

## TOWARDS A HEALTHY LIFE

### DR. ANNAPOORNA VENKAT

#### Taking Care of Our Health

A sedentary lifestyle can lead to hypertension, diabetes, heart disease, stroke, sleep apnoea, and joint problems. So exercising regularly is important. Try to maintain your ideal body weight. You can find your ideal body weight via various online methods.

Family medical history plays an important role, too. Find out about any genetic diseases in your family. This will help you understand and tackle them better. Diabetes, hypertension, high cholesterol, osteoporosis, arthritis, intestinal problems, and heart problems can be genetic. Visit your GP at least once a year to do a full check-up, especially after the age of 40.

Be prepared for unexpected health issues such as sudden collapse, fits, fainting spells, falls and fractures, heart attack, stroke, accidents, and injuries.

Have adequate insurance for these emergencies, know your family history, and understand your own health. Inform your relatives or friends about your health problems and let your doctor know. Travel with enough medicines and don't travel if you are feeling unwell.

In this lecture, Dr Anna aimed to explore the myths & increase our understanding of healthy living. Keeping healthy is vital to living a long life.

#### The Importance of Physical Activities

Physical activity is necessary to prevent or reduce the mentioned diseases (e.g., weight gain, heart disease, diabetes, etc.). Infrequent exercise and being overweight impact the flexibility of one's joints. It is important to maintain the flexibility of our joints to prevent arthritis. Physical activity also aids in preventing cancer caused by some of the above-mentioned diseases, like diabetes.

The recommended physical activities are ideally outdoor activities (which make you sweat and increase your heart rate) such as running, cycling, swimming, tennis, etc. When working on the ship, some options could be running in place, skipping, walking within a limited space, and stretching exercises.

If you are not physically healthy, sitting exercises are another option to keep your joint movements flexible. Some examples are:

- a) Flexing and extending your knees
- b) Standing up and sitting down, etc.

For those with hip and knee problems, some alternative exercises could be:

- a) Sit in a chair exercises
- b) Ankle, hip, and knee rotations
- c) Stand and sit exercises



#### Tips for Keeping Ourselves Healthy

##### General Health & Nutrition

To maintain good health, it's essential to stay disciplined and adhere to a healthy routine, which may include a nutritious breakfast, yoga, work, and more. Implementing a balanced and paced work schedule while keeping a calm demeanour is just as important.

Good sleep hygiene plays a crucial role in overall well-being. Here are some tips to improve your sleep quality:

- Take a warm bath before bedtime
- Engage in exercise to help tire your body
- Read a dull book to lull yourself to sleep
- Find techniques to relax your mind and ease racing thoughts

A nutritious diet is vital as well. While fruits are generally healthy, some, like mangoes and dates, can be high in sugar. It's best to enjoy these in moderation.

##### Mouth Health

It's advisable to visit a dentist annually to ensure your teeth and gums are in good shape. Remember to brush your teeth thoroughly twice a day. If you experience gingivitis, a saltwater gargle can provide relief. Utilise fine dental brushes to clean between your teeth effectively.

##### Gastritis & Acidity

For those dealing with gastritis, it's recommended to consume bland foods and steer clear of any identified trigger foods.

##### Constipation

To alleviate constipation, consider increasing your intake of fibre-rich foods. Additionally, ensure you're drinking enough water—aim for \*\*3 to 3.5 litres per day\*\*—and chew your food thoroughly before swallowing. You might also explore options like fibre sachets and isabgol as alternatives.

