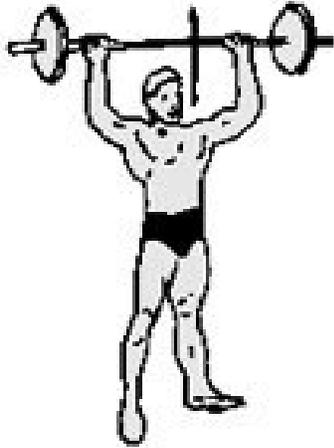
- 3 Suppleness and stamina can also be built up through weight training by following a body builder-type schedule. Weights are also used to stretch muscles, build muscular endurance and cardiovascular stamina by repeating each exercise by using lighter weights with more repetitions.**
- 4 If repetition are too easy, the weight used is too little. And in case it is not possible to complete the repetitions, it means the weight carried is too heavy.**

Weight Training

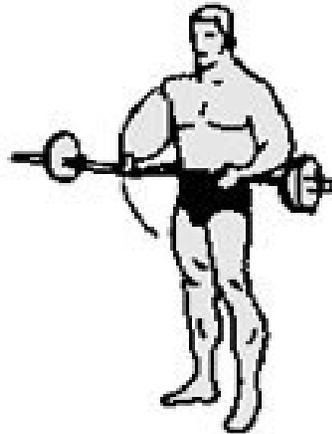
- 5 A repetition is one complete exercise movement from the starting point to finish and then back again to the starting point. A set is a group of repetitions of the same exercise. Therefore, for the upper body 8 repetitions is one set. For the lower body, 15 repetitions forms one set.
- 6 We prescribe three sets of exercises for each muscle group. However, several systems of weight training prescribe different repetitions as well as different sets.

