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R HealthBeat

Quarterly Health Magazine - Vol. 16, Mar. 2018

SUCCESS
WITHOUT
STRESS!

AMAZING
ANTI-AGERS



STRONG &
FIT IN JUST DAYS

ACTIVATE,
DON'T HIBERNATE

WIPE OUT
PAIN NATURALLY



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From the Editor's Desk

Hello Readers,

It is the end of the Financial Year and along with setting our organisational goals and what we want to achieve in the coming year, the other important focus will be to set your health goals that would make your year even more productive.

“ *A healthy and energetic mind and body always paves way for an individual to do well in life and achieve his aspirations. Keeping this thought in mind, the theme for our 16th edition is 'Power and Energy' which aptly captures the essence of leading a productive life.* ”

Talking about the delighted line-up of articles, 'Activate, don't hibernate' is the opening article which discusses the issue of the sedentary lifestyle whose relevance fits a great deal for a working professional.

It is important to be fit using the right kind of techniques that don't drain you out through the day which is covered in 'Strong and fit in just days' and 'Wipe out pain naturally'.

Your middle age should not hinder your health and fitness goals which are what 'Battling the middle age spread' and 'Amazing anti-agers' entail.

Eating right at home as well as workplace quantifies your energy levels two folds, in turn boosting productivity. The articles 'Building a better breakfast' and 'Farewell fatigue' will help you make wise choices when it comes to your diet through the day.

We are introducing a new section with this edition called 'Mindfulness'. The articles of this section cater to the inner energy needs and how relaxation is equally important for a healthier you. Read 'Improving sleep patterns' to know more.

To summarise the edition clearly defines the idea that 'The mind and body are not separate, what affects one affects the other'.

Warm regards,

Rakesh Jain



Rakesh Jain

Chief Executive Officer
Reliance General Insurance

1

Readers' Connect

2

Did You Know

- Activate, don't hibernate

4

Health Guide

- Turn to nature to heal the pain
- Strong and fit in just days

8

Mindfulness

- Your sleep cycle revealed

10

Being Aware

- 5 Tips to battle the middle age spread
- Success without stress

12

Special Focus

- Amazing anti-agers from around the world

14

Food

- Build a better breakfast
- Farewell Fatigue: Which foods fight fatigue?





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

I am thankful to Reliance General Insurance for providing a copy of their excellent quarterly 'R HealthBeat' magazine. In fact, from all of its aspects it is superb, right from its informative contents to its colourful outlook. All the presentations in different headings are indeed unique; especially 'Did You Know', 'Special Focus' and 'Nutrition'. We really appreciate the exclusivity and distinctiveness of the magazine.

Jyotirmoy Roy Choudhury

General Manager, Apollo Gleneagles Hospital, Kolkata

We highly appreciate your efforts to provide useful information which helps our employees to be healthy. It is said that 'Health is wealth' and this magazine helps us to be healthy and wealthy. Thanks for your ongoing support.

Hitesh Parikh

General Manager - HR, Clariant Chemicals India Ltd.

R HealthBeat is a wonderful magazine which gives us knowledge on core health topics which are relevant to people today. The choice of topics, especially the guest articles, are useful as it gives an expert opinion on a particular subject. In fact, I look forward to every issue of R HealthBeat.

Mr. Raghubir Singh Ball

Managing Director, Fortis Hospital Kangra
(A Unit of Himachal Healthcare private Limited)

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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 rgici.rcarehealth@relianceada.com

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

Did You Know

GET MOVING

Easy tips to get active!

As you read this, you're probably sitting down. In fact, you've probably been sitting down for most of the day. Although you're far from being the only one, it's important that you try to incorporate more activities into your daily life or your health will suffer.

Easier said than done when you're so used to inactivity! Take a look at the survey of an inactive lifestyle, in the adjoining page, and understand the risks of sitting.



Medical experts have started referring to long periods of sitting and inactivity as a negative consequence.

Women who are inactive and sat over 6 hours a day, were 94% more likely to die earlier than those who were physically active and sat less than 3 hours a day.

3 out of 4 employees of large organisations wish they had spent most of their working hours sitting.

Sitting Disease



Men who are inactive and sat over 6 hours a day were 48% more likely to die than their standing counterparts.

Over 60% of the employees surveyed by an independent study said that they would be more productive if they had option to work on their feet.

