

**RELIANCE**

**GENERAL  
INSURANCE**

# R HealthBeat

Quarterly Health Magazine - Vol. 19, Jan. 2019

**NEW-AGE  
WELLNESS**

**HOW COOL  
IS YOUR  
FITNESS IQ**

**MINDFUL &  
INTUITIVE  
EATING**

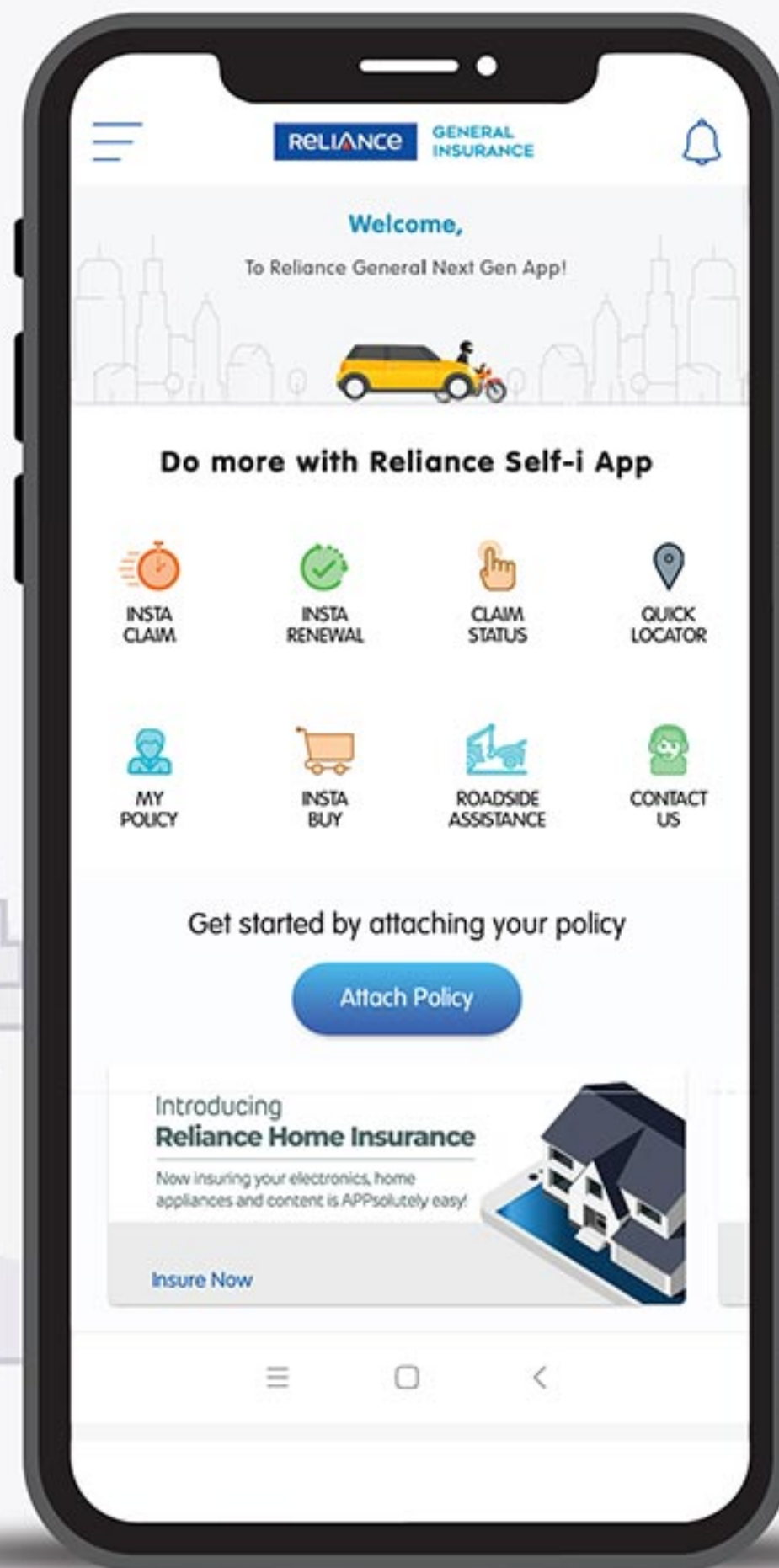
**LIVING  
HEALTHIER-  
ADOPT ECO  
LIFESTYLE**

**DESTINATIONS  
FOR GREEN  
CONSCIOUS  
TRAVELERS**





# DO INSURANCE YOURSELF



Real  
Time Service  
Tracking

Quick  
Locator

Instant  
Video Claim  
Assistance

E-Doc  
Vault

Instant  
Buy/Renew

Self  
Inspection

Available on



Scan the QR code  
to download



#DoInsuranceYourself



# From the Editor's Desk

Hello Readers,

As we left a year behind and rolled into the next one, it is exciting to have another chance for a fresh start. For most of us, this time of the year is when we reflect on our past achievements and set new goals, but most of our resolution move down the priority list within first few days. With this new edition of RHealthBeat, explore opportunities and appealing ideas to set some lifestyle goals and revamp your life.

“ *We are not above nature; we are a part of nature.  
Plans to protect air and water, wilderness and wildlife  
are in fact plans to protect man.* ”

The focal theme of this edition is 'New Age Wellness' as it's not about just being fit anymore but being conscious of our actions towards Mother Nature. Environmental health has become an important aspect of wellness. Being green is now more than just buying 'eco', it has become an unshakable commitment to a sustainable lifestyle. Articles in this issue speak of adopting green and a zero wastage lifestyle, vegan diet and opting eco friendly gadgets.

Learn to listen to your body signals to understand how your body responds to the choices you make in foods and the kind of workout you do with 'Mindful and Intuitive Eating' and 'Body Type Workouts'. Design your own meal and a workout plan that suits you and continue to build new routine to see yourself in new ways.

Fitness being the mantra of new age; check your knowledge about fitness, food and myths with Fitness Quiz under 'Fitness Today'.

In the end I would like to wish you all a healthy year ahead. Being healthy and fit is not a trend, it's a lifestyle. Thank you for your continued support and enjoy reading this issue!

Wishing you best of health always!