Weight Training

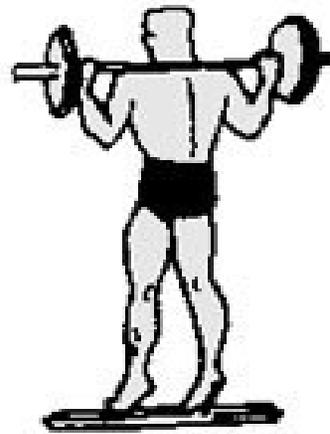
GYM EXERCISES / WEIGHT TRAINING



Shoulder Press



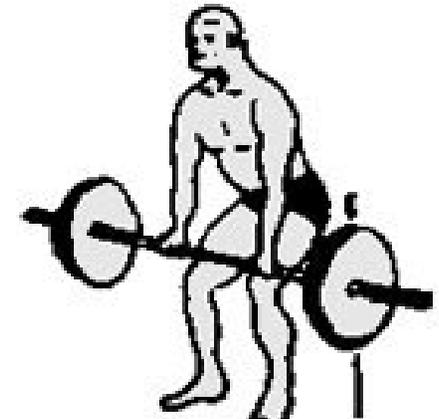
Curl



Calf Raise



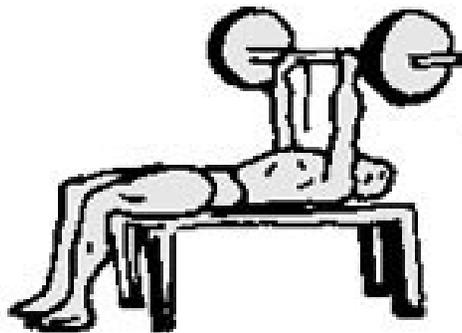
Half Squat



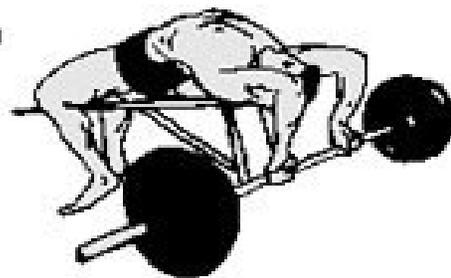
Dead Lift

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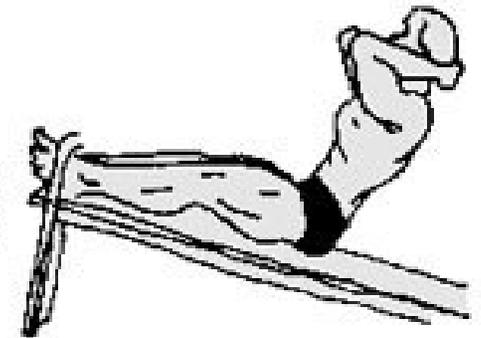
Bench Press



Bent Arm Pullover

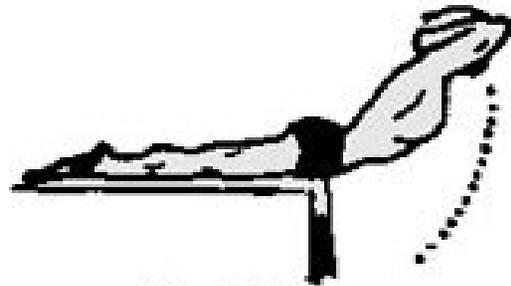


Wrist Curl



Sit Up

Weight Training



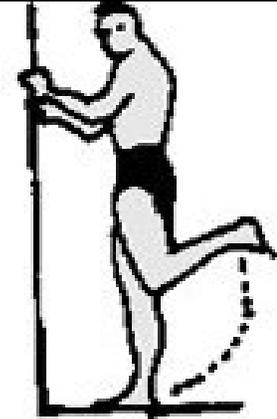
Back Hyper Extension



Leg Extension

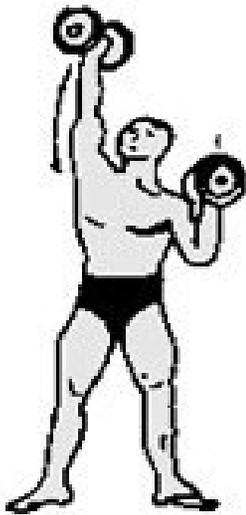


Leg Raises



Leg Curl

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Alternate Dumb Bell Press



Alternate Dumb Bell Curl



Side Bends



Tricep Stretch

Nutrition Management

Calorie-Sheet

Item	Quantity	Caloric value	Item	Quantity	Caloric value
Break fast			Beverages		
Egg boiled	1	80	Tea, black, no sugar	1cup	10
Egg fried	1	110	Coffee, black no sugar	1cup	10
Egg omelette	1	120	Tea with milk & sugar	1cup	45
Bread slice with butter	1	90	Coffee, milk & sugar	1cup	45
Chapati	1	60	Milk without sugar	1cup	60
Puri	1	75	Milk with sugar	1cup	75
Paratha	1	150	Horlicks, milk & sugar	1cup	120
Subji	1cup	150	Fresh fruit Juice	1cup	120
Idli	1	100	Aerated soft drinks	1bottle	90
Dosa plain	1	120	Beer	1bottle	200
Dosa masala	1	250	Soda	1bottle	10
Sambhar	1cup	150	Alcohol, neat	1peg, small	75
Lunch / Dinner			Miscellaneous		
Cooked rice, plain	1cup	120	Jam	1tsp	30
Cooked rice, fried	1cup	150	Butter	1tsp	50
Phulka	1	60	Ghee	1tsp	50
Nan	1	150	Sugar	1tsp	30
Dal	1cup	150	Biscuit	1	30
Curd	1cup	100	Fried nuts	1cup	300
Curry, vegetable	1cup	150	Puddings	1cup	200
Curry, meat	1cup	175	Ice-cream	1cup	200
Salad	1cup	100	Milk-shake	1glass	200
Papad	1	45	Wafers	1pkt	120
Cutlet	1	75	Samosa	1	100
Pickle	1tsp	30	Bhel puri/pani puri	1helping	150
Soup, clear	1cup	75	Kabab	1plate	150
Soup, heavy	1cup	150	Indian sweet/mithai	1pc	150
			Fruit	1helping	75

