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R HealthBeat

Quarterly Health Magazine - Vol.12, Jan. 2017

CARBS vs
PROTEINS

**Clubs to fan your
sporting highs!**

Crown Princess of
Badminton: PV Sindhu

***Athletes on top
of their game!***

**Handpicked
sports devices
one must own**

**Dress like
an athlete**

**Fighting the
sprains and
strains of
sporting**


Cover Story

Puru the Guru

**“The body achieves
what the mind believes”**

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From the Editor's Desk...



Rakesh Jain

Chief Executive Officer
Reliance General Insurance

Hello Readers

Welcome to the 12th edition of R HealthBeat!

I am delighted to present to you R HealthBeat's first ever Sports edition, with an article on the inspiring young woman, P.V Sindhu!

Why do we adore her? Because at 21 she has proved that being hardworking and focused can go hand in hand, which helped her achieve Silver at 2016 Rio Olympics.

“ *This is a sports-special issue and we have put together a package that will hopefully keep your ticker going and will encourage you to take up a sport for honing that wellness streak* ”

Our experts help us find a way to tackle the common sports injuries as well as getting into the sports rehab for the diseased to help us learn from their strengths and weaknesses.

What's more, '*The athletes on top of their game*' will share their secrets about training and diet to up our game at our favorite sport. From their experience we found out that discipline and persistence can take you a long way; so drink that green tea, eat those nuts and stay positive.

When we talk about sports and fitness, we cannot miss out on the required nutrition and diet that goes hand in hand with working out which is what '*Beginners guide to carbs vs proteins*' and '*Sport supplements*' entails.

In the digital world of today, where everything is accessible on the tips of our fingers, fitness has not been left behind which is why we have carefully curated each app and device in '*Handpicked sports devices*' which will aid you to kickstart that training regimen.

It has been over 2 years since the inception of this magazine. As we go down this road, join me and together we can take that long, long run that all of us as working professionals stuck in the grey landscapes really should.

Cheers to good health!

Warm regards,

Rakesh Jain
CEO

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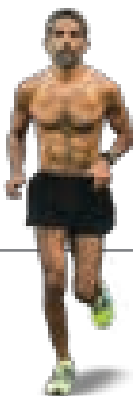


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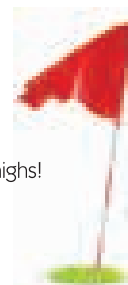
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Look what our **readers have to say** about R HealthBeat

“

“The magazine outlines the content in a very crisp manner & brings across information that binds reader to look forward to the next edition.”

Amit Sharma

Country Head, (Region 1 Business Risk, Financial Risk, Employee benefits) - Bosch

”

“

“The 11th edition was a very good guide to the parents who always make an effort to take care of their child but do not know the right way to do so. A complete magazine starting from immunization to nutrition, minor and major health problems and most importantly psychological problems of child which they often hide. I congratulate the whole team for a great effort.”

Dr. VK Gupta

MBBS, MD and Paediatrician

”

“

“R HealthBeat is definitely a laudable effort by RGICL to make people more responsible and aware of the issues pertaining to health and wellbeing. Sustainable efforts taken by the editorial team makes it a health magazine and looks forward to playing similar roles in the forthcoming days as well.”

Abhijit Majumdar

Senior General Manager,
Marketing (Apollo Hospitals Group)

”

Scan the QR code to read the previous editions of R HealthBeat



GET IN TOUCH

We look forward to getting to know you better!

We welcome your suggestions, questions or ideas. Also to know more about our Wellness Program you could write to us at rgicl.rcarehealth@relianceada.com

Visit www.reliancegeneral.co.in for more articles and updates on Healthy Living and Wellness.



Why taking up a

SPORT

is the best thing
you'll do!

Taking up a physical activity or a sport can improve your health and reduce the risk of developing several diseases like Type 2 Diabetes, Cancer and Cardiovascular ailments. A minimum of 30 minutes a day can allow you to enjoy immense health benefits.

Studies reveal that exercise helps in dealing with depression. It blocks negative thoughts or distracts people from daily worries. Exercising with others provides an opportunity for increased social contact and increased fitness lifts your mood and improves sleep pattern. It also boosts the level of chemicals in your brain like serotonin, endorphins and stress hormones.

BENEFITS OF PLAYING SPORTS

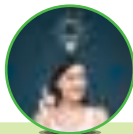


Lower body fat percentage

Sports blast through the body fat at an impressive rate. Most sports burn over 500 calories per hour and some as many as 800 calories per hour. The calories burned per hour are as below:

Cycling:	398 calories
Badminton:	498 calories
Basketball:	340 calories
Cricket:	272 calories

In addition to this, playing sports naturally increases the amount of calories you burn while resting up to 15% in the 48 hours after you play.



Greater mental fitness

Sports don't just benefit your body; they also help your mind. Research has shown that people who play sports regularly have better memory, lower levels of stress, greater confidence and more determination. Additionally, playing sports directly boosts your brain and keeps it healthy by enhancing the flow of blood to and from its vital organ. Playing sports 1-3 times reduces psychological distress by 34% a week.



Improved cardiovascular fitness

The more you play, the more efficient your heart, lungs and vascular system become at supplying oxygen to your muscles and the more efficient your muscles become at absorbing the oxygen. The average person has a resting pulse rate between 70 and 75 beats per minute. Fit people who do a lot of aerobic exercises have resting pulse rates between 50s and 60s, while in professional athletes it's as low as nearly 30. On the other side, unfit people have resting pulse rates of 80, 90 or more beats per minute.