Warm regards,  
Rakesh Jain



**Rakesh Jain**

Chief Executive Officer  
Reliance General Insurance &  
Editor-in- Chief, R HealthBeat



1

## Readers' Connect

2

## Did You Know

- New age wellness

4

## Health Guide

- Lifestyle resolutions to add more years to your life this year
- Customize your skin care regimen with secrets from Ayurveda
- Living happier & healthier - Adapt to eco & healthy lifestyle

8

## Mindfulness

- Old remedies to new age wellness
- The stress management strategy you need
- Get a 'Good Mood' garden growing with these eight upbeat greens

12

## Fitness Today

- Body type workouts - What you need to know!
- How cool is your Fitness IQ? Take this Quiz!

15

## Food and Nutrition

- Mindful & intuitive eating - The perfect pair!

16

## Travelogue

- Destinations for green conscious travellers

18

## Technology

- Gadgets for a green lifestyle!

19

## Bibliography



### EDITORIAL TEAM

Editor  
Anand Singhi  
Raman Arora

Project Head  
Dr. Mahesh Yelapure

Concept and Content  
Sakshi Dogra  
Dr. Monika Verma

Marketing & Compliance  
Santosh Sen  
Prasun Pratik

Printing & Publishing  
Ashfaque Shaikh



# Readers' Connect



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

R HealthBeat is very informative and helps us in staying updated with current changes. Thanks to Reliance Insurance for providing customers with such valuable info.

**Ms. Chaitra Krishna**

Manager - Human Resource

CAST | Software Intelligence for Digital Leaders

The Reliance Health Magazine always provides very valuable information for everyone's well-being covering various topics relating to Health, Nutrition, Yoga, Meditation, Mindfulness etc. We wish the best to Reliance Team.

**Mr. Pratik Shroff**

Head Treasury

Clariant Chemicals India Limited

I have been following this magazine regularly and find it to be an extremely informative read. The content is top-notch. The magazine is changing our perspective towards how we live in a fast paced world. It always has useful and interesting information in it. I wish R HealthBeat every success.

**Ms. Monika Singh**

Associate HR Manager

EF Information Systems Pvt Ltd.

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](mailto:rgicl.rcarehealth@relianceada.com)

Visit [www.reliancegeneral.co.in](http://www.reliancegeneral.co.in) for more articles and updates on Healthy Living and Wellness.



## NEW AGE WELLNESS

The concept of wellness over the years has evolved from just being fit and disease free to nurturing a wellness mindset that permeates in all aspects of everyday life; from eating organic food to using natural cleaning products to ending the day with meditation. Good health and holistic well-being are now recognized as a priority.



## Healthy living

The paradigm shift in the understanding of healthy living has led to a 360 degree change in how we perceive and prioritize wellness in our daily lives. Owning the most expensive or the latest goods has taken a back seat to looking and feeling good. The health-conscious generation is rooting for **zero wastage planet, cleaner living, practicing healthy routines and being mindful** of self and surrounding.





As per a recent study 72% of new generation would rather prefer participating in activities and indulging in experiences that promote well-being rather than spending on material goods.

## Wellness Community

The truly health-obsessed don't just want to eat right and exercise, they want to live in a new "wellness community." For new generation who are passionate about personal wellness, protecting the planet is becoming an integral part of wellness routines. They are shopping smarter and paying attention to their footprint as zero-waste green living becomes a commitment as the way to well being.



## Being mindful

Mindfulness is a popular buzzword that most of us associate with meditation, yoga and spirituality. However, the word is more rigorously defined as 'controlled attentiveness', a deliberate awareness of what is happening in the present moment. Recent studies have shown association between mindfulness & physical health especially in terms of weight control, with people who are mindful during meals tending to be less likely to gain weight.

"The concept of Mindfulness is to infuse intent and awareness in everything you do, is slowly gaining credence".

## Tradition to Trend!

With increasing awareness of mind-body connection more and more ancient traditional practices like Ayurveda, Yoga, Accupuncture, Naturopathy etc. are becoming the choices many people are making for themselves and their families.





## Lifestyle Resolutions to add more years to your life this year!



With the arrival of 2019, you'll hear people say "new year, new me" on multiple occasions. This time of the year inspires us all to reflect and figure out ways to improve. But all the things you want will look far off without a good health.

So this year, choose some healthy lifestyle resolutions and add many more happy new years to your life.

Here are few lifestyle changes you can set for yourself this year



### Shed some extra kilos

If you have been just thinking about losing weight, it is time to act. While weight loss does not happen overnight, it is necessary to take a step in that direction.

#### How to achieve it?

Get moving! Start with some exercise. Visit a well trained nutritionist and seek advice, get a personalized diet chart for yourself. Maintain a food diary. Stay motivated and see the weight saying bye to you soon.

#### This will motivate you!

You can add two months to your life for throwing every kilogram of that extra fat. Also, this will benefit you with:

- Improved brain health
- Better night's sleep
- More energy
- Reduced risk of coronary heart disease, high blood pressure, stroke, diabetes and much more



### Practice mindful eating

Food is such a delightful sensory experience and a privilege! Take more time to taste and appreciate everything that you eat.

#### How to practice mindful eating?

- Eat food that are nutritiously healthy
- Eat when your body tells you and stop when full
- When eating, just eating
- Bring all your senses to the meal
- Take small bites, chew thoroughly and eat slow
- Appreciate your food
- Eat at set time and places

#### This will motivate you!

Practicing mindful eating helps in portion control, weight management, and even digestion, which are all important factors for long term health





## Drink enough water

Although that eight cups a day thing isn't true for everyone, staying hydrated is essential. Not only does it keep all your physical functions running optimally, it makes you less likely to mistake thirst for hunger, a common mix-up that can lead to overeating.

### How to increase your daily water intake?

- Have a glass of water before meals
- Eat your water by choosing fruits & vegetables with high water content like cucumber, tomatoes, spinach etc.
- Say no to soda and refresh yourself with healthy lemon-ginger sparkling water and herbal tea

### Drinking sufficient water will help you

- Loose/control weight & improve bodily functions
- Energize muscles • Create a youthful appearance
- Remove toxins • Strengthen immune system



## Regular health checkups

Keep a track of your health with regular health checkups, which could be quarterly, twice a year or yearly.

