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**CLAIM YOUR
'ME TIME' NOW!**

**RECIPE FOR
HAPPINESS!**

**BEYOND EXERCISE -
KEEPING HEALTHY
AT DESK JOB**

**NUTRITION - THE
IMPORTANT PIECE OF
WELLNESS PUZZLE**



R Health Beat

Quarterly Health Magazine - Vol. 22, November 2019



**IDEAS FOR LIVELY
WORKSPACE**

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From the Editor's Desk

Hello Readers,

Welcome to another edition of R HealthBeat!

Everyone is talking about creating a balance to live the best possible life; the whole world is on a continuous quest to find it, yet no one knows how! This edition of R HealthBeat will be your guide to live well and aims to provide you with ideas, information and tools to get more out of life, see things more clearly and live with greater wisdom.

“*There is no such thing as work-life balance, it is all life.
The balance has to be within you - Sadhguru*”

Self-care is not selfish; fitting in time for self is the key to take charge of your health and happiness. When you treat yourself well, it will trickle down to everything else in life; so go ahead and know how to claim your 'Me Time' under 'Health Guide' section.

The happiness-health relationship is a two-way street. Learn about the connection between the two and find a happier and healthier you with a few simple strategies and a 'Happiness Quiz'.

If you are looking to be mindful about your health, invest the same amount of care for the mind as you do for keeping your body active. We have come up with a great way to stay mentally active with exciting brain exercises! Find out more under the 'Mindfulness' section.

While we focus more on our workout sessions we often don't prioritize another important piece of the wellness puzzle – Nutrition. Poor nutrition has nearly three times the impact on health as low fitness! Get an insight from a nutritional expert on how to find this missing piece.

With the holiday season fast approaching, most of us have our traveling plans set. While travel can be a healthy pursuit, jet setting regularly can be a toll on health. Find out how you can plan better under the 'Travelogue' section.

In the end I would like to remind all of us that, health is the thing that makes one feel that now is the best time of the year.

Thank you all for your continued support and enjoy reading this issue. Wishing you the best of health, always!

Warm regards,
Rakesh Jain



Rakesh Jain

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

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Readers' Connect



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

R HealthBeat magazine is an extremely informative read. The content and quality of information is top notch. Our modern lives can be extremely hectic and stressful but the magazine can help to change that. Hope you will continue this good work and will inspire a lot of people. Best wishes for your magazine

Dr. Abhay Kulkarni

Head – Medical & Ergonomics

ŠKODA AUTO Volkswagen India Private Limited

R HealthBeat is one of the good initiatives by RGICL and I have been reading this magazine from day one. What makes it different is that it touches the core topics of health and wellness and is addressed in a simplified manner. I congratulate the entire Reliance team for taking one step ahead beyond insurance and showing how one can lead a healthy life.

Amit Sharma

Insurance Department Head
Bosch Group

Thank you very much for sharing the Magazine R HealthBeat. We appreciate the effort and the time put in to create awareness on health and fitness. The content is very useful for current work-life balance. Thanks to Reliance for the fondness and generosity towards updating the readers on current changes and adopt good health and fitness habits. Looking forward to read upcoming editions.

Rajesh Gonsalves

Asst. Manager Finance
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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.



A Guide to Living Well

In today's world, we often perceive life as being busy, chaotic, stressful and always on the go. It can be hard to balance your healthy ambitions with the realities of this busy lifestyle. For most of us living healthier life might seem like a tall order- the nutrition, the exercise, the inner happiness!

While modern life in various ways is a balancing act, we often neglect to understand the importance of having harmony in our lives.

“ Life is not merely being alive, but being well ”

Solving the wellness puzzle: One piece at a time

Wellness is a holistic integration of physical, mental, and spiritual well-being, fuelling the body, engaging the mind, and nurturing the spirit. As you go through pages of this edition you will discover the essential pieces to solving this wellness puzzle.

“ *A well-balanced life isn't just critical for your health, happiness, and well-being, but is also indispensable for improving productivity, managing stress, and unleashing your true potential.* ”

Well in your mind is well in your body

To live in harmony and in tune within your body, it is important to find rest and to find it regularly. It's about allowing yourself the time and space to get off the treadmill of life for a few minutes every day, to unplug, to breathe, to get in touch with your internal world of emotions and feelings. Fitting in time for self is the key to take charge of your health and happiness. When you treat yourself well, it will trickle down to everything else in life.