Fewer health problems



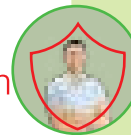
Studies have shown that playing sports can help protect against a number of health disorders including cancer, diabetes and high blood pressure. So if you want to keep your body in best possible condition then playing sports regularly is an excellent choice.

Better quality of sleep



If you struggle to sleep or don't feel fully rested when you wake up, taking up a sport can help. People who participate in regular, high intensity exercise find it much easier to sleep and experience a higher quality of sleep. A survey conducted by the World Health Organization, on the people who had a fairly sedentary lifestyle vs people who have an active life says the sleep quality of the sedentary group was 56% as compared to the active group which was 83%.

Stronger immune system



A further benefit of playing sports regularly is that it strengthens your immune system. It does this in two ways. First, it stimulates the production of disease fighting cells within your immune system. Second, it stimulates the flow of these immune cells through your body and allows them to circulate more efficiently.

Increased flexibility



Sports are highly functional form of exercise and naturally enhance your flexibility as you play. This enhanced flexibility has numerous benefits and can protect against injury, lengthen your muscles, increase the range motion in your joints and much more.

Stronger body



One more plus point is that it strengthens both your bones and your muscles. This extra bone and muscle strength reduces your risk of breaks, fractures, tears and sprains. It also has functional benefits in your day-to-day life and makes many activities that involve lifting, pushing or pulling much easier to perform.

Improved teamwork skills



One big advantage that sports have over other forms of exercise is that they help you learn to work as a part of a team. To win at sports and play them to the best of your ability, you need to be able to communicate with others, coordinate as a group and come together to overcome obstacles and achieve a common goal. These are valuable skills which you can use outside of sports when working with other people.

Participating in a sport for atleast **30 minutes a day** can usher immense positivity in your professional as well as personal life, thereby making you feel good about your existence!

Sports Medicine

Sports medicine is medical supervision of athletes in training and in competition, with the goal of prevention and treatment of their injuries. It entails the application of scientific research and practice to optimize health and athletic performance.

Sports medicine is a specialty representing a broad array of specialties that bridge the academic disciplines of:



Medicine and physical education

as well as the basic sciences (e.g. physiology, chemistry, etc). Within clinical medicine, physicians in primary care or pediatrics can become team physicians for competitive teams at all levels. Other members of a sports medicine team typically include an orthopedic surgeon.



Certified athletic trainer

They are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventive services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic trainers work under the direction of a physician.



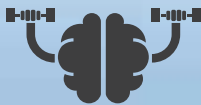
Sports nutrition:

Sports Nutrition focuses its studies on the type, as well as the quantity of fluid and food taken by an athlete. In addition, it deals with the consumption of nutrients such as vitamins, minerals, supplements and organic substances that include carbohydrates, proteins and fats.



Kinesiotherapist:

Kinesiotherapy is defined as the application of scientifically based exercise principles adapted to enhance the strength, endurance and mobility of individuals with functional limitations or those requiring extended physical conditioning, strength-and-conditioning specialist.



Sports psychology:

Sport psychologists help professional and amateur athletes overcome problems, enhance their performance and achieve their goals. While coaches typically focus on the physical side of sport, sport psychologists focus on athletes' mind. Sport psychologists can help athletes, professionals and amateurs alike, achieve their goals.



Chiropractics:

A chiropractor is a health care professional focused on the diagnosis and treatment of neuromuscular disorders, with an emphasis on treatment through manual adjustment and/or manipulation of the spine.





Congratulations, you are a Silver winner at Olympics! Will this intimidate you to perform well every time you step into the court?

I must say that life has really changed after Rio. Winning an Olympic medal was my dream and it has come true. From now on my responsibilities have increased. It is going to get tougher. I need to stay focused and get back to training.

Learning, as I've always felt, is a continuous process. You have to keep evolving with the changing times. I have to be prepared to take on different

opponents with different styles and strategies, as I did in Rio. With a wonderful support system in place at Gopi Sir's academy, I am confident things will improve in my case, as I have a long way to go in the world of badminton.

If I keep things simple, stay focused, and take every tournament match by match, as I have been doing for long, I don't think my approach is going to be different in any way. No athlete can rest on his or her laurels, and I am no different. The efforts will be there to keep improving. As we face new

challenges, we will work accordingly for better results. The most important thing is to be injury-free, and one of my goals is to become the World No. 1.

Coming from a disciplined family and mentored by a coach, who himself is a role model, it shouldn't be difficult for me to have my feet firmly on the ground even while setting new goals and pursuing them with vigour.

We know about the training with Pulella Gopichand to reach the Olympic platform. Can you tell us how this training journey has impacted you as a sportsperson; you have been training as early as 4.30 am at

the Gopichand Academy. Will you still continue doing that?

For a player it's very important to understand that if a coach says something or when he is teaching you something, it is his duty to be strict, it is his duty to be disciplined. Away from the court, Gopi sir is very friendly. We watch some of the matches or we discuss what's happening, what's going on, what mistakes I made. So accordingly we make a plan and sort it out.

Regarding training as early as 4.30 am, I will be there at the same time, because I am used to that time. We will stick to the same schedule. I play the first session, followed by (Kidambi) Srikanth and many other players. He (Gopi) trains us one by one. Hats off to his patience that he looks after each and every player so diligently!