### Popular health checks include

- Blood pressure test
- Cholesterol level checks
- Body Mass Index & Obesity Tests
- Cervical smear test for women
- Diabetes Check

### This will motivate you!

Prevention is better than cure. Being proactive improves your chances to stay healthy and an increased lifespan.



## Don't sit too much

Sitting too much may affect your health even if you exercise regularly. Sitting less can be a challenge especially if you have a desk job, but it's so important to your health

### Ways to avoid sitting too much during the day

- Stand up while you are on phone. Better yet, pace!
- Take stairs. • Hold walking meeting.
- Stand up & stretch when you're at your computer a lot.
- Park your car farther away from your destination. Don't look for that perfect spot up close.

### This will motivate you!

Stand up for your health! And reduce the risk of:

- Weight gain & obesity
- Heart & metabolic diseases
- Chronic back pain



## Positive Lifestyle

Positivity is the fire to keep and negativity is the smoke to let go. Positive thinking is good for your body, mind and overall health.

### Inculcate positive lifestyle

- Exercise regularly
- Take note of positive moment everyday
- Try to meditate (2-5mins are enough)
- Prioritize sleep
- Keep stress in check

### You will gain

- Improved immunity
- More positivity=more success
- Positivity lends a hand to creativity



With endless to-do lists, long commuting times and constant time crunch, there's a dire need for self-care revolution. Enter Ayurveda, an ancient practice that is more relevant today than ever before. It offers upgrades to your daily routines and can work wonders for your skin care as well. Take a look at the solutions Ayurveda offers for a healthy and glowing skin.

## 4 Ayurvedic skin care solutions



### Turmeric & Gram flour (Besan)

Turmeric is a natural antiseptic. It has antibacterial properties and is also known for its skin brightening effects. The anti-inflammatory properties of turmeric work on your pores and calms the skin. It is a good exfoliant and helps in maintaining the pH balance of your skin.

**You'll need:** • 1 tablespoon gram flour • ½ tablespoon turmeric • 1 tablespoon rose water

#### What You Have To Do

Mix all the ingredients to make a thick paste, apply it to your face and rinse it after 10-15 minutes

#### How Often You Should Do This

Twice a week

### Fenugreek

The presence of vitamin C in fenugreek seeds brightens your face instantly. It also has anti-inflammatory and anti-ageing properties.

**You'll need:** • 2 tablespoons fenugreek (methi) seeds • 2 cups water

#### What You Have To Do

Soak the fenugreek seeds in water overnight. The next day, take a pan and boil the fenugreek seeds. Allow the seeds to cool down and then grind them into a thick paste. Apply the paste to your face. Leave it on for 40 minutes. Wash with water.

#### How Often You Should Do This

Thrice a week

### Honey & Lemon

Lemon contains AHAs or alpha hydroxy acids that help in dead skin removal. Honey is naturally antibacterial, so it's great for acne treatment and prevention. It is full of antioxidants, and is great for slowing down aging.

**You'll need:** • 1 tablespoon organic honey • 1 tablespoon lemon juice

#### What You Have To Do

Mix honey and lemon juice, apply all over your face and wash it off after 15-20 minutes to feel rejuvenated.

#### How Often You Should Do This

Thrice a week

### Neem, Tulsi & Turmeric

Both Tulsi and Neem have antibacterial properties that clear acne, blemishes and prevent skin infection. Both are loaded with antioxidants and serve as great anti-aging agent. This solution also provides protection to your skin from sun damage.

**You'll need:** • 4 Tulsi leaves • 3 Neem leaves • 1 teaspoon turmeric • ½ teaspoon lemon

#### What You Have To Do

Grind the leaves to make a paste and add lemon juice and turmeric to it. Apply it your face for 5-10 minutes and rinse to feel a healthy skin.

#### How Often You Should Do This

Thrice a week



## ***Living Healthier***

### ***Adapt to Eco & Healthy Lifestyle***



The secret to achieving mental and physical health as well as increased productivity is closely tied to the health of your environment. From the food we eat to how it's grown to the air around us, everything plays an important role in our overall wellbeing. Here are five steps you can start with green lifestyle!

#### **More exercise, fewer emissions:**

One of the best ways to help environment is to exercise more as you go to work or run errands. It will provide you with more heart healthy exercises, while at the same time you are outing fewer pollutants into the air.

#### **Go for more produce:**

While you don't have to go vegetarian or vegan to be greener and live healthier, you can improve your health by reducing your overall intake of meat. By replacing just one meat entrée a week with a vegetarian dish, you can lower your cholesterol a little and increase your intake of fiber from more natural sources. Process of raising meat for the dinner table takes more energy and produces more emissions than raising vegetables.

#### **Buy locally grown produce:**

Buying at farmer's market or at local grocery can mean produce that is better for you, full of nutrients and also fewer emissions.

#### **Gardening for exercise and nutrients:**

It's a good way to get exercise for your body, as well as to grow produce that you can pick at the proper ripeness for all nutrients. Also, gardening will help you reduce the emissions by controlling pesticides.

#### **Simplify your cleaning solutions and breathe cleaner air:**

Keep your indoor air healthy by using natural cleaning

solutions. Products containing ammonia, chlorine bleach and other chemicals that evaporate during and after use can also reduce the quality of the air you breathe. Try using natural cleaners like baking soda, lemon and vinegar.

By making a choice to go green and to curb your carbon footprints you can make a huge contribution to the environment and your health. Here are few benefits you can get from leading a green lifestyle:

**Better Quality of Life:** Living a green life can actually offer us a better quality of living as you can look forward to better air quality, a cleaner environment and better health.

**Improved Physical Health & productivity:** Going green saves you from toxic products and environmental pollution. It is like de-toxing every day; as a result you get more stamina, more energy, which eventually increases your productivity.

**Improved Skin:** Switching to more natural products definitely means a much healthier skin and also keeps you away from allergies and skin irritations.

**Reduced Expenses:** By reusing, recycling and repurposing a lot of things you can save more money in the process.

**Happier You:** Spending just 20-30 minutes every day in nature can help you calm down and even reduces your stress and anxiety and boosts your mood.