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Generally speaking, our daily food intake must comprise a balanced diet of 1500-2000k calories with fibre (above 75 gm) and low fat (below 30 gm). Consult your nutritionist for specific advice

Some International Food calorie values

Item	Quantity	Caloric Value (apx.)	Item	Quantity	Caloric Value (apx.)
Bread slice with butter & jam/cheese, etc.	1	120	Sandwich, large	1 pcs	250
Breakfast cereal with milk sweetened	1 cup	130	Hamburger	1 pcs	250
Porridge & milk sweetened	1 cup	150	Steak & salad	1 plate	300
Baked Beans in sauce	1 cup	200	Fish & chips	1 plate	400
Sausage, bacon, ham, etc. fried	1 helping	120	Baked dish	1 helping	400
Potato mash	1 cup	100	Fried chicken	1 helping	200
Potato fried	1 cup	200	Chinese noodles	1 plate	450
Spaghetti & meat sauce, etc.	1 plate	450	Chinese fried rice	1 plate	450
			Chinese side dish	1 plate	250
			Pizza	1 plate	400

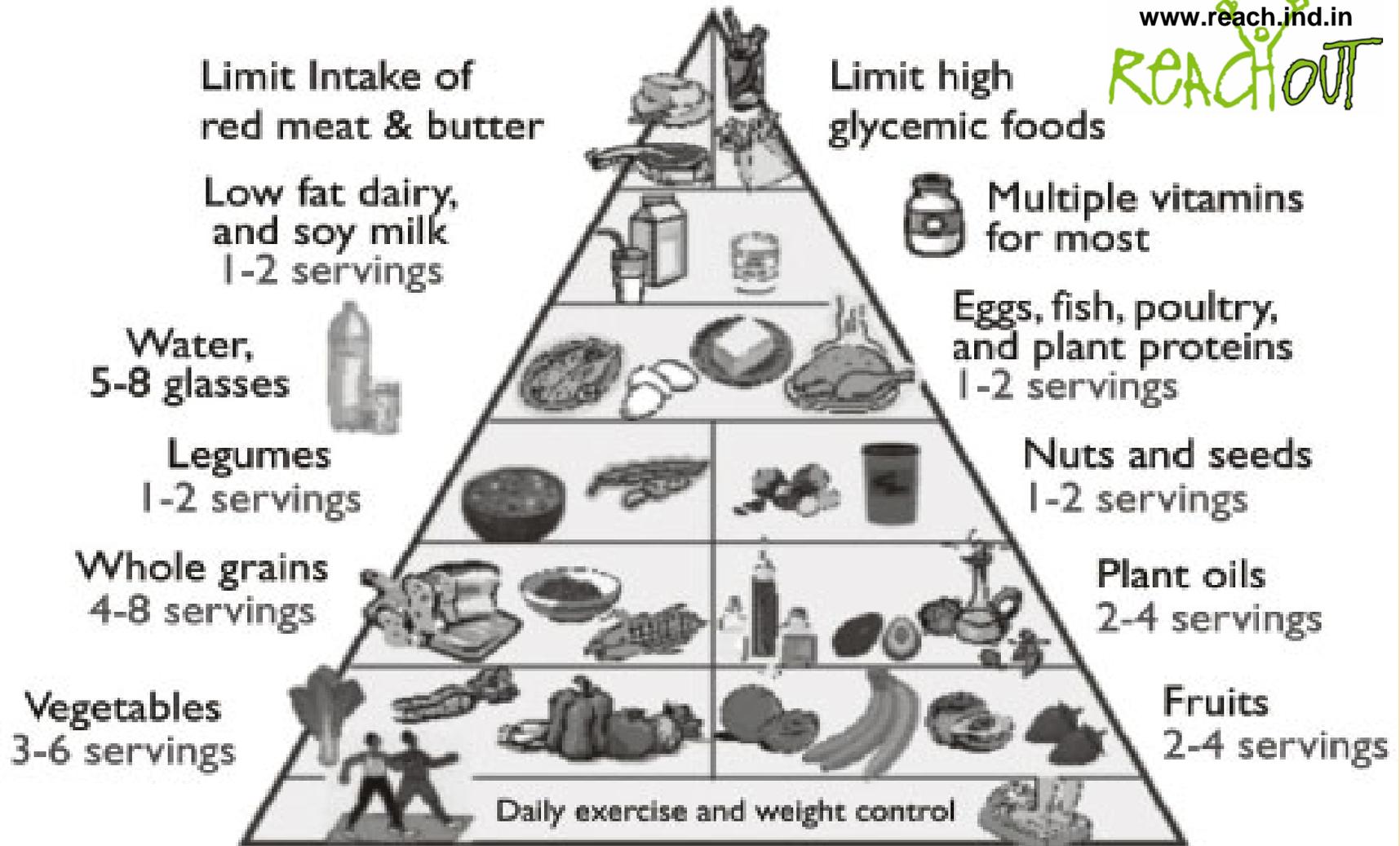
Fat-Fibre Content in Daily Foods

Item	Fat (gms)	Fibre (gms)	Item	Fat (Gms)	Fibre (gms)
Almonds 1cup	72	16	Ice Cream (regular)	16	0
Apple 1cup	0	8	Jam (1tsp)	0	0
Apple Juice 1cup	0	0	Jelly (1tsp)	0	0
Banana 1no.	0	2	Lamb lean (1cup)(6oz)	24	0
Beans Cooked 1cup	0	12	Lettuce (1cup)	0	4
Beef Lean 1cup (6oz)	32	0	Liquor (Rum/Whisky/Gin) (1Peg)	0	0
Beer 1Glass	0	0	Mango 1 piece	0	6
Beetroot 1cup	0	6	Mayonnaise (1tsp)	4	0