Being the daughter of two sportspersons (volleyball players) tell us the influence sports has had on your life and was it expected of you to make them proud?

Being the daughter of two sportspersons has been very helpful. My parents have been volleyball players and my dad is an Arjuna awardee in volleyball. Whenever and wherever I wanted to go, they always accompanied me. I think they have really worked hard and made huge sacrifices. Anytime I lose matches, they tell me 'It's okay, never mind'. It really helps.

I think my parents have proved once again, with their unstinted support, that for any athlete to make it big, the first support system is at home. Unless parents wholeheartedly extend their fullest co-operation, it is extremely difficult to make it big in sports. I am fortunately blessed with such parents. Their caring and understanding of what it takes to make a champion, and the readiness to make so many sacrifices is truly remarkable. It helped me reach this stage.

What would you like to advise to your fellow badminton players who are young and who want to make it big?

The future really looks good with plenty of talent and so many academies coming up. The onus is on the youngsters to make optimum use of the existing facilities. Like Gopi sir said, my success should inspire many young talent to dream big and work really hard to achieve their goals.

Nothing is impossible in sport, or for that matter in any field, if we put in the hard work. There should not be any inhibitions once you set goals for yourself. Come what may, stay focused and one day you will be there.

—“—

In the match I think it is very important to be focused.

Once you go out of your mind, you tend to lose points and you really don't know...

—”—

Can you take us through the morning of the day of your match... how did you prepare for it that day?

My match was in the afternoon. Normally we have a little bit of warm-up session and then breakfast. Then I was left with one hour. My match was the second match, so I had to leave at 1 pm and go to the training centre and do some stretching exercises and start my warm-up.

We just focused on the day's match and did not think too much. Yes, the

confidence grew with each match and the big wins over Tai Tzu and Wang Yihan were huge morale-boosters. Up against Carolina Marin, we all knew that my game had to be a notch higher. We must acknowledge that she played better that day. She is a great player, a two-time World champion. I had my chances but missed out, especially in the second and third games because of a few unforced errors.

How important are strategy and mind coaches in the training and how did they help you on your big day as Carolina Marin seemed to be using some of the strategies?

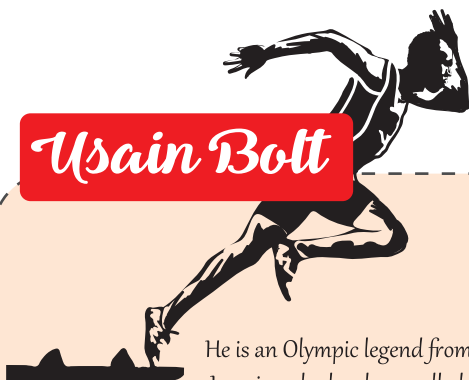
Carolina is a very aggressive player. The gamesmanship is always there. So I was prepared for that. I didn't get irritated or annoyed thinking that she's changing shuttles too often.

As for strategy and mind training, normally we discuss the matches, strategy-wise, during training. Sometimes I meditate. Even Gopi sir tells me about the importance of it... he explains it all. So we discuss accordingly. I don't do pranayam, but sometimes I just close my eyes and think about the match. I think that is very important. In the match I think it is very important to be focused. Once you go out of your mind, you tend to lose points and you really don't know... you get blank at times. So sometimes I just close my eyes and concentrate.

Courtesy: Cine Blitz



Usain Bolt



He is an Olympic legend from Jamaica who has been called

"The fastest man alive"

for smashing world records and winning 9 gold medals at the 2008, 2012 and 2016 Olympics.

The Training Secrets

90-minute workouts geared toward developing explosiveness for maintaining a lean physique.

Do 3 sets of these:



Crunches



Leg raises



Slide planks



Side sweeps

and this routine should be 30 seconds on and 30 seconds rest.

Eat & Run

Bolt loves chicken nuggets and wings and his personal chef has his work cut out to ensure that his body remains rock-hard.

Yams Secret Weapon of Bolt

This superfood (only 177 cals per cup) packs 34% of your daily vitamin C requirement which fights post-workout muscle inflammation.



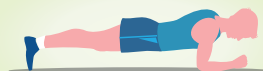
Messi



Lionel Messi is an acclaimed footballer who plays for FC Barcelona and the Argentina national team and has won 'FIFA World Player of the year' 4 times.

How Messi moves?

Linear Speed: It teaches speed, rapid acceleration, co-ordination and deceleration. His workout includes **pillar bridges** in which you position yourself on your elbows and toes for varying amounts of time.



Rapid Response 2 foots: It strengthens the ankles, knees and hips. These movements are followed by:

- Split Squat Jumps
- Hurdle Hops
- Acceleration Wall Drills
- Acceleration Split Stance
- Acceleration to Base



What Messi eats?



One day before the game, Messi eats **fish, chicken or prawns** along with potatoes, green veggies and an orange.



Six hours before the match, he eats **porridge or egg whites**.



About 90 minutes before the game start, Messi eats fruits like **bananas, mangoes and apples** and in the last few minutes it's a sweet snack for him.

KOUT RATIONS

athletes who are on top of their game!

Novak Djokovic



"World No. 1 Mens' ATP Player"

Serbian Novak Djokovic has held the top position for 195 weeks at a stretch, which includes 11 Grand Slam Singles titles.