## OLD REMEDIES TO NEW AGE WELLNESS



In new age wellness, there is an increase in the awareness of mind-body connection which is encouraging people to explore age old healing practices. More and more ancient traditional practices like Ayurveda, Yoga, Acupuncture, Naturopathy, Herbal nutrition etc. are now becoming a staple. Taking this further, we are sharing few healing practices to help you unwind, relax and improve your health.



### MAKE THE MOST OF SOUND BATH



Sound bath is a meditation class that aims to guide you into a deep meditative state while you're enveloped in ambient sound played by instructors or sound therapists. Participants choose a comfortable position (seated or lay on yoga mats) during the session while the practitioner uses repetitive notes at different frequencies to help bring your focus away from your thoughts. Generally, these sounds are created with traditional crystal bowls, gemstone bowls, cymbals and gongs. Each instrument creates a different frequency that vibrates in your body and helps guide you into a meditative and restorative state.

- Sound waves slow down the heart and respiratory rate creating a therapeutic effect on the mind and body and help in counteracting the effects of stress and anxiety.
- Sound waves help decrease blood pressure.
- It has a positive effect on productivity and helps increase focus and attention.
- One experiences improved ability to regulate emotions.



## TURN ON THE MUSIC OR CHANT FOR GOOD HEALTH!

Music is being used for improvement in all facets of life. Sitting up straight and voicing something like a song or a chant helps in controlling blood pressure, improving respiratory system, relieving tension and curing depression. Singing releases endorphins associated with feelings of pleasure and singing in a group enhances feelings of trust and well-being towards others and alleviates anxiety and stress.

### Improved Immunity

Voicing a song or a chant puts pressure on tongue, vocal chords, lips, palate and other connecting points in the body. The vibration formed stimulates the hypothalamus gland responsible for the regulation of many body functions including immunity and release of happy hormones.

### Improved Sleeping Pattern

Music has a direct effect on the parasympathetic nervous system, which helps body to relax and prepare for sleep. Listening to 30 minutes of relaxing music before bed helps to fall asleep faster.

### For a healthy heart

Music has a positive impact on heart health. It calms you and slows down the breathing process which helps to regularize heart beat.

### Helps to release stress

Regular chanting helps to reverse the damage done by constant stress on your body.

## COLORS ARE UNDOUBTEDLY THE SMILES OF NATURE!

Colors form a large part of our world and play a greater role in our lives. They are produced when light spreads into different wavelengths, just like a rainbow you see. Each color that differentiates from the light has its own specific energy and its own healing power. You can bring in the benefits of the colors in your life by choosing to a daily 10 minutes walk in the sun, selecting the color of the food you eat, the color of the plate you choose to eat in, the color of the clothes you wear and even your surroundings.

### What does each color mean?



**Red:** It activates vitality, improves blood pressure, aids digestion, increases hearth strength, encourages cell regeneration and helps combat anemia as the red blood count goes up.



**Blue:** It has a cooling, soothing and calming effect, used to reduce body temperature, can assist with weight loss and its coolness will help reduce inflammation.



**Green:** It represents balance, harmony and hope and is ideal color for encouraging the growth hormone, cleans, purifies and stimulates the brain and digestive system.



**Yellow:** Has a cheering effect. It will assist with improving the nervous system and facilitates the digestive process.



**Orange:** It is an energizing color, will activate the lungs and thyroid gland and strengthens the stomach.



**Indigo:** Indigo stimulates the intellect. It is useful in treating diseases of the ear, nose, eyes and sinus problem.



**Violet:** Used for healing in general, it supports the immunity system.





## management strategy

Stress, these days, is a ubiquitous problem and cannot be avoided. In fact, stress and anxiety to a certain extent is good as they help us overcome challenging situations and motivate us to do better. However, if not managed properly, then it becomes a cause for worry.

**Effects of Stress:**

- Can cause headache, migraine & other chronic pains
- Increases chance of heart attack, stroke and hypertension
- Lack of motivation or focus
- Overeating or under eating
- Social withdrawal
- Anger issues
- Induces irregularity in sleep pattern

Hence, don't wait until stress has a negative impact on your health or rather **explore stress management strategies.**

### AVOID unnecessary stress

- Learn to say no
- Avoid people who stress you out
- Avoid 'hot-button' topics



### ADAPT to the stressor

- Look at the bigger picture
- Reframe problems
- Focus on positive

### ALTER the situation

- Manage your time better
- Be more assertive
- Express your feelings instead of bottling them up



## Four A's

### ACCEPT the things you can't change

- Don't try to control the uncontrollable
- Share your feelings
- Learn to forgive
- Look for the upside

#### Prepare your body for the fight

- Daily exercise helps battle stress by releasing happiness producing endorphins & stress buster neurochemicals in abundance
- Get a daily dose of 6-8 hours peaceful sleep to energize your mind & body
- Eat healthy, nutritious and balanced diet

#### Laugh out loud

- Spend time with your loved ones, enjoy a comedy movie, invite over some friends and share a few good laughs
- Just thinking about having a good laugh is enough to lower your stress hormone levels

#### Practice mindfulness

- Practice meditation to refresh mind, body and soul
- Get creative; indulge in your hobbies to de-stress

#### Plan ahead

- Plan, prioritize & organize your tasks to prevent stress
- One thing at a time; focus as much as possible on doing one thing at one time



## Get a 'Good Mood'

### garden growing

with these upbeat greens!

It's already a well known fact that flowers and plants have the power to make people happy. They can delight you on a special occasion, cheer you up when you're sad or make a dull, dreary room much more appealing. So to help boost your happiness grow your own happy mood garden!



### SUNFLOWER

The sheer sight and smell of a sunflower is enough to elevate your mood. The presence of phenylalanine in it is known to act on your hormones and make you feel much better. Seeds of it are packed with vitamins & nutrients helpful in improving cardiovascular health, lowering cholesterol and improving mental health.



### GERANIUMS

Geranium tea's soothing properties can help alleviate a cluttered mind and/or get rid of an unpleasant mood. Plus, organic compounds and chemicals in the tea are able to positively impact the endocrine system and assist with balancing stress and anxiety-causing hormones.