Biscuit 1 Pc	5	1	Milk Whole (1cup)	5	0
Bread White 1 Pc	1	1	Milk Skimmed (1cup)	1	0
Bread Wheat 1 Pc	1	3	Mushroom (1cup)	0	8
Brinjal (1cup)	0	4	Noodles (1cup)	2	3
Butter 1 tsp	5	0	Oil, Vegetable (1tsp)	5	0
Butter Low Fat 1cup	2	0	Onion (1cup)	0	8
Cabbage 1cup	0	4	Orange (1pc)	0	4
Carrot 1cup	0	4	Orange Juice (1cup)	0	0
Cashewnut 1cup	32	4	Papaya (1cup)	0	2
Cauliflower 1cup	2	2	Peanuts (1cup)	72	12
Cereal Bran 1cup	2	22	Pear (1pc)	1	4
Cheese Cottage 1cup	8	0	Peas (1cup)	0	10
Cheese Whole 1cup	36	0	Pineapple (1cup)	0	4
Chicken With Skin 1cup (6oz)	20	0	Pork Lean (1cup)(6oz)	16	0
Chicken No Skin 1cup (6oz)	6	0	Potato (1cup)	0	12
Chocolate 1 Pc	18	0	Rice brown (1cup)	0	6
Chilli/Tomato Sauce 1 tbspc	0	1	Rice White (1cup)	0	2
Corn 1 cup	0	4	Spinach (1cup)	0	4
Cream 1 tbspc	5	0	Sugar (1tsp)	0	0
Cucumber 1 cup	0	2	Soup vegetable clear 1cup	0	0
Dates 1 cup	0	8	Soup non-veg clear 1cup	1	0
Egg 1 Pc	5	0	Soup thick veg 1cup	0	2
Egg White	0	0	Soup thick non-veg 1cup	5	0
Flour Wheat (1cup)	0	18	Sasauge (1cup) (6oz)	36	0
Flour White (1cup)	0	0	Soyabean (1cup)	6	12
Fruit Cocktail (1cup)	0	8	Tomato (1Pc)	0	2
Fruit Juice (1cup)	0	0	Tomato Juice (1cup)	0	1
Fish (1cup)(6oz)	24	0	Vegetable Salad Mixed (1cup)	0	8
Grapes (1cup)	0	4	Walnuts (1cup)	64	8
Ham (1cup) (6oz)	26	0	Watermelon (1cup)	0	4
Honey (1tsp)	0	0	Wine (1cup)	0	0
			Yoghurt (1cup)	8	0