How does Djokovic swing the racket?

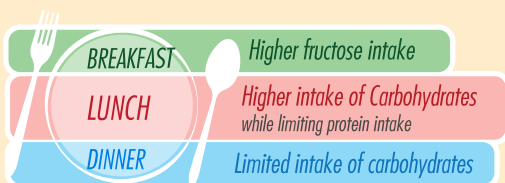
Tennis requires intense concentration, high stamina, enduring strength & mental alacrity and this is done with **no break** and **no time** for **slacking off**.



His workout consists of stretching, hit-arounds, jogging and a gruelling **90 minutes practice on clay court**.

What Djokovic devours?

He eats **Live & Organic food** like vegetables and lean meat.



Virat Kohli



One of the most formidable cricketers of the modern generation, Virat Kohli leads the Indian National Cricket Team in tests and acts as a vice-captain in ODIs and T20s.

How to be fit like Virat Kohli?



Hit the gym 5 days a week

Or if you don't have enough time, then an hour for 5 days a week would be more than enough.



Do a combination of **Cardio & Weights** as these exercises help develop muscles in a precise manner within a few months.

What Kohli eats?



Eat **freshly cooked meals** to your heart's content, and that too something which is **made at home** rather than eating out.



Also, consume **organic wheat crackers** over fried chips, since the latter can harm your body in more ways than you can imagine.

PACE IT

LIKE THE GURU!

In an exclusive interview **Dr. Purnendu Nath** fondly called as “**Puru the Guru**” by his fellow fitness enthusiasts guides us on the appropriate pacing strategy for the half marathon breaking every few kilometers into **phases**.

*“To run the route at an **appropriate pace** at each of the **many stages** of the **entire distance**; to ensure that the typical person who has **trained appropriately** crosses the finish line **ahead of the target time**”*

Pacing over the first 5 kms

You should target a pace that is 5 -10 seconds per km slower than your goal finishing pace, for the first three to five kms. While this is a scary proposition for many runners, you will easily make up these seconds by being able to close the last few kms fast as opposed to fading and crawling across the finish line. Remember that it will feel “slow” and you might be getting passed by people you want to beat. While it is mentally difficult, this is by the most effective way to run a race and you’ll tear by those people during the last km when you’re fresh and they are dying.

Pacing for 5 kms through 17 kms

At 5 km, begin to increase your pace and effort so you’re running at goal half marathon pace. If you’ve practiced this pace in training, it should feel like a comfortable rhythm for you. Be aware that you need to increase your effort to maintain the same pace or run faster as the race goes on. As you get more tired, it gets more difficult to keep running faster, so you have to try harder. Many runners make the mistake of thinking that the same effort at km 5 will net them the same pace as it will in km 17. Unfortunately, with each km your legs will get more tired and it will get harder to remain on pace. Be conscious of this reality and maintain focus.

The last 4 kms

With 4 kms to go, keep your head up and start to try and catch people in front of you. This part of the race is going to be hard but you can use some mental tricks to make it easier and to keep you on track. Pick one person and focus solely on reeling them in, nothing else. As you pass them, surge and put your eyes on the next person and repeat. Imagine tying a fishing line to their back and reeling them in. Visualize fast runners when you start to hurt. Imagine yourself running just like them with good form.

Breaking down the mental Marathon

If the pace starts to slip, throw in a surge to get your legs fired up again. Sometimes all it takes is a small burst of speed to reinvigorate your legs and pace. Try incorporating surges during your long run in training and it will be easy to execute this strategy on race day when it matters.

Fuel it Correctly during Half Marathon

If you expect to finish your half marathon in less than two hours, consume 30g to 60g of carbohydrates per hour. This totals to about 120 to 240 calories of carbohydrates. If your half marathon will last longer than two hours, consume 60g to 90g of carbohydrates per hour.