The happiness health connection

Happiness plays a role in our lives every day, whether we realize it or not. Health allows us to live our lives to the fullest and keep chugging along, and life is just no fun when we don't think about our happiness - they

go hand in hand. There is so much more to healthy living than just simply "staying healthy." Explore what aspect of healthy living makes you happy and continue that habit! Find more as you read along this edition.

Food for mind and body

While many of us focus only on physical activity of a wellness program, we often don't prioritize the other pieces of the wellness puzzle - Nutrition. Poor nutrition has higher impact on health as low fitness. Eating with intention requires thought and focus, and it can be hard when there are so many life stresses competing for that mental energy. Many times when we are starving after a long, stressful day we do not have the energy to think about what foods for dinner would make us feel best. Flip through the pages of this edition to find out how you can improve your nutritional health and put an end to the ever growing confusion created by different diet programs and conflicting nutritional information present out there.

It is important to take care of yourself physically, but if you are not paying attention to other aspect of your health like mental health, nutritional value, spiritual and intellectual health, nothing really makes much of a difference. So this time don't just set fitness goals, set health goals! **Get insights to living well with this edition.**





Claim Your *'Me time'* Now!

What wouldn't we do for an extra hour or two during the day for some 'me time'. Making oneself the top priority is hard with seemingly endless to-do list of family and work obligations. It is so easy to feel the need to fill up your schedule because your open time is viewed as 'free time' instead of 'me time'.

Fitting in time for self is the key to take charge of your health and happiness. When you treat yourself well, it will trickle down to everything else in life.

Why we need time for ourselves

Seeking solitude or 'me time' has many physical and psychological benefits like:



Reboots your brain & helps you unwind



Improves concentration and increases productivity



Gives space for self discovery



Allows time for deep thinking



Aids problem solving



More engagement at work and better work life balance



Greater well-being



Enhances relationship with self and others

You can use this time to do things that feed you mentally, emotionally and spiritually, and you'll bring greater patience and a more positive attitude.

How you can claim your 'Me Time'



Schedule It

We schedule our work meetings, why not some 'me time'? Put it into your calendar just like you would for any other important event and stick to it.

Make it count

Don't use the time to fold laundry or catch up on email. It may even seem more stressful at first to leave things undone, but you'll have more energy if you take a little time off. Start a craft, or enjoy a warm cup of tea. You don't have to spend a lot of time, but it has to be for yourself.



Gimme 5!

Even if five minutes is all you can muster, take it!

- Just breathe, focus on taking deep breaths. Your mind may wander - that's OK, just gently lead it back from thinking about everything that's on your to-do list.
- Stretch, get up from your desk and energize your muscles.
- Do nothing. Sit quietly. Let your mind and body rest.

Get up Earlier

You have probably heard this suggestion before. This time, actually give it a try! Try it for a week straight, and then decide if it is for you. Set your alarm for 15 minutes before you would normally wake up. Use that time to be quiet, write in a journal, or engage in any activity that restores you.



Maximize your commute

Most of us spend a lot of time in our cars driving to work and running errands. Instead of listening to music or podcasts, use that time to enjoy a brief period of quiet.

Remember why it is important

Taking care of yourself can leave many feeling guilty as you aren't spending time with your family or doing work. Keep in mind that carving out time for self is vital for keeping yourself healthy, and that means a happier family and more productive work life.

It is time you say it loud & proud: Me, me, me!