The New Food Pyramid

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Source - Harvard Department of Nutrition

Minerals	Functions in the Body/Benefits	Dietary Sources
Calcium	Strong bone structure, teeth, muscle tissue. regulates heartbeat, nerve function.	Green leafy vegetables dairy products. Sardines, salmon, tofu.
Magnesium	Muscle contraction, bone, Formation, blood pressure control	Nuts, legumes, unmiled grains beans, green leafy vegetables, bananas.
Potassium	Maintains fluid balance, blood pressure, cell integrity, muscle contractions, and nerve impulse transmission.	Fruits, green leafy vegetables and meats.
Zinc	Maintaining immune function.	Meat, liver, eggs, seafood, whole grains.
Chromium	Glucose metabolism.	Whole grain cereals, nuts, black pepper, meat & cheese.
Selenium	Protects body tissues against oxidative damage caused by radiation, pollution & normal body reactions.	Seafood, kidney, liver, selected grains.
Iron	Red blood cell health through formation of haemoglobin	Red meats, liver, poultry, fish, beans, peas.
Iodine	Essential component of hormones.	Iodised salt, seafood, milk, & cheese.
Copper	Supports healthy bones, muscles, & blood vessels. assists in iron absorption	Liver, legumes, nuts, seeds, raisins, whole grains, shellfish, shrimp.

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Stress Management

Stress has existed from the time of Early Man but has now become an omnipresent phenomenon in the life of 'Modern Man'. It has pervaded all layers of life.

Stress is the bio-psycho-social response of the body to a demand, mental or physical. Stress is an arousal response the body makes, when a situation is perceived as being stressful. The impact of this arousal affects emotional as well as cognitive thinking. The impact is seen in behavioral and physiological change.. When stress is long term and chronic it leads to chronic psychosomatic ailments. While there is an undeniable link between stress and illness, optimal stress is a prerequisite for success in every task. Stress is the wind beneath your wings pushing you towards achievement. If stress can trigger off psychosomatic ailments in those living in the fast track, it can be a trigger even to those who suffer from monotony, boredom or frustration. It is therefore very essential to bring a balance between too much and too little stress.

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Stress Management

The first step in managing stress is to develop a stress-free personality. A high self-esteem, assertive behavior and a positive attitude help in building a stress-free perception. It also helps to focus on areas where control and change are possible. Locate the source of stress and use a problem solving approach to deal with it step by step. All stress you can understand. Some you can change. Some you may have little control over. You may then need to change your attitude and response towards these stressors. Thereby reducing stress.

Stress Management

Any exercise programme done regularly utilizes the body's stress hormones. Exercise not only makes the body fit, but also acclimatizes the heart and lungs to increased activity, as in stressful situations. Relaxation and meditation techniques result in calming brain waves, and reducing the effects of stress. This is especially effective with stress-related ailments such as Hypertension, Headaches, Digestive ailments, Cardiac ailments, Sleep problems to name just a few. Stress may be an irritant in your life or it may be a factor of passive existence. Change of perspective will help change this stress to an active, rewarding life. One of the best gifts of nature is sleep. Daily sleep of 6 - 8 hours helps in relaxation and repair of the body and mind. It provides sufficient time for deep - NREM and dream REM sleep restoring physical and mental health.