Factors affecting
the **pace** on race day



Temperature
on race morning



Humidity
on race morning

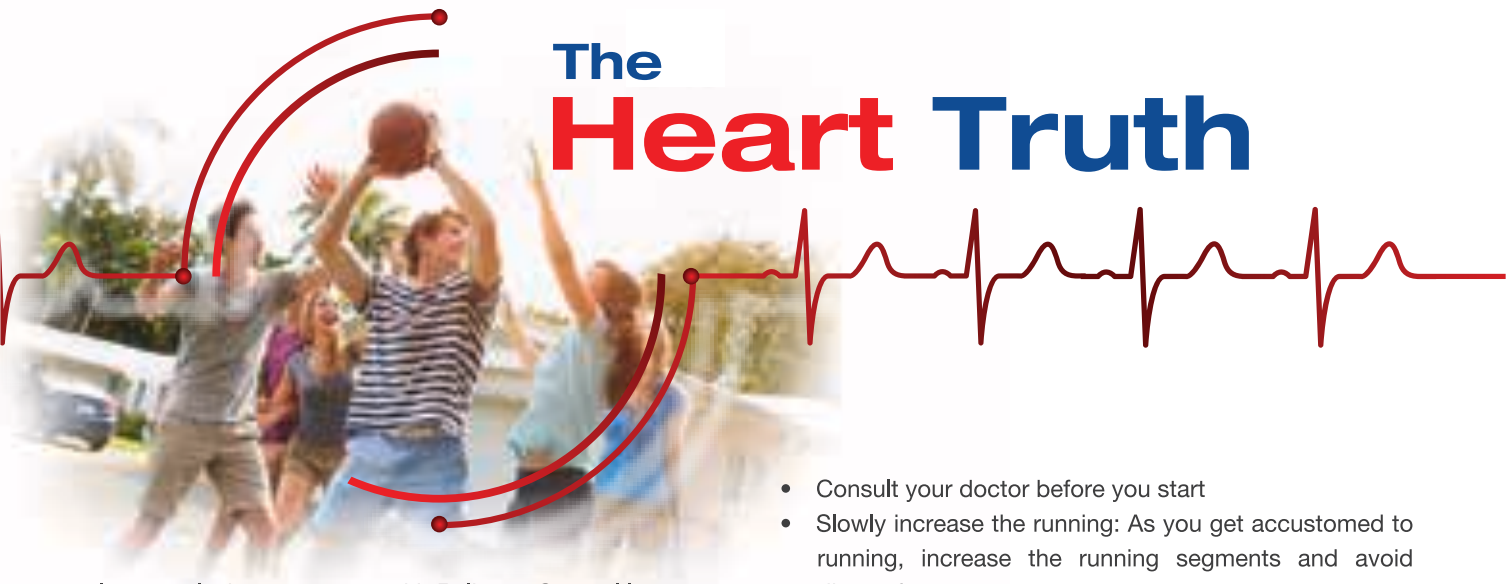


Elevation
profile



Your training

The Heart Truth



In an exclusive tete-a-tete with Reliance General Insurance **Dr. AASHISH CONTRACTOR**, Specialist - Rehabilitation and Sports Medicine, we get a sneak peak at Rehabilitation and preventive cardiology in sports.

What is the role of sports in preventive cardiology to improve the overall quality of life for people and how beneficial is its role in preventing cardiovascular disease?

Sport or any form of physical activity is the cornerstone of a healthy lifestyle. Not only does physical activity make you look and feel better, but it is also critical for improving your health and extending your life. Being active significantly lowers your chances of developing potentially fatal illnesses, including heart disease, diabetes and cancer. Here's how you benefit from regular activity:

- Lower risk of early death, heart disease, high blood pressure, diabetes, colon cancer, increased bone strength etc.
- Better weight control
- Increased energy level and improved balance
- Overall sense of well-being

Adapt some simple ways to be more physically active like taking the stairs instead of the elevator, parking the car a little farther from your destination, etc.

How can you train for a marathon in a safe and effective way?

- Start by walking: Begin walking by 30 minutes and gradually increase the pace
- Add a few jogs: When comfortable, walk briskly, insert 3-4 jogs of 100 or into 30-40 minute walk

- Consult your doctor before you start
- Slowly increase the running: As you get accustomed to running, increase the running segments and avoid discomfort
- Don't overdo it: Listen to your body if you feel discomfort, especially in your chest, you need to slow down and check with the doctor
- Hydrate well: If you're running in the heat, drink plenty of water
- Cool down: Do not suddenly stop running; do so slowly over last 5 minutes

As a past medical director of Standard Chartered Mumbai Marathon, what according to you has been the most intriguing factor of the marathon in terms of people participating in fitness?

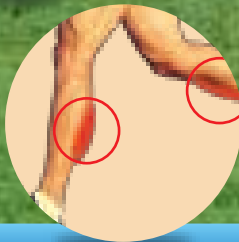
I think one of the most intriguing features has been the wide variety of people that take part in the marathon; it's also very inspiring. One usually associates marathon running with young and fit 'looking' people, but on the race day, you come to see runners belonging to all age groups and in all shapes and sizes. The moral of the story is that more than anything else, it takes a 'heart to run'.

What according to you is the long term effect of athletic activity on the heart?

The long term effect of athletic activity is to 'strengthen' the heart in a variety of different ways. The pumping action of the heart becomes more efficient with exercise and with each heart beat more blood is pumped out when compared to someone who does not exercise. This allows the heart to pump out the same amount of blood per minute, with fewer heartbeats.

Fighting the **SPRAINS & STRAINS** of sporting

By Dr. Heath Matthews,
Specialist - Sports Science and Medicine



Shin Splints

Shin splints are pains in the muscles near the shin bones. They can be caused by running or jumping on hard surfaces or simply overuse. The pain occurs on the inner side of the middle third of the shin bone.

Symptoms

- A dull ache in the front part of the lower leg,
- Pain that develops during exercise
- Pain on either side of the shin bone and muscle pain

How to fix it?

- If it's bone related: Make sure to see a doctor for proper diagnosis. Stress injuries can become stress fractures, which can sideline you for a long time. Also, it's critical that you employ dynamic rest.. Swimming and stationary biking are good choices.
- If it's muscular Manual massage can help. Also, try arch support and motion control shoes. These can help correct biomechanical problems in the feet and take the stress off the affected muscles. If these measures don't help, see a doctor.



IT Band Syndrome

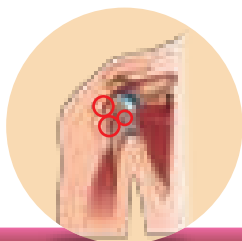
Iliotibial Band Syndrome (ITBS) is one of the most common overuse injuries among runners. It occurs when the iliotibial band, the ligament that runs down the outside of the thigh from the hip to the shin, is tight or inflamed.