THE SCIENCE OF ERGONOMICS

HOW IT CAN REDUCE HEALTH RISKS

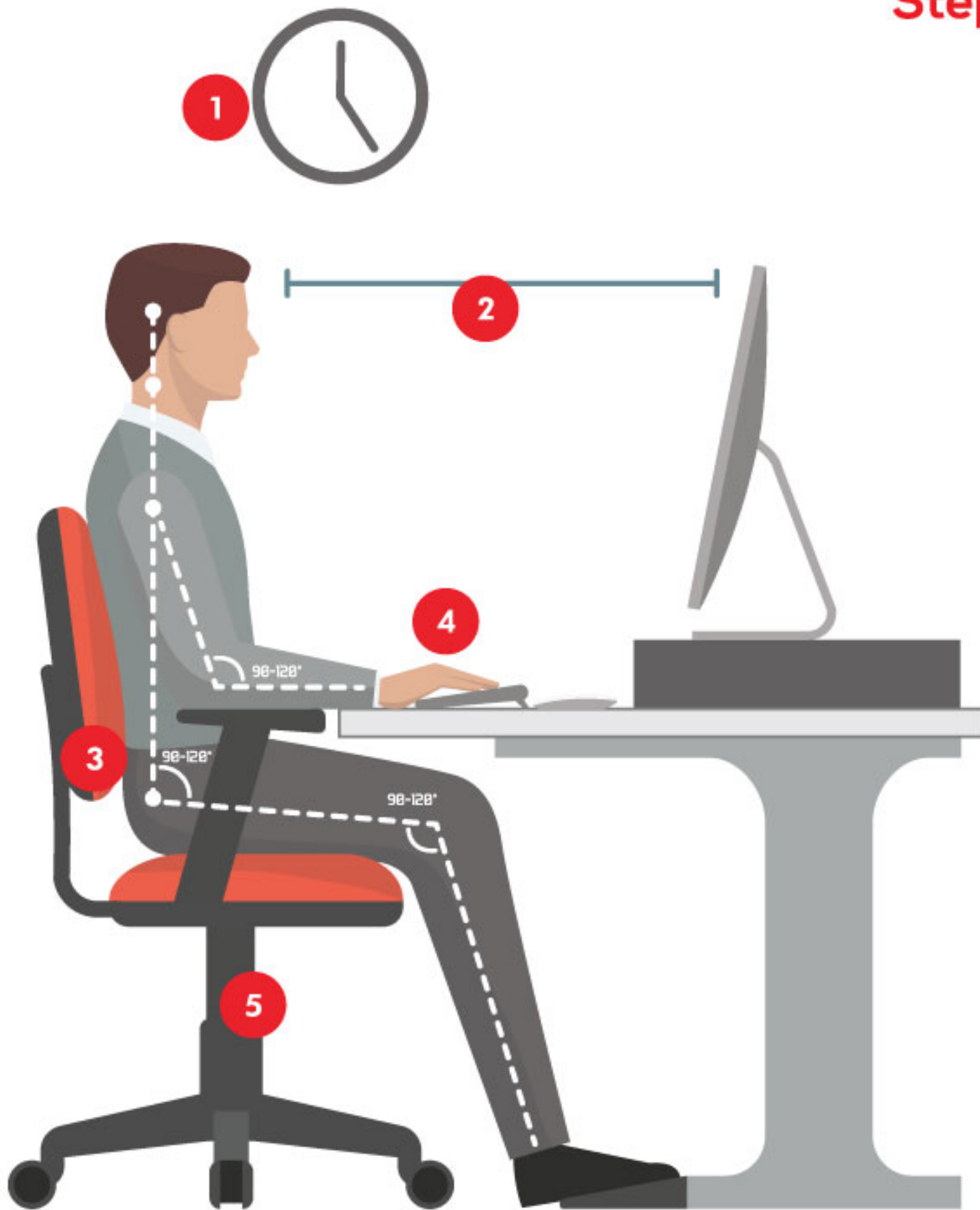
The working environment has undergone a number of changes in the recent years. This is mainly due to improved technology. Many of the technological advances have removed the natural movement we use to have. Working in an office may not seem all that risky, however many suffer from muscle and joint aches and pains, which can be linked to poor posture or working practices. Some common complains are back ache, shoulder pain, neck pain or hand/wrist discomfort. If you are a sedentary worker, and you add in poor ergonomics you might start to feel these negative effects.

How can good Ergonomics help manage the risk?

Ergonomics is all about making the environment fit you, rather than making you fit the environment. We are all individual and no single posture or work environment is 'ideal' for everyone. You need to find what feels right for you; this is why your workstation equipment is adjustable as ergonomics have been involved in the design of your chair, screen, mouse and keyboard!

The first step to improve both your comfort and the ergonomics of your workstation is to familiarize yourself with your workstation equipment. Don't be afraid to adjust the chair, pull the levers and press the buttons, you may be surprised by how flexible your chair is! Here are some best practice tips which could help improve your comfort.

Steps To Improve Ergonomics



1

Every 20 minutes, focus your eyes on some thing 20 feet away for 20 seconds. Blink 5-10 times to refresh your eyes.

2

Set your screen about arm's length away. The top of your screen should be at eye level.

3

Adjust the backrest so it is supporting your back and lumbar region (the curve at the bottom of your back)

4

When typing, keep your shoulders relaxed and 'float' your hands over the keys. Try not to rest on the desktop while typing or using the mouse.