### CHIVES

Bright, flavorful chives are a welcome sight. They are loaded with vitamin C, folic acid, potassium, calcium and iron. They can aid sleep and memory retention and also help with depression by blocking a chemical that inhibits the production of happy hormones, serotonin and dopamine.



### FENNEL

With feathery, bright green leaves and flat umbels of small yellow flowers, the pleasant smelling fennel is a treat to eyes. Fennel seeds pack a bevy of nutrients that make it a must have. The seeds, leaves & roots are used medicinally, and a cup of fennel tea is a remedy to improve digestive health and to boost the immune system.



### JASMINE

Jasmine is planted mainly for its beautiful flowers. It has a very pleasant aroma that can even soothe a troubled mind and stimulate energy. Its scent will reduce heart rate and blood pressure, as well lower stress levels and breathing rate. As a result, you will feel calmer and more relaxed.



## BODY TYPE WORKOUT:

### WHAT YOU NEED TO KNOW



Ectomorph



Mesomorph



Endomorph

Many people approach exercise at full force and don't slow down long enough to truly feel what's going on in their bodies. In fitness world, it's all about understanding how your body might respond to certain workouts, routines or diet plans based on the physical structure. Read along the workout plans based on your body type to train smarter, to maximize your potential and get closer to building the body that you have always wanted.

### Tips for Strength training:

- *Train with heavy weights and lots of rest in between sets (2-3 minutes).*
- *Only train 1-2 body parts per training day to avoid too much caloric expenditure.*
- *Aim for 5-10 reps and 6-8 sets of each exercise.*
- *Take plenty of rest in between workouts and never train a muscle group that is sore.*



## Ectomorphs

Ectomorphs are naturally very thin, have narrow hips and shoulders, low body fat and thin arms and legs. They might say things like, "No matter how much I eat, I cannot seem to gain weight!"

### Tips for Cardio training:

- *Very minimal cardio.*
- *Moderate and low-intensity brisk walks (think of them more as relaxing cardio activities to reduce stress).*





## Tips for Strength training:

- *The more varied the training, the better the results.*
- *Go for Basic exercises (squats, lunges, dead lifts, rows, chest press, shoulder press, etc.) with heavy weights, followed by isolation exercises with moderate/light weights.*
- *Aim for 8-12 reps for most exercises.*

## Tips for Cardio training:

- *Include 15-30 minutes of cardio 3 days per week.*
- *Mix in a combination of both HIIT\* training and LISS\*\* training.*

\* High-intensity interval training (HIIT), \*\* Low-Intensity Steady State cardio (LISS)

## Mesomorphs



Mesomorphs are able to put on muscle easily and genetically are the ideal body type for bodybuilding. They have strong legs, broad shoulders and a narrower waist. Generally, they also have very low body fat as well.



## Endomorphs



Endomorphs are more round and pear-shaped. They tend to store more body fat throughout the entire body, especially in the legs and arms. It's much harder for the Endomorphs to put on muscle and much easier to gain weight.

## Tips for Strength training:

- *Go for total-body workouts with compound movements to burn the most calories.*
- *Avoid heavy weight lifting with low reps.*
- *After reaching initial weight loss goals, it is okay to start to isolate muscles you want to shape a bit more.*

## Tips for Cardio training:

- *Incorporate cardio a minimum of 3 times per week for 20-30 minutes in your target heart rate zone.*
- *Make your cardio training easy on the knees and low-impact*





# How COOL IS YOUR FITNESS IQ

Try this quick fitness quiz and test your fitness knowledge. For each question, note down your answer (True or False).  
Once you finish answering all 10 questions, check your answers against the correct ones given below.

1 *A late night jog will keep you from sleeping*




6 *Nuts are high in fat and thus bad for you*




2 *Citrus fruits are excellent source of Vitamin C*

7 *7-9 hours is the average sleep requirement of a healthy adult*



3 *Eating Banana and Milk will make me fat*



8 *Potatoes are fattening*



4 *The more you sweat during a workout, the more fat the body is burning*


9 *Even moderate exercise reduces the risk of heart disease, diabetes, hypertension and obesity*



5 *By hitting 200 crunches a day, I can lose my paunch and get a six pack*



10 *Drinking plenty of water prevents cramps and dehydration while exercising*



## SCORE

0-3

This is the average score for this fitness quiz. Read the explanations below to understand better

## SCORE

4-6

Congratulations! You are above the average fitness awareness level. Read the answers below.

## SCORE

7-10

Congratulations! You are well aware of fitness information. Educate & encourage people around you to be fit and healthy.

ANSWERS: 1. FALSE 2. TRUE 3. FALSE 4. FALSE 5. FALSE 6. FALSE 7. TRUE 8. FALSE 9. TRUE 10. TRUE

**Answers Explained:** 1. Exercises release hormones that may actually help you sleep better.

2. Fruits like lemons, oranges, grapefruits etc. are loaded with vitamin C, which are helpful in boosting your immunity.

3. Both banana and milk have relatively low Glycemic Index, total calories from this concoction are lower than a bag of chips.

4. The amount you sweat is indicative of your body's ability to maintain its normal body temperature. You sweat when your body starts to store heat so you can

experience cooling via evaporation of that sweat. It doesn't correlate to how much energy, or calories, is being expended.

5. Crunches help you work those abdominal muscles, but not lose fat on that belly

6. Nuts are loaded with unsaturated fat (good fat) and have cholesterol lowering power, along with protein

7. 7-9 hours of sleep each night helps you keep your heart healthy and also reduce your stress level.