Standing a little each day improves blood flow, tones muscles and burns extra calories.

What should you do?

For a healthy heart and mind

Be Active

Vigorous

Moderate

Run



Walk



Sport



Cycle



Stairs



Swim



Minutes per week

75

Vigorous intensity
(Breathing fast,
difficulty talking
during workouts)

150

Moderate
intensity
(Moderately
fast breathing)

or

Break-up
Sitting Time

a combination
of both

To keep your bones & joints strong

Sit Less



Sofa



Computer



To reduce your chances of falls

Build Strength

Gym



Yoga



Carry Bags



Improve Balance

Dance



Tai Chi



Bowling



Days Per Week

Start small and build up gradually.
Just 10 minutes at a time provides benefits.

Turn to nature to heal the pain!

Cloves

Whole cloves are often used to spice up meat and rice dishes. Ground cloves are used in pies and many other foods. As a medicine, cloves can be found in capsule or powder form. Clove oil is also available. Cloves may help ease nausea, treat colds, relieve pain associated with headaches, arthritic inflammation, toothaches and can be used as a topical pain reliever.

The active ingredient in cloves is eugenol, a natural pain reliever that's also used in some

OTC pain rubs.

Rubbing a tiny amount of clove oil on your gums may temporarily ease toothache pain,

but too much undiluted clove oil may actually hurt your gums, so discuss this approach with your dentist before hand.



Acupuncture

This ancient Chinese medical practice seeks to relieve pain by balancing the body's natural energy pathways. The flow of energy is known as qi (pronounced CHEE). For this practice, acupuncturists place tiny, thin needles into your skin. The location of the insertion is related to the source of the pain. Based on the qi, a needle may be inserted far from the part of the body experiencing pain.

Acupuncture may relieve pain by causing the body to release serotonin, a "feel-good" chemical that eases pain. A 2012 study found that acupuncture helped relieve pain associated with OA, migraines and various locations of chronic pain.

If you have a toothache, backache, or any other type of pain, your first impulse may be to reach for a pill. Many people rely on medications, but they come with the risk of side effects, drug interactions, and habitual use or addiction. You may find the relief you need from a variety of natural painkillers instead.

Many herbs and spices can treat inflammation and other related conditions. These plant-based options fall under a category of treatment known as alternative medicine, which also includes Acupuncture, Yoga, Reiki, and other practices. When it comes to pain relief, you may be surprised by what might help you feel better.

Willow bark

People have been using willow bark to ease inflammation, the cause of most aches and pains for centuries. The bark of the white willow contains the chemical salicin. Originally, people chewed the bark itself to relieve pain and fevers. Now willow bark is sold as a dried herb that you can brew like tea. It also comes as a liquid supplement or in capsule form. You can use willow bark to help relieve discomfort from

headaches, low back pain, osteoarthritis, and many other conditions.



Turmeric

Turmeric is the spice that gives curry its yellow color and unique flavor. It contains the compound curcumin, antioxidant that helps protect the body from free radical molecules that can damage cells and tissue. Turmeric can also be used for the treatment of many conditions including indigestion, ulcers, stomach upset, psoriasis and cancer.

Some people with Osteoarthritis also turn to turmeric as a natural pain reliever because it helps relieve inflammation.

Be careful when managing pain: The natural painkillers described here may only be effective for specific causes of pain. However, these natural alternatives to prescription or OTC medications may at least give you some decent options to try before you turn to pharmacological solutions. Remember, pain is the body's signal that something is wrong and can also mean that you have a serious health problem that needs professional medical evaluation. Hence, don't hesitate to seek out a healthcare provider to diagnose the source of your pain and discuss some natural options for treating it.

Get fit in just days!

Every pound of muscle you add can help burn an extra 45 calories per day. So if you beeline it for the weight room and pack on 10 pounds of lean muscle, then your body can continue to torch 450 calories daily, well after you've left the gym, even if you're chained to a desk for most of the day. At that rate, you can lose almost a pound of fat per week. Here's a few tips to help you stay ahead of the game to lose weight.



Never Stop Moving



You get off your high horse now, "Ms or Mr. I work out five times a week". A new study shows that people who regularly exercise (An average of 2 and half hours a week) still spend too much time sitting, about 63% of their day. So even if you're active, you might be sedentary too. One way around this is to embrace restless behavior. An unrelated study found that if you stand, pace and tap your toes often, you can burn 350 calories a day, or drop 30 to 40 pounds a year just from fidgeting.