Stress Management

Stress may be an irritant in your life or it may be a factor of passive existence. Change of perspective will help change this stress to an active, rewarding life.

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Stress Management

Use some of these stress defense mechanisms & optimize your stress.

Quality time for family will ensure that you have a retreat called home.

Plan your career well, it will give you challenge, satisfaction & security.

An assertive personality is responsible to self & others. Learn this skill.

Communication is the key to relationship building. Listen better and your conflicts will slowly dissolve.

Develop a sense of humor. Learn to laugh at life, its paradoxes and at yourself.

Plan a little idleness & quietness each day. You will be able to recharge.

Stress Management

Exercise is arousal and relaxation is the opposite. Yet both are necessary on a daily basis. Practice both.

Sleep well and you will have renewed energy to face the next day's Stresses.

Plan your time well. You only have 24 /hours a day and many important areas to fit in. A simple formula for time & stress management. You could personalize it to suit your needs. Remember you can't delete any activity or reduce time for health factors.

Stress Management

Hours	Activity
6-8	Sleep
8-10	Work, Occupation, Study
1	Exercise
1	3 big and 2 small meals Quality family time
6	Relaxation, personal hygiene, social time, quiet personal time, others
24	Total time in a day

EAR, NOSE, THROAT, TEETH

I. Ears

- Have periodic examination of your ears, especially if you notice your hearing decreasing.
- Do not put drops, oil, etc. in your ears without doctor's advise.
- Do not clean the ears with pins, keys, pens, etc.
- Do not remove foreign objects from the ear without a doctor's assistance.
- Do not unnecessarily- clean ears after bath with ear buds, etc.
- Loud noises are harmful for the ears.
- Do not slap children / others on the ears.
- Do not allow dirty water to enter into the ears.
- In all cases of ear ache, ringing in the ears, discharge from the ears, giddiness, vertigo, nausea, vomiting etc.- immediately consult your doctor.

EAR, NOSE, THROAT, TEETH

II. Nose

- Do not squeeze a boil or pimple around the area of the nose.
- Do not try and remove a foreign object from the nasal passage without a doctor's assistance.
- Do not unnecessarily pick the nose or blow the nose vigorously.
- Avoid unnecessary misuse of nasal drops inhalers, etc. without a doctor's approval.
- Consult your doctor immediately in case of injury and breathing difficulty.

EAR, NOSE, THROAT, TEETH

III. Throat

- Avoid the use of irritants to the throat such as smoking, chewing tobacco / paan, etc.
- Avoid putting coins, marbles, pins, etc. in the mouth.
- Do not shout, scream etc. this causes hoarseness. In cases of hoarseness - rest the throat without misuse till hoarseness passes. If hoarseness persists for more than 7 days, consult your doctor.
- Avoid eating excessively cold/hot spicy foods.
- Avoid talking when food/water is in the mouth.
- Eat food calmly- avoid hurry.
- In case of glandular swelling in the neck, consult your doctor.

EAR, NOSE, THROAT, TEETH

IV. Teeth

- Brush your teeth once / twice a day prior to sleeping using a medium tooth brush.
- Massage your gums once a day with your finger for one minute.
- Avoid using abrasive tooth powders, salt, tobacco, etc. for cleaning the teeth.
- Change your tooth brush at least once every 90 days.
- Use dental floss for removing food particles, avoid the use of pins, etc.
- Do not smoke, use tobacco, chew gum, eat chocolate, candy etc.
- Eat plenty of crunchy fresh vegetables and fruit.
- In case of irregular, sharp, broken teeth, contact your dentist.
- Do not apply medicine without consulting your doctor.
- In case of tooth ache, gum bleeding, ulcers of the gum and cheek, white patches, etc., consult your dentist.
- Dental check every six months; especially for growing children is essential.

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and just about everyone on your
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Let them gain too!



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