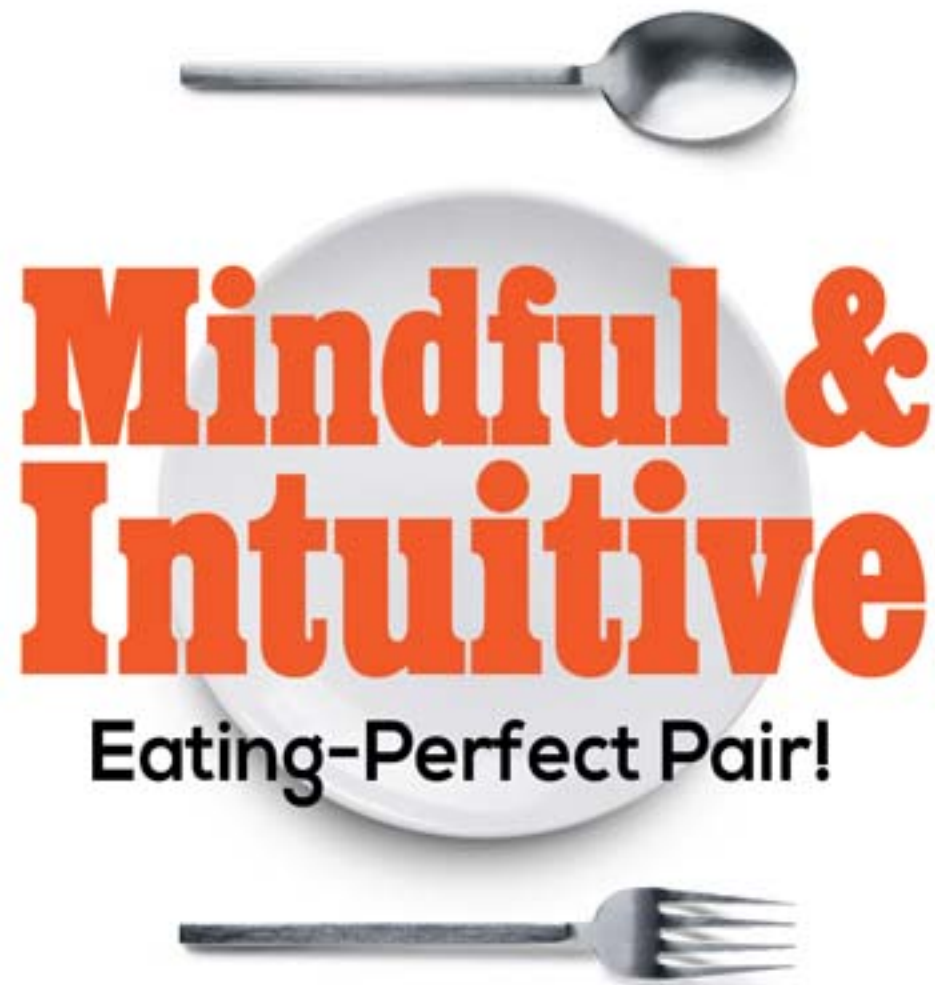
8. Potatoes are loaded with energy providing carbohydrates, fiber, protein, iron, Vitamin C and other

minerals. Glycemic Index of a potato is not high. But potatoes absorb fat, so depending on the cooking process they might absorb the oil/butter. So, it's the potato concoction that can be fattening.

9. Not only does regular exercise aid in weight loss, it reduces risk of several chronic diseases and conditions such as heart disease, hypertension, stroke, type 2 diabetes, obesity, and osteoporosis.

10. A body that is dehydrated can make muscles more vulnerable to cramps. You need to constantly refurbish your body's fluids in order to keep electrolyte balance and reduce your chances of suffering muscle cramps.





With the diet culture on the increase we often miss out on building a good relationship with our food. We follow the rules about the timing and types of food we should be eating without considering whether or not we're even hungry or what we're actually craving. This is where enters mindful and intuitive eating, while different both can help you get back to the basics of eating with intention without anxiety or worry.

**Mindful eating** is about awareness and intentions and being fully in tune with all tastes and texture of food at hand, whereas **intuitive eating** helps you tune into your signals, break the cycle of chronic dieting and heal your relationship with food.

As they complement each other well, you can try to practice following principles of **intuitive-mindful eating** in your own life.

## HUNGER SCALE



**Identify your hunger:** Utilize the hunger-fullness scale to get started with identifying your hunger. Aim for around a six or seven on the fullness level, leaving at least a 20-30% feeling of empty if you are wanting to maintain your weight. Getting in touch with your body's natural hunger cues is a part of intuitive eating approach.

**Make peace with food:** Allow all foods into your diet and limit categorizing food as "good" or "bad". By telling yourself you can't have or shouldn't have a certain food, you will eventually feel deprived; this deprivation builds into uncontrollable cravings and overeating.

**Before you eat, take a few deep breaths to relax and ground yourself:** This shifts your nervous system in a resting state, the parasympathetic nervous system where your body can digest and receive the maximum nutrition from your meal.

**Cope with your emotions without using Food:** Identify your hunger if it is a physical need or emotional desire?

Emotional eating is very common. We often eat for reasons other than physical hunger and food is often used to cover up unpleasant feelings and emotions. It's important to find ways to comfort yourself and resolve your emotions without using food.

**Honor your health with gentle nutrition:** Being healthy doesn't mean eating perfectly. Consider how certain foods make you feel, how tasty and satisfying they are to you. One meal or snack or one day of eating will not cause you to gain weight or have a health problem. It's the consistency of what you eat over time that matters.



# Destinations

for Green conscious travelers

Planning a vacation is always a fun activity, whether you are planning to head to the beach or the mountains, to get lost in nature or visit a big city-Plan Green! This time travel the world in health and wellness whilst making a positive impact on the environment. Here are 4 destinations around the world for green conscious travelers!