Cleanse

Start your day with a cup of hot water and lemon, especially if you've had a few glasses of wine the night before and like to drink coffee in the morning. This detox trick will give your system a little break, improves digestion & promotes weight loss.



Stretch It Out

Throwing a leg on a bench and reaching for your toes is not a great warm-up. If you're getting ready to run or bike, try firing up your muscles and boosting your heart rate and blood flow with some dynamic stretching. Pull one knee to your chest while standing, then alternate for a few reps on each side. Next kick each leg back and forth one at a time, slowly increasing speed to improve your range of motion, which will make the activity easier.



Flip Your Focus

Forget counting calories this year, and instead make it your goal to eat fresh, high-quality foods. You'll instantly dump the biggest flat-belly troublemakers like all things highly processed, boxed and full of dangerous synthetic hormones, pesticides and genetically-modified ingredients. You don't have to go vegan or even low-carb; just eat fresh and watch the pounds melt away.

Have a Game Plan

The old adage, "Fail to plan, plan to fail" couldn't be truer when working out. On your way to the gym or before you lace up your sneakers for a 3-miler, take a minute to think about and maybe even write down what you hope to accomplish, whether it's taking a spin class, running in the park or sweating buckets. Knowing your goals makes them easier to achieve.



Fuel Up Right Post-Exercise

A recent survey revealed that most people don't know whether to load up on protein or carbs after a workout. The answer is: You need a balance of both to recover faster and meet your fitness goal, whether that's toning up or slimming down. Aim to feed your body two-thirds protein and one-third carbohydrates after an hour at the gym. Pair almonds with unsweetened, all-natural dried fruit or roll up a few pear slices.

Drink All Day

If you wait to drink until you're thirsty, it's too late: You're already dehydrated. For every 2% of dehydration, you lose 10% performance. The solution isn't to over-drink, as that can just wash out necessary electrolyte solutes. Instead think consistent hydration, and aim to drink six to eight ounces every 15 to 30 minutes throughout the day.





Your Sleep Cycle revealed!

Our bodies require sleep in order to maintain proper function and health. In fact, we are programmed to sleep each night as a means of restoring our bodies and minds. Two interacting systems, the internal biological clock and the sleep-wake homeostat, largely determine the timing of our transitions from wakefulness to sleep and vice versa. These two factors also explain why, under normal conditions, we typically stay awake during the day and sleep at night. But what exactly happens when we drift off to sleep?

Insufficient sleep is a public health problem at epidemic level now as our lifestyle is changing rapidly. More people are in shift work pattern which disturbs the sleep pattern. It has been observed that short sleep duration or poor quality sleep is associated with number of health problems including heart disease, stroke and obesity. Apart from this, people develop symptoms of daytime irritability, lack of concentration

and energy, sleepiness and fatigue. It is important to realize that a lot of these symptoms may be attributed to some other medical condition by the patient and the sleep disorder keeps going unrecognized for a long time.

The two main types of sleep are



Rapid-eye-movement (REM) sleep and non-rapid-eye-movement (NREM) sleep. REM sleep, often called 'active sleep', is identifiable by its characteristic low-amplitude (small), high-frequency (fast) waves and alpha rhythm, as well as the eye movements for which it is named.

Many sleep experts think that these eye movements are in some way related to

dreams. Typically, when people are awakened from REM sleep, they report that they had been dreaming, often extremely vivid and sometimes bizarre dreams.

Shifting Sleep Patterns

Sleep patterns can be affected by many factors, including age, the amount of recent sleep or wakefulness, the time of the day or night relative to an individual's internal clock, other behaviors prior to sleep such as exercise, stress, environmental conditions such as temperature and light and various chemicals.

Jet Lag and Shift Work

Problems can occur when our exposure to light changes due to a shift in work schedule or travel across time zones. Under normal conditions, our internal clock strongly influences our ability to sleep at various times over the course of a 24-hour period, as well as which sleep stages we experience when we do sleep.

Individuals who travel across time zones or work the night shift typically have two symptoms. One is insomnia when they are trying to sleep outside of their internal phase, and the other is excessive sleepiness during the time when their internal clock says that they should be asleep. Half of all night shift workers regularly report nodding off and falling asleep when they are at work. This should be seen as an important concern both for individuals and society, given that airline pilots, air traffic controllers, physicians, nurses, police, and other public safety workers are all employed in professions in which peak functioning during a night shift may be critical.