Symptoms

Unable to run or fold the knee. Since the most notable symptom is typically swelling and pain on the outside of the knee, many runners mistakenly think they have a knee injury. The best way to detect it is to bend your knee at a 45 degree angle. If you have an IT band problem, you'll feel pain on the outside of the knee.

How to fix it?

- Take complete rest i.e. no running at all
- Do icing to the tendon part as it's already inflamed
- Deep tissue massage to release the band under the guidance of sport physio
- If the problem persists, seek help from a sports medicine professional. You may need a cortisone injection to break up scar tissue and help speed healing.

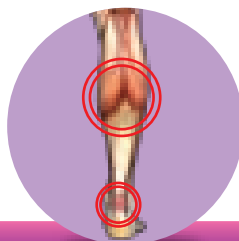


Shoulder Impingement

If the shoulder joint is continually stressed with the arm in an overhead position, as it is in softball, tennis, volleyball, swimming and weight training, the small rotator cuff muscles begin to stretch out. This impingement causes the tendons to become inflamed and painful leading to shoulder impingement.

- The typical symptoms of impingement syndrome include difficulty reaching up behind the back, pain
- Overhead use of the arm and weakness of shoulder muscles.

Goal is to relieve the pain and inflammation. A period of active rest is recommended by eliminating any activity that may cause an increase in symptoms.



Achilles Tendonitis

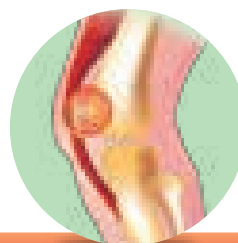
Continuous, intense physical activity, such as running and jumping, can cause painful inflammation of the Achilles tendon, known as Achilles tendonitis (or tendinitis).

Symptoms

- Pain and swelling in the back side of your heel when you walk or run
- Tight calf muscles
- Limited range of motion when you flex your foot

How to fix it?

- Reduce physical activity
- Very gentle stretching and later strengthening of the calf muscles
- Switch to a different, less strenuous sport
- Taking anti-inflammatory medication, such as aspirin or ibuprofen, for a limited time



Runner's Knee

The most common cause of knee pain is Runner's Knee, which is due to misalignment of the kneecap in its groove. The kneecap normally goes up or down in the groove as the knee flexes or straightens out. If the kneecap is misaligned, the kneecap pulls off to one side and rubs on the side of the groove.

Symptoms

The main symptom you'll notice is pain. It can happen in front, behind or around your kneecap, when you bend your knee, such as when you walk, squat, kneel, run, or even get up from a chair or when you walk downstairs or downhill.

How to fix it?

- Employ dynamic rest. As you work to rehab the injury, stay fit with vigorous upper-body work, plus pool running and/or biking if you can do so without knee pain.
- Strengthen your knees, quads and hips. Weak or inflexible quads are a particular source of knee pain, but upping your strength and flexibility throughout these areas will help both ease the pain and improve your form once you return to your normal training.

Sports Drinks

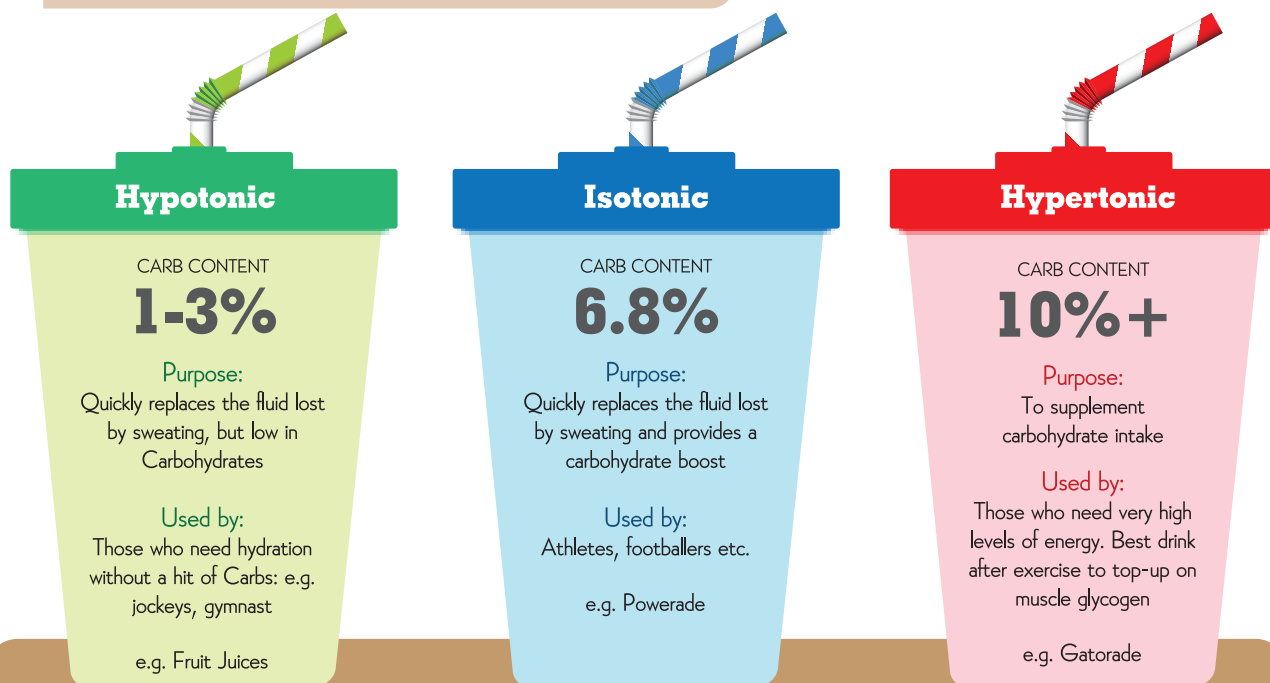
weighing the pros & cons!