## *Pangulasian* Philippines



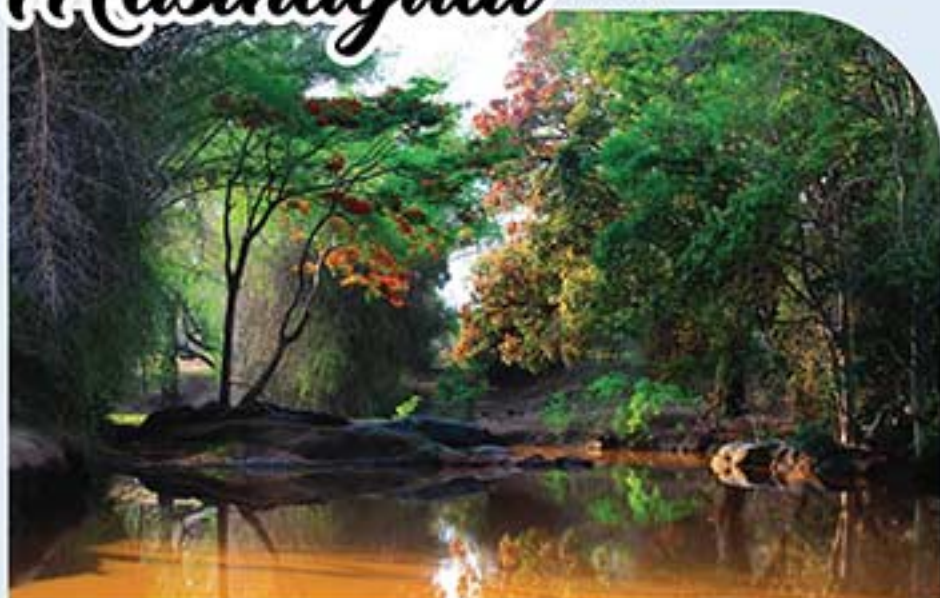
Looking for crystal-clear pristine waters for a swim, water activities or just a walk down the beach? Head to Palawan, Philippines for that experience! One of the luxurious, yet eco-friendly resorts, it operates an environmentally-friendly state-of-the-art water treatment where plants and organic wastes are assuredly separated before carried out to sea. They encourage low impact activities like kayaking and snorkeling as opposed to using any motorized equipment causing danger to the environment. The marine life surrounding the resort is one of the must-see sightings.

## *Aro Ha* New Zealand



Encircled by New Zealand's stunning Southern Alps, luxury wellness retreat Aro Ha fuses eco-friendly accommodation with self-sufficient cuisine, using locally produced organic ingredients from their onsite garden. The destination allows you to enhance the connection between yourself and the environment around you with sub-alpine hiking and kayaking across the lake to the natural bird sanctuary of Pigeon Island. It also offers you complement TRX, yoga and meditation sessions with daily therapeutic spa massages and unlimited use of the water therapy suites.

## *Masinagudi* India



Built around Ashok's vision of hosting folks and ensuring that all their meals follow the 'farm to plate' mode. All the plants and trees are marked with its botanical as well as common name and guests are treated to their insights. The farm animals are a treat to watch and feeding them, milking the cows, picking the eggs, etc. are engaging activities which give guests to experience an actual functioning farm. This place allows you to enhance the connection between you and the environment.

## *Lefay* Italy



Situated on the shores of Lake Garda, this eco-friendly holiday destination values the connection between personal and environmental wellness. From the heat insulation and local natural materials used in the eco-designed architecture, to the use of renewable alternative energies, Lefay actively promotes eco-sustainability. Enjoy your healthy holiday boosting your health and fitness by personalizing your stay with activities from personal training to Pilates and Tai Qi.



## GADGETS FOR A **Green Lifestyle!**

---

Green lifestyle is the new wellness mantra. Protecting the planet has become an integral part of our wellness routines. Green living means making daily lifestyle choices that lean toward sustainability and limiting your carbon footprint on the planet. Read on for the eco-friendly gadgets that you can opt for:



### *Spigo Indoor LED Light Grow Garden, Pearl White*

For people with green fingers who live in the city, this is the ultimate way to grow your plants indoors in an eco-friendly way. It provides 8 hours of adjustable white light that mimics sunlight to help your plants grow efficiently. It also has a water gauge that helps determine how much water you have left in the reservoir. It is of a convenient size so it can fit on your kitchen top or even office desk.

---

### *Digital Kitchen Food Scale*

This scale will help you live a healthier lifestyle and keep you cognizant of the nutritional value in your daily meals. It tracks sugar intake, calories, fat and much more to help you keep your health goals.



### *Water Pebble*

Wasting water by taking long showers is very common. Water Pebble helps you reduce your shower time in a simple way. When placed near the drain it monitors how much water goes down. Using that as a benchmark it will display lights—green, orange, and red—to let you know when you're using more than your last shower. Every time you shower, Water Pebble will reduce the time by seven seconds, helping you shorten your showers and save water!

---

### *Automatic: Connect Your Car to Your Digital Life*

Automatic is a small device you plug into your vehicle's On Board Diagnostics (OBD) port. When installed, it tracks your driving habits and instructs you through a series of beeps and app alerts when you step on the gas too fast or use your brakes too hard. As a result you save money on gas, you put less wear and tear on your car and you cut down on vehicle emissions, thus contributing to environment.



---

### *iBamboo iPhone Speaker*

The iBamboo iPhone speaker is the most low-tech and environmentally conscious accessory of its kind. The gadget is essentially a piece of eco-friendly bamboo with a slot for your iPhone and openings at its ends. It utilizes the speaker of the smart phone with surprisingly impressive results thanks to the excellent natural resonance of the bamboo.





## Bibliography

### **1) New Age wellness**

- <https://www.mindbodygreen.com/articles/wellness-trends-2019>

### **2) Lifestyle Resolutions to add more years to your life this Year**

- <http://blog.lloydspharmacy.com/health/new-years-resolution-ideas/>

### **3) Living Healthier-Adopt to Eco and Healthy Lifestyle**

- <https://greenerideal.com/news/0602-living-happier-healthier-green-lifestyle-can/>

### **4) Old remedies to new age wellness**

- <https://www.gethealthystayhealthy.com/articles/10-health-benefits-of-music>
- <https://www.aetherius.org/healing-yourself-and-others/color-therapy/>
- [https://aplus.com/wtf-is-it-and-should-you-try-it/what-are-sound-baths-benefits?no\\_monetization=true](https://aplus.com/wtf-is-it-and-should-you-try-it/what-are-sound-baths-benefits?no_monetization=true)

### **5) 4 Ayurvedic skin care solutions you can make at home for a Healthy skin**

- <https://www.mapi.com/ayurvedic-knowledge/skin-care/custom-ayurvedic-skin-care-regimen.html>

### **6) The stress Management Strategy you need !**

- <https://www.success.com/11-strategies-for-managing-stress/>

### **7) Get A 'Good Mood' Garden Growing With These Upbeat Greens!**

- <https://www.littlethings.com/grow-good-mood-garden>

### **8) Body type workouts-What you need to know!**

- <https://www.runtastic.com/blog/en/body-type-workouts/>

### **9) How cool is your Fitness IQ? Take this Quiz!**

- <https://www.healthcentral.com/quiz/test-your-fitness-iq>

### **10) Mindful & Intuitive Eating-The perfect pair!**

- <https://www.foodinsight.org/mindful-intuitive-eating-differences-eating-pattern>