Pain, Anxiety and Other Medical Conditions

A wide range of medical and psychological conditions can have an impact on the structure and distribution of sleep. These conditions include chronic pain from arthritis and other medical conditions, discomfort caused by gastroesophageal reflux disease, pre-menstrual syndrome and many others. Like many other sleep disruptions, pain and discomfort tend to limit the depth of sleep and allow only brief episodes of sleep between awakenings.

Individuals of all ages who experience stress, anxiety and depression tend to find it more difficult to fall asleep and when they do, sleep tends to be light and includes more REM sleep and less deep sleep. This is likely because our bodies are programmed to respond to stressful and potentially dangerous situations by waking up. Stress, even that caused by daily concerns, can stimulate this arousal response and make restful sleep more difficult to achieve.

The bedroom environment can have a significant influence on sleep quality and quantity. Several variables combine to make up the sleep environment including light, noise, and temperature. By being attuned to factors in your sleep environment that put you at ease, and eliminating those that may cause stress or distraction, you can set yourself up for the best possible sleep.

We've already noted that too much light at night can shift our internal clock and makes restful sleep difficult to achieve. To minimize this effect, nightlights in hallways and bathrooms can be used. As for noise, although background sounds may relax some people, the volume level must be low. Otherwise, increased frequency of awakenings may prevent transitions to the deeper stages of sleep. Research shows that the ideal temperature range for sleeping varies widely among individuals, so much so that there is no prescribed best room temperature to produce optimal sleep patterns. People simply sleep best at the temperature that feels most comfortable.

Daytime Napping

Although it is common for people in many western societies to sleep in a single consolidated block of about eight hours during the night, this is by no means the only sleep pattern. In fact, following this schedule and foregoing an afternoon nap would seem highly abnormal to many people around the world.

Afternoon naptime typically coincides with a brief lag in the body's internal alerting signal. This signal, which increases throughout the day to offset the body's increasing drive to sleep, wanes slightly in mid-afternoon, giving sleep drive a slight edge. Napping also typically happens during the warmest

period of the day and generally follows a large mid-day meal, which explains why afternoon sleepiness is so often associated with warm afternoon sun and heavy lunches.

Afternoon naps for most people typically last between 30 and 60 minutes. Any longer and there is a risk of falling into deep sleep and having a difficult time waking. Following a nap, having dissipated some of the accumulated sleep drive, many people report feeling better able to stay awake and alert in the late afternoon and evening. This increased alertness typically causes



Afternoon naps for most people typically last between 30 and 60 minutes. Any longer and there is a risk of falling into deep sleep and having a difficult time waking.

people to go to bed later and generally to sleep less at night than people who do not take naps.

According to sleep experts, napping can be a good way for people who do not sleep well at night to catch up. They do caution, however, that people with insomnia may make their nighttime sleep problem worse by sleeping during the day. Otherwise, they generally recommend naps for people who feel they benefit from them.

This article is made by including the excerpts of Dr. Sumeet Singhania, Consulting Pulmonologist, Kokilaben Dhirubhai Ambani Hospital.



BATTLING THE MIDDLE AGE SPREAD!

If you are eating the same amount of food and doing the same amount of exercise and are still putting on weight, it could be due to middle age spread. The expanding midriff can be the unfortunate by-product of age.

It's not just an excuse

Metabolism starts to decline at a steady rate from the mid-40s onwards. As men's testosterone levels start to fall with age, this rate of decline accelerates in their 50s. In women the hormonal changes of the menopause don't necessarily cause weight gain, but may affect where excess fat is laid down. Many women have a tendency to put on weight around the middle rather than around the hips and thighs when they are in the menopause years.

Part of the reason that middle-aged people are more susceptible to weight gain is that there is a reduction in muscle mass in this period, which reduces the capacity to burn fat. In addition to this, middle age can be a stressful time and some people use comfort eating or alcohol as a method of symptom relief. Hence, follow the below measures to keep feeling young even after 40.

Build muscle

Incorporate more strength training with weights into your exercise regime. The answer is resistance exercise, including everything that challenges your muscles to push, pull, lift or twist including body weight & resistance band exercises, etc. Don't focus just on the tummy area. If you work on larger muscle groups you'll achieve a greater result as you'll burn more calories and achieve a higher percentage of lean muscle mass.