Sports drinks are often rich in carbohydrates; beverages that are special formulated to help people rehydrate during or after exercise. Apart from carb: which are important in maintaining exercise and sport performance, sport drinks usually contain sweeteners and preservatives.

They also contain electrolytes (*chloride, calcium, magnesium, etc.*) which along with body fluid, diminish as you exercise and sweat. Replacing the electrolyte lost during training promotes proper rehydration, which is important in delaying the onset of fatigue during exercise.



Know which sports drink fulfills your energy requirement



Besides the above, **Caffeine** is also a widely known stimulant used by Marathoners. If you choose to drink caffeine in order to maximize its benefit, ingest caffeine about 3-4 hours before the competition. Although blood levels of caffeine peak much sooner, the maximum effect on fat stored appears to occur several hours after peak blood levels.



CAUTION
while having the supplements

Energy drinks can also be loaded with sugar, a quarter-cup on an average. Also, since they're marketed as dietary supplements as they often contain unregulated herbal stimulants like Taurine, Guarana, Creatine and B Vitamin.

The acid in sports drinks erodes the teeth from the first sip until 45 minutes after the last sip, when the saliva returns the mouth to its normal pH balance. But if you

have it for a protracted period of time, you are going to have this acid attack on the teeth.

Another thing many of them have on it is Vitamin or Antioxidant. But when you add 50 grams of carbohydrate in the form of sugar, or more than that, then the extra sugar cancels out any potential benefit.

Read the labels: Just because a drink is said to be healthy does not mean it is good for you.

Beginners guide to

Carbs vs Proteins?

When it comes to fitness, can protein parallel the importance of carbohydrates in your diet? With the rise of protein-packed diets over the past decade, it's no surprise that protein-laden sports nutrition is now similarly in vogue. But can protein ever parallel the importance carbohydrates play in assisting you reach your desired fitness levels?

Dietary requirements vary for different age groups, genders and activity levels, and sports nutrition is no different. But in order to remain healthy we all need carbohydrates, protein, fat, vitamins, minerals and water. What separates the diet of the recreational "keep-fitter" from the professional or competitive athlete is in the quantities and proportions in which these are consumed.

Carbohydrates • Body's preferred source of energy • They can be divided into three groups: sugar, starch and fibre

• Builds, maintains and repairs your body cells • Regulates important bodily processes

Carbs, protein and fat provide energy, unlike vitamins, minerals or water. Carbs, followed by fats, are the main fuel for exercising muscles. But whereas even the most stick-thin of athletes have sufficient stores of fat, reserves of carbs are limited, so need replenishing before, and sometimes during exercise. Protein's strength is in the growth, maintenance and repair of body tissue.

Rethink your fuelling strategy

Just as you gear up for **different workouts** so should your pre-workout combos which are a mix of carbs and proteins:

Running

Go easy on heavy foods, aim for 200 to 300 calories with roughly 30 g of carbs for fast energy an hour before your run

1/2 cup oats and banana
+ 1 low fat milk



Walking

Think light: 100 to 200 calories with a mix of carbs, protein and fat offsets hunger and helps muscles stride longer

1 medium pear
+ 15 gm sharp cheddar



Yoga

Stick with 100 to 200 calories of easily digested carbs and protein 1 to 2 hours before class

1 small apple + 10 almonds



Strength training

Grab 100 to 250 calories of muscle building protein and 30 to 60 minutes prior to lifting and you'll jump start recovery

3/4 cup low fat cheese
+ 1/2 cup strawberries



Swimming

Stay quick and cramp free with 200 to 300 calories of simple and complex carbs plus a little protein an hour before you hit the pool

6 dates
+ 1 tbsp Nut butter



Special Focus



In the domain of exercise and sport the clothing you choose influences your performance on the sports field as well as the gym.



The right athletic clothing boosts confidence

The clothing you wear is going to make a difference if you believe it's going to help you perform better. Studies in the field of cognition have shown the positive impact of wearing the right clothes for your workplace. Termed 'enclothed cognition,' this phenomenon extends to sports and fitness too. The boost could be an increase in confidence, if you know you look great, chances are you will act it out too. If you like what you are wearing at the gym, there is a greater chance you will want to exercise. The confidence translates into better performance.




The correct sports apparel improves performance

A decent swimsuit will make a difference to your swimming form. Workout shirts made of 100% cotton will absorb the sweat and hold it against your body. Choose workout clothing that wicks perspiration away from your body. A pair of running shoes would be inadvisable on the soccer field. Footwear made for running or aerobics lacks the flexibility, lateral stability and traction required for other sports.




The right workout gear adds protection & prevents injuries

Using improperly fitted equipment is a major cause of sports-related injuries that can interfere with your workout routine. You might want to use gloves in the gym to protect your hands from developing calluses on the palms, or if you're out climbing rocks. Shoes that are not the right size cause blisters, cramps and slipping that slows you down. High-tops are required for protection of weak ankles. Good sports shoes cushion the foot from heavy landings when you jump and lessen the impact of your steps.