5

Adjust the height of your chair so your forearms are horizontal to the desktop and in line with your keyboard

SOME FACTS

- 2 out of 3 adults experience neck pain at some stage in life
- Risk of back ache increases with longer sitting hours and poor posture
- Not having regular breaks can increase the chances of Deep Vein Thrombosis





There are multiple types of Health - The Physical Health, the Mental Health and Emotional Health. All 3 are interlinked. A person with poor physical health cannot have good emotional health. It is the emotional health which is responsible for a person's overall wellbeing and happiness. Making sure your happiness meter is giving optimal readings can provide many health benefits.

[Take a quiz here to check your Happiness Index](#)

Rate yourself on a scale of 1 to 5, based on how strongly you identify with each of these statements (5 being the most)

- 1** I know myself well and am at peace with who I am
- 2** My work fulfils me and reflects my passions
- 3** I enjoy loving relationships with my family and friends
- 4** I am mostly positive about the present and optimistic about the future

- 5 I exercise regularly and make time to pursue hobbies on a weekly basis
- 6 I feel a deep sense of gratitude and appreciate all that I have in my life
- 7 My personal life is rewarding and fulfils my desires
- 8 I love to let go and have fun
- 9 Every day, I take time out to reflect, unwind and be still
- 10 When I need support, I confide in those closest to me

Score (10-20)

So, how are you? Watch out for answers like "I'm fine," "Can't complain," "Mustn't grumble," "Not so bad," "Could be worse," "So-so,"-enough! You have the opportunity for self discovery ahead and to create the life you want.

- ✓ Start by taking small steps, try writing a list of your three greatest strengths and remind yourself of them every day.

Score (21-30)

You're pretty content with your life, but often feel you could do with a boost. And why not? Try something new, instead of sitting on the fence!

- ✓ Learning improves wellbeing in lots of positive ways, and exposes you to new ideas. Join an evening class to broaden your horizons and give your week a boost.

Score (21-30)

Whether it comes naturally to you or you've worked on it, you've got a lot of 'happiness habits' that are likely to help you get the most out of life.

- ✓ Set time aside each day to be still, even if only very briefly.



Recipe for Happiness

The pursuit of happiness is something we all aspire to. It's easy to get caught up in the hustle and bustle of everyday life and lose sight of what makes you happy, really happy. To get happier check out these ways to see that happiness has been linked to good health.

Recipe of Good Mood

- Adopt a positive frame of mind
- Random acts of generosity
- Nurture friendship
- Keep a daily diary
- Practice meditation & relaxation



Happy people are more likely to take part in health-promoting behaviors that play a role in keeping the immune system strong



Helps reduce stress levels. Levels of Cortisol which increase due to excess stress tend to be lower when people are happier.



Being happier can help lower blood pressure, which may decrease the risk of heart disease.



Being happy may reduce the perception of pain. It appears to be particularly effective in chronic pain conditions such as arthritis.



Being happier improves sleep habits and practices, important for concentration, productivity, exercise performance and maintaining a healthy weight



Ideas for lively Workspace

Do you know that the design and décor of your office can greatly affect your overall productivity, your mood and even your health? Well you can fix that and no, you don't need an interior designer for it. Try making small alterations as suggested here and see the change in you.

Make use of colors

Color psychology studies reveal changes in the body and brain when people view certain colors. These changes influence productivity, creativity, health, stress levels, focus, communication, and emotions. **GREEN** is good for you, if you work for longer hours. It doesn't cause eye fatigue and keeps you calm and efficient.

Use **BLUE** to bring in the stability and calming effect, it also helps improving focus!

If your job demands you to be at your creative best, then **Yellow** is the color for you. It is an optimistic color and helps stimulate creativity.



Light matters

The benefits of natural light are undeniable; it keeps you happy, alert and focused. Poor lighting can cause eye strain and headaches, so make sure you have ample light over your work area. Also, do whatever you can to improve the air around your workstation, and if possible, open any nearby windows to help with the air flow.



Place plants

Introduce live plants for better air quality and many psychological benefits. Here's a list of the most popular, easy to care for, indoor plants:

- Rubber tree • English Ivy • Aloe • Bamboo • Snake plant



Dream board

Put up your dream board filled with images and quotes that represent your goals and motivation to keep you active and focused.



Eliminate clutter

Organize and eliminate clutter as it creates mess. It dominates your mind because it keeps so many things on your radar. Put your stacks away and you'll feel less overwhelmed, exhausted and depressed.