Don't forget cardio

The hot and sweaty calorie burners like indoor cycling and running will target body fat so you can attack that middle age spread on two fronts. You can't pin point an area to lose fat from but cardiovascular activities like aerobics and boxing will burn up more calories.

Mix it up

Don't just go through the motions when you're exercising by doing the same easy class or taking a relaxing amble on your bike. If you need motivation take a class at a leisure centre or gym. You often work harder in a group situation when someone is telling you what to do. Take it to another level and have a go at a boot camp style class.

Circuit training and interval training are also good for burning calories and mixing your routine. Circuits are a short burst of resistance exercise using moderate weights and frequent repetitions, followed quickly by another burst of exercise targeting a different muscle group.

Eat less, eat better and break bad habits

Healthy eating becomes even more important after mid-life. Research shows that higher intake of potatoes, red meat, sugar-sweetened beverages and alcohol are linked with greater weight gain in middle age, while people who eat more vegetables, whole grains, fruit, nuts and yogurt put on less.



Success Without Stress!

Despite the fact that stress has adverse effects on our life, we still deny admitting that this could be a mental disorder. Leading a stressful life hinders our efficiency and lessens our ability to live a healthy and happy life. Being stressed, you may fall sick more often and be grumpy. Our hectic schedules and a number of responsibilities have greatly contributed to this condition and it is important to know the ways that alleviate stressful conditions. So, here are a few ways that should be followed for a stress-free life.

Following a routine can utilise our day in a better way. You will also realize that you are able to complete all your work on time and still can indulge in some entertainment activities, hobbies and sports. And you will automatically feel stress-free!

Make a list for yourself

Make a list of things that make you happy and optimistic. This technique will help to ease your stress in a positive manner. Also, make a list of work that you need to do or could accomplish in a day. The best suggestion would be to make a to-do list wherein you list all the activities, assignments or any other tasks that you need to complete. This is a good way of staying focused and organized and also completing all the tasks without thinking too much about them.

Look after yourself

Never forget to take good care of you. When we are in a stressful situation, we end up getting tensed and worried without giving a thought about ourselves. We ignore our own selves either by eating unhealthy meals or by not giving our body and mind enough rest. This ignorance can harm us greatly and could weaken our power to deal with stress.

Relax

Relax your mind and body. When feeling stressed, take a nap or breathe deep. Being continuously involved in work can be stressful. So, remember to take a break and connect with 'yourself'. In this way, you will stay calm and make yourself feel better.

Meditate

Meditation is an excellent method of cleansing your mind from all negative and stressing thoughts. Refresh and think positive. Whenever you feel heavy or burdened or even when you feel tired of doing work or feel irritated by something or someone, take a deep breath to relax. Focus on your breathing, while you exhale and inhale. Focus on how your body acts when you breathe. Visualize that your mind is going blank and focus on emptying your mind. A simple, 20-minute meditation will make you refreshed and relaxed. Besides this, it also helps to reduce your anxiety, tension and stress.

Focus

'Concentrate and stay focused' should be the motto of your life. When you are focused on your work, you are able to accomplish more and in an efficient manner. Concentrate on the work that you perform and give it your best. This helps to finish your task faster and in an efficient manner. Therefore, always remain focused on the goals you want to achieve.



Amazing Anti-agers from around the world

Women all over the world are proving you can age well and gracefully, and you don't have to go under the knife or spend a fat sum on fancy anti-aging creams. We, in India, are beginning to embrace many beauty rituals from around the world by incorporating key ingredients into our existing skincare routines.

From the glowing skin of women in Latin America to the clear complexions of our friends in Asia, we've rounded up the best anti-aging treatments from cultures around the world.

China: Many teas are high in anti-aging antioxidants. White tea and green tea are rich in an antioxidant known as EGCG, which helps battle wrinkles and helps increase cell turnover. The Chinese mix green tea powder into brewed white tea to create a face mask. Apply this to your face to help fight wrinkles and load your skin with plumping antioxidants.



India: Start the day off like women in India, with a warm cup of ginger tea. Mix some shredded ginger and honey into some hot water. A cup of this tea is loaded with anti-aging benefits. Honey has natural anti-bacterial properties and helps reduce inflammation. Ginger is rich in an antioxidant called gingerol, which helps protect against collagen breakdown.