### **11) Destinations for Green conscious travelers**

- <https://www.healthandfitnesstravel.com.au/blog/5-of-the-best-eco-friendly-holiday-destinations>

### **12) Gadgets for a Green Lifestyle**

- <https://petergreenberg.com/2014/04/22/top-10-eco-friendly-gadgets-earth-day/>



# Insurance ka naya APProach

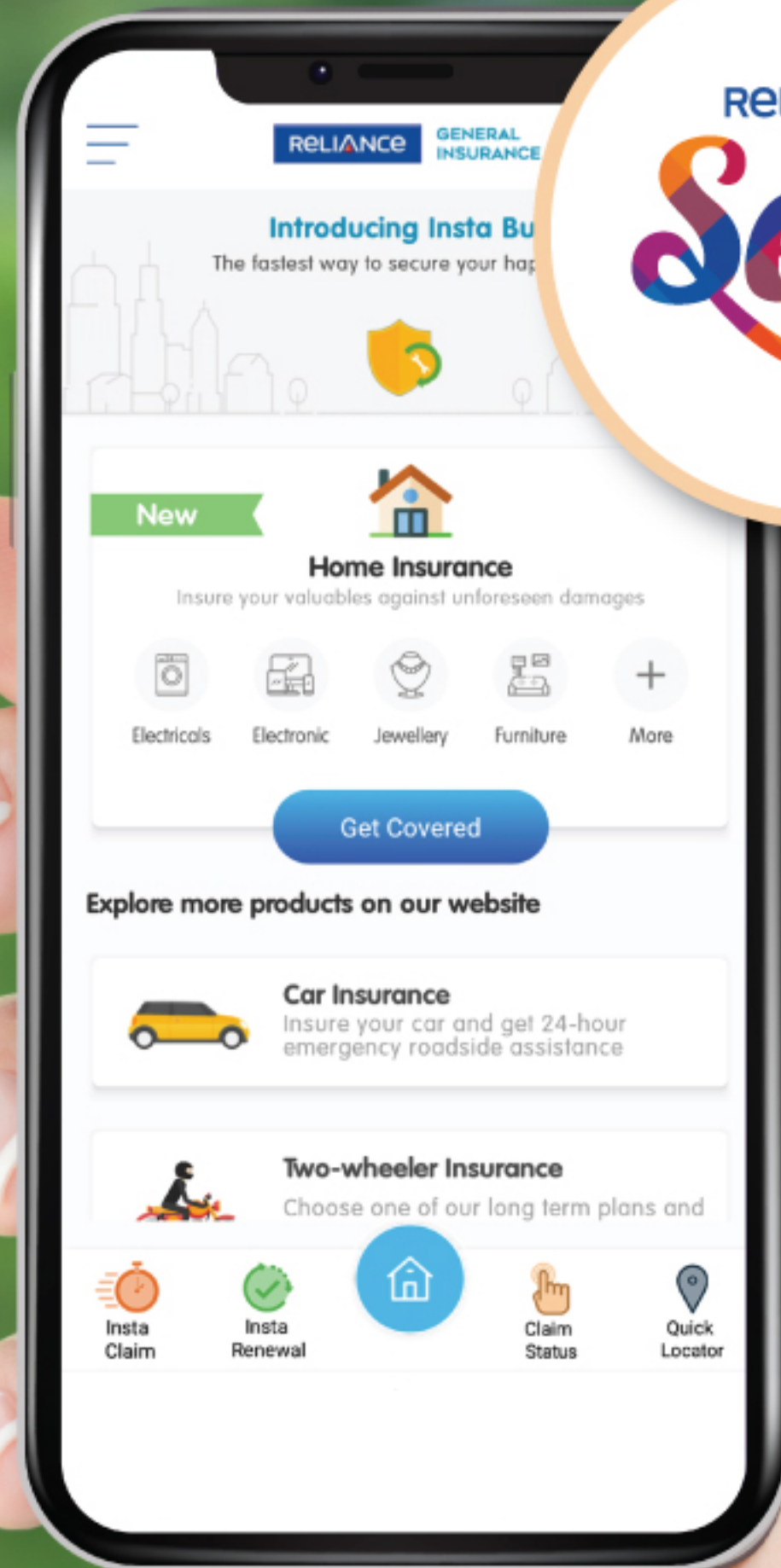
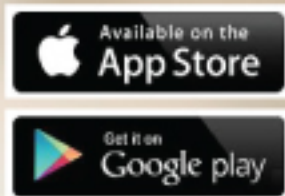
A new way to buy  
Reliance Home Insurance

Download Reliance  
Selfi App to secure your  
home content

Scan the QR code  
to download



Available on



**RELIANCE**

**GENERAL  
INSURANCE**

**reliancegeneral.co.in | 1800 3009 (Toll Free) | 022-4890 3009**

**IRDAI Registration No. 103. Reliance General Insurance Company Limited.**

Registered Office: H Block, 1st Floor, Dhirubhai Ambani Knowledge City, Navi Mumbai-400710. Corporate Office: : Reliance Centre, South Wing, 4<sup>th</sup> Floor, Off. Western Express Highway, Santacruz (East), Mumbai - 400 055. Corporate Identity Number: U66603MH2000PLC128300. Trade Logo displayed above belongs to Anil Dhirubhai Ambani Ventures Private Limited and used by Reliance General Insurance Company Limited under License.

Disclaimer - Reliance General Insurance Company Limited disclaims liability of any kind whatsoever arising out of the readers' use, or inability to use, the material contained in it. Reliance General Insurance Company Limited takes no responsibility for the views and advice proffered by its contributors. Recommendations offered are not a substitute for professional opinion and readers are advised to seek the guidance of specialists concerned. Adequate care is taken to compile articles for our users' reference. Reliance General Insurance Company Limited makes every effort to maintain accuracy of information provided and disclaims responsibility for any resultant loss or damage. None of the authors, contributors, sponsors or persons connected to Reliance General Insurance Company Limited can be held liable for reproduction of the material

RGI/MCOM/WE/NEWSLTR/VER.1.0/030119