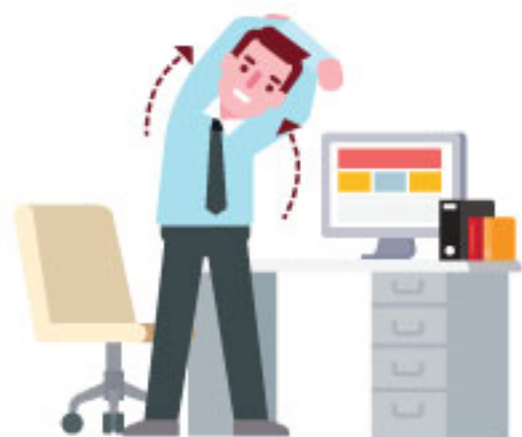
Beyond exercise: Keeping healthy at the desk job

Try these ideas to make small changes to increase activity at work for your overall well-being.



TAKE A BREAK!

Hours of working at your desk can take toll on your body. Get up at least once an hour to walk around, to get a drink, to chat with co-worker or to just stretch. Take these short breaks to maintain focus and avoid feeling mentally and physically drained after work.



STRETCH & STRAIGHTEN

Stretch like a cat to get that sleek body! Neck and shoulder rolls, air circles and torso twists will help you ease your muscles and relax. Severe back problems are one of the perils of poor posture. Ensure that you are not stooping over your shoulders. Also, stretching is a great way to eliminate stress.

TAKE FLIGHT

Are you walking 10,000 steps a day? 10,000 steps is a good amount that healthy adult should be taking. As opposed to standing passively in an elevator, take the stairs and engage your thighs and calves.



WALK THE TALK

Go talk to people in person instead of emailing them when you need something or have a message. Use conference calls & phone calls as an opportunity to get up from your desk and walk around. Schedule walking meetings, these are the perfect ways to get 20-30 minutes of movement each day.

SCHEDULE YOUR MEALS

Too many times schedule can dictate very unhealthy eating habits. Make it a priority to find time to eat at a scheduled time, to avoid fighting with hunger pangs and ending up eating junk food. Eat smaller meals more often and keep yourself hydrated to stay healthy and focused.



PERKS OF PRIVATE OFFICE

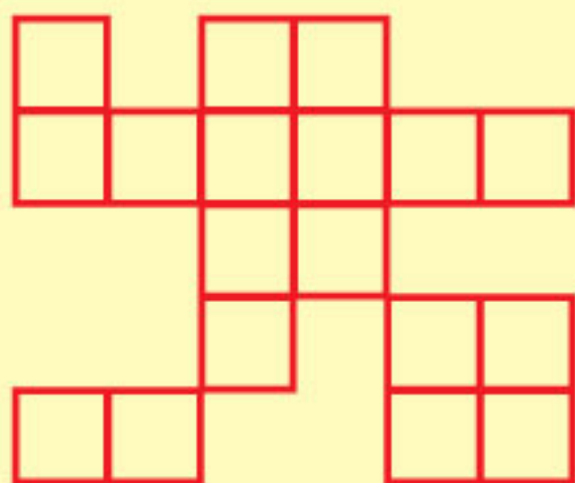
If you have your own office space, keep a set of weights at your desk. 20 bicep curls on each arm goes a long way in shaping them. Even if your desk isn't private, lifting things throughout the day will work your muscles and keep your arms in shape.

Brain Games to keep you sharp!

To ensure that the brain works as best as it can, the mind needs challenges every day and the rewards of increased mental stimulation can be seen in a very short space of time. Take up some mind game to do something constructive yet relaxing at the same time.

1

COUNTING SQUARES: Count up the number of squares in the figure on the left.



2

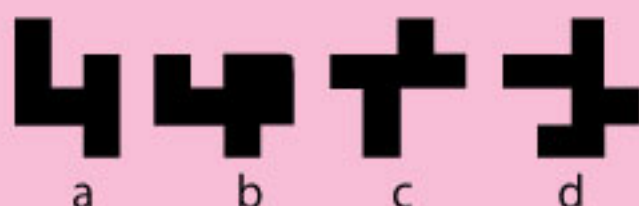
CHANGING WORDS: Begin with the word WALL and change a letter at a time until you get the word FIRM. Each change must be a proper word.

W A L L

F I R M

3

JIGSAW BRAIN BREAK
Which piece fits in the puzzle?



4

NUMBERING MATCHSTICK

Arrange three Matchsticks into the number 9 (without breaking or bending them).