Mexico: It's well known that our hands are one of the first things that give away our age. The skin on our hands loses its elasticity and fullness. In Mexico, women mix together sugar and lemon juice to create a scrub for the hands. The sugar crystals act as an exfoliant to helping slough away dull dead skin. Lemon juice contains alpha hydroxy acid, found in many anti-aging treatments, which also helps peel away the layer of dead skin cells.



Polynesia: You may have heard of noni juice as a hot, new beauty product, but it's actually been around for thousands of years, being indigenous to the southeastern part of the globe. Polynesians use the fruit for its moisturising, anti-aging properties. Studies have shown that it's effective in softening the appearance of crow's feet, fine lines and wrinkles.



France: Studies have shown grape seed extract supplements can actually boost the levels of antioxidants in your blood. It has also been known to protect the collagen and elastin in your skin; the proteins that give your skin elasticity and firmness. Grape seed extract supplements are popular in France. You'd have to eat over a pound of grapes to get the same benefit as you do from 50 mg of the supplement!

Build a better Breakfast!

Breakfast is the most important meal of the day. It's important to get protein at every meal, especially breakfast. Getting enough protein at breakfast can help you feel full and satisfied so that it keeps the hunger at bay till mid morning. While many experts now recommend 25 to 30 grams of protein at each meal, the average breakfast bowl or plate only contains on average 13 grams of protein. One way to help get the protein count at breakfast higher is to include an 8-ounce glass of milk. All milk, including lowfat, skim and organic milk packs the same nutrient-rich punch with nine essential nutrients, including 8 grams of high-quality protein in each 8-ounce glass.

5 Tips to make a better breakfast:

1

Count to (at least) three:

Make sure your breakfast consists of three of the five foods groups including dairy, fruits, vegetables, meat/beans and whole grains.

2

Make it with milk:

Like oatmeal? Swap out 8 ounces of water for 8 ounces of milk to add 8 grams of high-quality protein for a creamy addition to your oatmeal.

3

A perfect pair: Pair any breakfast with an 8-ounce glass of milk. Not only does milk help enhance the nutrition of any meal, it can help get you closer to the recommended amount of protein at each meal when served alongside your frittata or egg scramble. In addition to protein, each serving of milk includes calcium, potassium and vitamin D, three of the four nutrients of concern, as outlined by the dietary advisors.

4

To go, please: In a rush and need to eat on the run? Milk is a handy to-go option. Grab fruit, a granola bar and milk to go. You can also make a quick smoothie by swirling in 1/2 cup of milk to your favorite recipe.

5

Get organised: If you find yourself rushing on weekday mornings, plan ahead and think about breakfast after dinner. You can set the table the night before with bowls and glasses, and pre-mix ingredients to maximize your time in the morning.

Farewell Fatigue: Foods that keep you active!

Exhaustion isn't a good look on anyone, but it's all too easy to burn the candle at both ends in the always-connected world we live in. But that doesn't mean downing a dozen cups of coffee or reaching into the candy bowl.

So if you're searching for sustained energy, look for food with complex carbs, protein and fiber. We put together this cheat sheet of things to eat and drink to beat fatigue and a few foods that sabotage your efforts to get pumped up.

Chia Seeds

Talk about something small but mighty. Chia seeds help with hydration by absorbing 10 times their weight in water. Plus, they have the right ratio of protein, fats, and fiber to give you an energy boost without a crash.



Bananas

Consider this the green light to go when you're running low on fuel. In one study, researchers discovered that eating bananas worked as well as sports drinks at keeping cyclists fueled. The potassium-packed fruit also includes a bunch of good-for-you nutrients, like fiber and vitamin B6, that you won't find in a bottle of Gatorade.



Green Tea

By now, it's no secret that green tea has a slew of health benefits. You can add putting some pep back in your step to the long list. The combination of caffeine and L-theanine gives you energy without the jitters.



Almonds

Certain kinds of fat are friends, not foes, particularly when you're talking about replenishing your energy. And almonds are packed with healthy monounsaturated fats that are just what your body needs for a pick-me-up.



Beans

Beans keep you going thanks to a stellar trio of carbs, protein, and fiber. The protein fills you up, the carbs provide energy, and the fiber helps regulate blood sugar. Black beans in particular are your BFFs when it comes to an energy boost.



Foods to avoid: • Energy Drinks • Candy
• White Bread • Junk food



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