Freedom of movement is important in active wear

A tight shirt can restrict your movement. Focusing on movement is important especially when performing compound exercises. You might end up doing it wrong if your clothing is restrictive or doesn't offer the right support.



Compression clothing can aid in recovery after exercise

A study conducted in Germany found that compression clothing actually helped recovery in performance. Compression clothing provides graduated compression to stimulate circulation. The result is a massaging effect which stimulates blood flow. The increased blood flowing through muscles removes the lactic acid produced during exercise. Recovery is boosted as a consequence and muscles are less sore and stiff. Direct pressure applied to muscles can reduce soreness and inflammation, especially after a game.



Handpicked **SPORTS DEVICES** one must own!

Thanks to an ever-expanding roster of new fitness and sports technologies, it's very easy to take care of your fitness like never before. Some of them are:



Lechal smart insoles

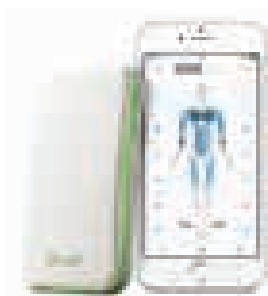
These fit inside your shoes like a high-tech pair of Dr. Scholl's and collect data about your walks and help you navigate your route. Haptic technology makes the insoles vibrate to tell you when to turn right or left and when to keep walking straight. The Lechal mobile app receives information from your walks via Bluetooth, including calories burned, distance traveled, speed and duration. The app also displays a map of your route and your progress.

Available at: www.lechal.com

MyVert

Aimed at Volleyball and Basketball players, as well as other athletes concerned with their vertical leap, MyVert is a wearable device that measures how high you jump. You clip the device to your waistband to capture data on how high you jump and how many jumps you take. The mobile app lets you view the information to see the best jumps and your average height.

Available at: www.myvert.com



Skulpt

You can measure your muscle quality and body-fat percentage by holding Skulpt, which is about the size of a business card, to a flat area on your arm, leg, back or stomach. The gadget pulsates and uses electric current to glean data from the muscles you measure. After it's captured a reading, the device tells you if your numbers are above or below average and sends the data to a mobile app via Bluetooth. Skulpt is available for iPhone and Android devices

Available at: www.skulpt.me

BSX insight

The BSX Insight is the first wearable lactate threshold sensor and the result of the work of founders Dustin Freckleton and Nithin Rajan of BSX Athletics. The goal of BSX Athletics is to help athletes train smarter, not harder, through the use of lactate testing, which has typically been limited to professional/elite level athletes. The Insight uses a small device that is worn in a calf sleeve that uses near-infrared spectroscopy (NIRS) to sample and record data in the form of light as it passes through tissue and returns to the device.

Available at: www.bsxinsight.com



CLUBS TO FAN YOUR SPORTING HIGH!

National Sports Club of India

It is a twin-city based sports club with branches in Mumbai & Delhi. Sardar Vallabhbhai Patel Indoor Stadium is an indoor sports arena that seats 5,000 people. The stadium was established in 1957 and the facility is administered by National Sports Club of India (NSCI). It includes Tennis, Billiards, Table Tennis, Badminton, Carrom and Wrestling. It is a sprawling institution right in the centre of the city, on the beautiful seafront, with a posh frontage & turf lawns. It initiated setting up various facilities along with coaching classes in various games including Judo, Karate & Aerobics.

Where: Lala Lajpatrai Marg, Worli, Mumbai, Maharashtra.

Website: www.nscimumbai.com



Hyderabad Race Club



The Hyderabad Race Club (HRC) is a thoroughbred Racing Association and is located at Malakpet, Hyderabad. It happens to be the only Turf Authority of India to own the entire race course premises that houses besides the race course complex, the tracks, stand, professional quarters, stables, parking lots etc. HRC has been rendering yeomen service to the racing fraternity and is being led by the philosophy that every effort should be made to improve the royal sport in the country.

Where: Malakpet, Hyderabad, Telangana.

Website: www.hydraces.com



The Delhi Gymkhana

The Imperial Delhi Gymkhana club is one of the oldest gymkhanas in the country. It is primarily a sporting club and has the distinction of having 26 grass courts and 7 clay/synthetic courts with three of them flood-lit. The club also runs an active training academy for juniors. It has 3 squash courts, a covered swimming pool functional throughout the year and a library probably larger than any other club in India with approximately 35,000 books.

Where: Safdarjung Road, New Delhi.

Website: delhigymkhana.org.in

The Poona Golf course

The Poona Golf course is one of the oldest courses in the country founded way back in 1920. The course is extremely well maintained with immaculate fairways and greens which are reputed to be the fastest in the country with interesting undulations and slopes.

Where: 6, Bund Garden Road, Airport Rd., Yerwada, Pune, Maharashtra.

Website: <http://poonagolfclub.golfgaga.com/>



Mumbai Cricket Association

Mumbai Cricket Association Recreation Centre has various elite facilities including the one exclusively for Mumbai Cricket association - Indoor Cricket Academy. It is spread over an area of 14 acres. The Club House has top-class sporting facilities ranging from an air conditioned Badminton hall with two courts; Billiards and Snookers hall equipped with two imported Billiards tables. Overall, there are seven cricket pitches, of which three are for spin, three for seam bowling while the seventh is a normal wicket.

Where: RG-2, G-Block, Bandra Kurla Complex, Mumbai, Maharashtra.

Website: www.mcarecreationcentre.com



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