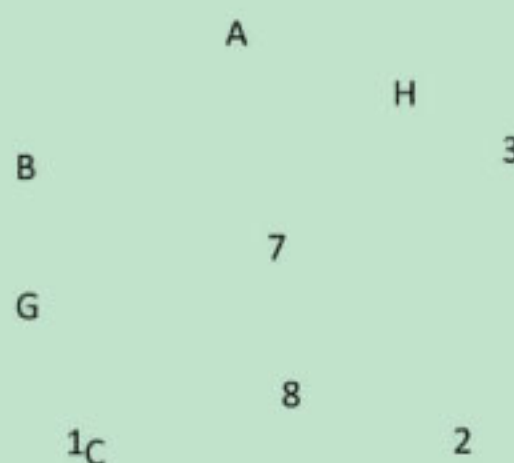


5

CONTINUOUS LINE

Enhances visual-spatial skills and your frontal lobe's ability to split your attention between mental tasks.

In the figure on the left, draw a continuous line that connects the number 1 to the letter A, then A to 2, then 2 to B, then B to 3 and so on until you can no longer continue the numerical or the alphabetical sequence.




6

FINICKY FRANK

Frank has very eccentric tastes. He's a fan of football but hates rugby; loves beer but hates ale; drives a Ferrari but wouldn't be caught dead in a Lamborghini. Based on Frank's finicky tastes, would he prefer skiing or cycling?

Answers
1. 21 squares. 2. WALL, WILL, FILL, FILM, FIRM.
3. 5. B. 4. IX (Roman numeral) 5. Star shape.
6. Skiing, since he only likes words that contain double letters.



GUIDE TO STAY IN SHAPE ON BUSINESS TRIPS

Maintaining a healthy diet and exercise routine can be challenging for busy travelers as they often do not have much control over their schedule and meal times. Despite the many challenges, business travelers can stay healthy with proper planning; find out how.

People tend to give themselves 'permission' to eat poorly when they travel. Plan ahead and pack some healthy snacks to satisfy your hunger and to help you avoid the temptations at airport. A few ideas include nuts, fresh fruit, protein bars etc.

- **Don't skip breakfast:** Skipping breakfast is a recipe for disaster. Your breakfast doesn't have to be an elaborate affair; even a quick bowl of cereal with fruit or a smoothie is enough to get going.
- **Stay hydrated:** Dehydrations can cause sensations that mimic hunger which can lead to overeating. Drink as much water as possible; it also helps in reducing jet lag. Choose water over soda, juice over alcohol and reduce your calorie intake.
- **Eat healthier meals out:** Dining out is nearly unavoidable during travel, but it is not an excuse to eat unhealthily. Skip the appetizers and dessert and also keep an eye on your portion sizes.

Eat well on a work trip



Choose a 'Healthy' Hotel



Before you book a hotel, make sure your hotel will keep you on track. Find a room with a mini-fridge and microwave. Check out the fitness amenities; some hotels also offer personal trainers, in-room treadmills, group workouts and more. If your hotel does not have much to offer, consider packing resistance bands that you can use in your room for a workout.

Do not skip working out; make time even if you have to break it into chunks, like 15 minutes each in the morning and evening. Give your body the exercise it deserves and your mind a break.

Make Time to Exercise



A good night sleep is not always easy to achieve when you move to a new place or a new time zone. You may feel uneasiness on the bed and may also face insomnia. Abide by some of these tips to get a good night sleep:

- Lessen the intake of caffeine during the day and avoid cafe drinks few hours before bed time.
- Try to follow your normal sleep routine.
- Limit the use of electronics at least 30 minutes before bed time.
- Use a good sleep mask to block light.
- Practice deep breathing for 5 minutes before your bed time to relax.
- Apply distressing lavender essential oils.

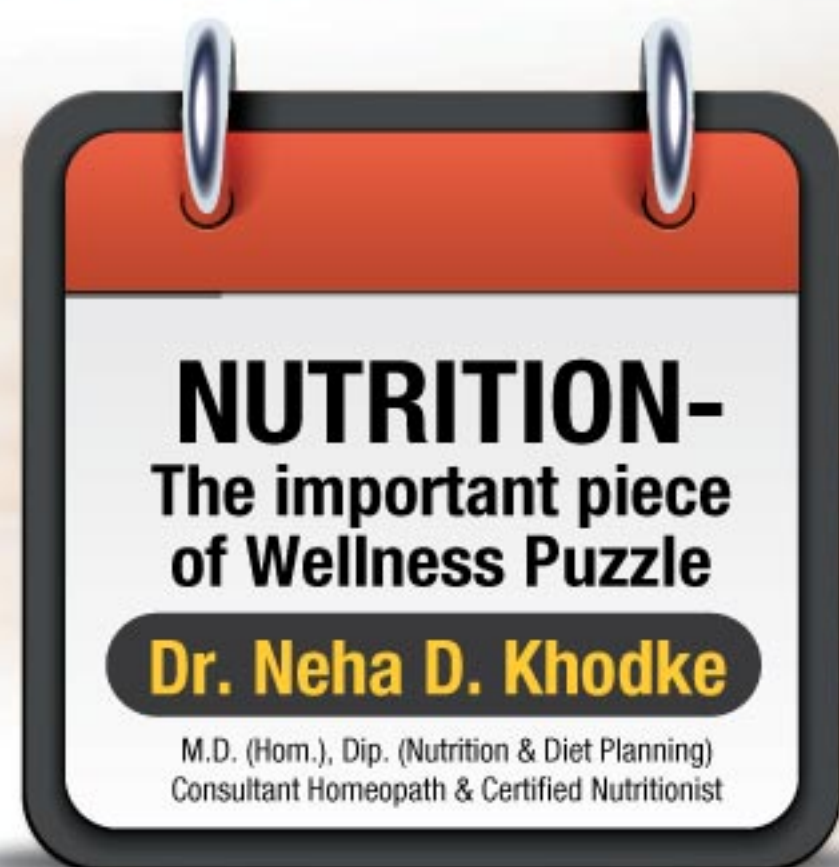
Get Sleep



Pack the right clothes

Bringing gear on a business trip can increase the chances that you will take the time to work out. Always pack workout clothes and sneakers, so you can easily change and hit the gym or take a walk.





While we are busy focusing on the physical activities, we often don't prioritize the other piece of the wellness puzzle - Nutrition. Poor nutrition has nearly three times the impact on health as low fitness. Read along to find the answers to all your queries.

Everyone knows that nutrients play an important role in keeping you healthy but can it also affect your productivity and boost your performance at work?

Of course! How else can you be productive at work if you aren't healthy? When you eat the right kind of food at the right time of the day, it creates a balance in you; your mind and body become more energetic, more alert, more receptive and more creative. Imagine what happens to you when you skip a meal, or eat something that has many calories but zero nutrients, like the fast food of today. You feel full, you feel nice – for some time. Gradually, you begin to feel lethargic, slow, and tired, as there has been absolutely no nutritional contribution to your body, and your productivity suffers in the bargain.

How can we ensure that we fit all the nutrients in our plate in the limited time that we have?

Firstly, don't think of this as a task! That gets stressful. Some very simple steps can get you on the right side of the nutritional scale.

- 1 Plan whatever you would like to eat in the coming week and stock your kitchen accordingly. This will once and for all, eliminate the issue of "What should I eat today?"
- 2 Always, always have breakfast. If you don't have time for eggs, make a quick smoothie with a fruit, nuts, milk and oats. Takes 2 minutes and keeps you going for the next 2 hours at least.
- 3 Eat home-cooked food at least 5 days in a week, get innovative, add ghee and a green vegetable to your dals, add cauliflower and peas to your rice, make your sambar with eggplant and drumstick, add methi leaves and cabbage to your parathas. This will make your food tastier and also ensure that you have all nutrients on your plate.
- 4 Between 2 major meals, have a fruit - any fruit. Fresh fruits are the ultimate givers of vitamins and minerals and they lift your energy and mood up.
- 5 When you feel the need to "munch" on something, go for fox nuts or few almonds and seeds.

- 6** Add fresh pudina leaves and slices of lemon to your bottle of water and have this in the entire day. Electrolytes, yes. Vitamin C, yes. Hydration, yes.

We keep hearing about mindful eating which talks about experiencing your food. While most of us do not have time to sit for a meal; how important is it and how can we fit it in our life?

Mindful eating is the key to keeping excess weight and many lifestyle diseases at bay. You have 24 hours in a day. All you need to do is take out a total of just 1-1.5 hours in the entire day to focus on food. 15-20 minutes for each major meal and 5-7 minutes for the in-betweens.

Only concentrating on what you eat makes you eat slower, makes the food tastier and also makes nutrients more bioavailable to your body for use.

Are carbs the real devil and proteins the best for you?

If carbs were the devil, the Indian race would have ceased to exist a long time back. Carbohydrates are the primary energy-giving nutrients.

However, there are good carbs and bad carbs, complex carbohydrates like wholewheat, brown or red rice, jowar, bajra, nachni and ancient millets are full of fibre that help to keep your blood sugar levels stable and also contribute to many micronutrients.

What you need to stay away from are the carbs whose names start with the word "refined". So white flour (maida), white bread, white pasta, biscuits, sodas and most breakfast cereals are what you must remove.

Coming to proteins, yes, they are another major nutrient you need. They make up the structure of the body majorly and are crucial in repairing and replenishing the cells of the body.

Tweak your diet to add good quality proteins like

beans, peas, lentils, soya, paneer and for non-vegetarians, eggs, fish and lean chicken keep you feeling full for longer.

There are detox diets, organic food, meal replacement products and so many super foods in the market, are they really effective. How do we choose the best ones?

Detox diets, if literally translated are "fasting". Yes, fasting is extremely beneficial from the point of view of health because it gives a chance to your digestive system to rest, and helps to cleanse the gut with foods, like water, lemon and certain fruits. Doing a detox once a week will help you feel lighter and enhance your digestive capabilities.

Organic foods are produced without being genetically modified and without intervention from pesticides or fertilizers that is why they retain maximum nutrition.

Meal replacers are today a supposedly easier way to obtain nutrients. nothing works as amazingly as actual food. The nutrients in meal replacers may be quantitatively more than in actual food, but the artificial nutrients are not as easily bioavailable. Which means that although you may be consuming "more protein", "more vitamins" through meal replacers, the actual amount of protein and vitamins that are available for your body to take up are less and not as nutritionally resilient.

Are there superfoods? Yes. Do they change with time? The real ones don't. There is a new 'superfood' that captures the food market every week, In India, our superfoods include Ghee, Coconut Oil, Drumstick, Nachni and Haldi, among others.

In India, our superfoods include Ghee, Coconut Oil, Drumstick, Nachni and Haldi, among others. By the way, these foods have now taken the international food market.

How do I find out my health score - Is BMI the right parameter?

BMI or Body Mass Index is the simplest parameter for health. It helps you to gauge whether your weight is in the right range with regards to your height. But there are other parameters that are also essential, like your Body Composition (how much of your body is muscle, bone and fat), routine blood tests to check for blood sugar, hemoglobin, blood cholesterol, calcium, thyroid hormone levels, etc. as well as monitoring of your blood pressure. All of these together will help to evaluate your health status.

Do I need to count calories?



Read the Nutrition Label and see the amount of sugar that contributes to those calories. It is not just the number, but where the calories are coming from



Calories are one aspect of food, nutrition is the other. For example, one cup of ice-cream and about 4 apples have the same amount of calories. The nutritional part of it is another story. Read the Nutrition Label and see the amount of sugar that contributes to those calories. It is not just the number, but where the calories are coming from that ultimately decides what is healthy and what is not.

Hunger Pangs generally equates to eating junk. How to handle them?

Hunger Pangs are the absolute last stage of hunger. They are what lead you to eat anything you can get your hands on, and that is where we make our biggest mistakes.

Eat small, healthy meals every 3 hours, and you will never experience hunger pangs (unless medically advised against).

Keep a fruit, or a bowl of puffed rice (kurmura) or makhana or seeds close by.

Eating at every 2 hour interval, does it apply to everyone? (Yes/No with explanation)

In Nutrition, there is no 'One Size Fits All'. Unless you are advised against eating frequently by a healthcare professional. Dividing your day into 3 major meals and 1-2 minor ones works very well in maintaining healthy blood sugar and nutritional levels.

What you eat also matters. Eating small, healthy meals frequently, is recommended for most people, including pregnant and new mothers, children, young adults, Type 2 diabetics, people with thyroid disease and those who are looking to lose excess weight.

What are the 5 things that are a MUST in your diet?

- 1 Water: Keeps your metabolism on its toes, cleanses your system, revitalizes your skin and gets you through the day with stamina.
- 2 Healthy fats: They are like the kingmakers. Ghee, coconut oil, almonds, walnuts, flaxseeds, oily fish like salmon, mackerel and tuna, eggs need to be there in your stocklist.
- 3 Fruits & veggies: You need 5 portions of fruits and veggies in your daily diet.
- 4 Sleep: Not a food, but if you have an erratic sleeping pattern, even the best of foods won't work in your favour. Uninterrupted sleep of at least 6.5 hours is essential for cell repair, better digestion and better brain and heart health.
- 5 Consistency: It is good to decide to start with healthy eating, but following it firmly should be the aim.

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