

HEALTH Matters

Vol 1 Issue 8 | May 2012



Powered by

VIDAL HEALTH
TRUST US TO KEEP YOU HEALTHY

Health



Quit to win

"I know fully well, as most ex-smokers know that I can never smoke again if I want to stay quit. I can't burn a cigarette to let off any stressful situation. I can't buy a pack 'just to have in my pocket.' Even now, I occasionally wake up with dreams of smoking. If I want to be an ex-smoker forever, I will NEED to stay a quitter."

The rewards have been numerous, and have ranged from the tangible (saving a bundle by not spending on cigarettes) to the small and sweet (getting kisses from the love of my life now that I don't stink of nicotine). I am able to go through the day without leaving the non-smoking area for a smoke break. I can enjoy life's pleasures—a good dinner, a movie at the multiplex, sex, a long drive — without smoking before, during, or after."

(Excerpts from the diary of an ex-smoker)

Here are some tips to stay a quitter!

- ✓ Remind yourself about your **reasons for quitting** and all the good things that came your way after that; mostly your health.
- ✓ **Delay the urge** if you feel that you are about to light up and hold off for at least 10 minutes. Often this will allow you to move beyond the strong urge to smoke.
- ✓ To avoid the weight gain after quitting, focus on planning a **healthy diet** and finding ways to **exercise and stay active**.
- ✓ Save the money you would have spent on cigarettes in a box, and **treat** yourself.
- ✓ **Avoid temptation** by staying away from the people and places that tempt you to smoke. Later on, you will be able to handle these with more confidence.

"I am still an ex-smoker! I live a normal life with a loving family and healthier lungs... and I thank God that I have finally kicked the butt."

Editorial

Welcome to our eighth issue of Health Matters.

On "World No Tobacco Day" – 31 May, we let you into some of the secrets of being an ex-smoker.

Summer is about holidays, travel, and beating the heat.

We feature an article on travel fitness especially for our frequent fliers and vacationers. There are tips on how to step out of that long flight or car ride feeling energised.

Join us as we take you through light summer recipes without trans fats and explore the land of the Rishis – Rishikesh; a popular vacation destination.

We also carry a special feature on 'panic attacks', something which can occur anytime, anywhere.

We look forward to your feedback and views. Please write to us at editorial@ttkhealthcareservices.com. Have a wonderful summer with the warm sun and some cool shade!

Inside

Fitness on the move

When 'it' strikes

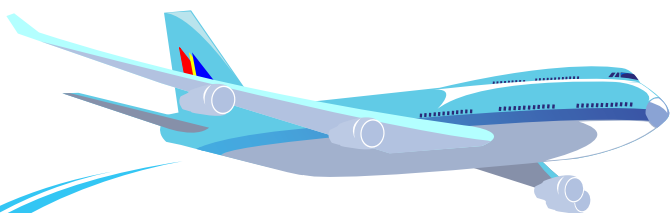
What are trans fats?

Land of the rishis
— Rishikesh



Fitness on the move

Frequent flyers frequently complain about their lives being divided into two halves. In one half they – ‘hurry up’, and in the other they ‘wait’. Instead of feeling bound to a seat during a long car drive or at a terminal while waiting to catch a flight, here are a few things you can do to keep your sense of wellbeing.



During air travel

Don't just sit around waiting. Walk around the terminal before boarding. It will make you feel better in the long run, and also help limit your risk of air-related health problems, including blood clots and jet lag.

- ✿ Instead of wheeling your carry-on bag up and down the terminal, carry it as you

walk to add some extra resistance. The average bag weighs approximately 7-10 kgs.

- ✿ If you are going to be in the terminal for over an hour, find out if it has exercise facilities on-site. Some airport hotels and lounges will let you use their gyms by purchasing a day pass.
- ✿ Keep moving even when you're in the airplane. Try to take an aisle seat so that you can easily get up and engage in doing simple stretches to keep the blood flowing.
- ✿ While in your seat, work on your lower body by doing ankle rolls, toe taps and mini calf raises, and upper body stretches.

During a long car drive

✿ Foot/ankle and leg exercises for car passengers

Extend and flex your feet. Make circles with your feet. Push down with your feet and hold, then release. Wiggle your toes. Contract your calf muscles, hold, and then release. (For passengers only.)

Contract (push down) your thigh muscles, hold, then release.

✿ Kegel exercises for car passengers and drivers

If you are not familiar with these, check out instructions on: <http://www.mayoclinic.com/health/kegel-exercises-for-men/MY01402>. These exercises involve, squeezing the perineal (genital) muscles as if you are trying to stop the flow of urine.

✿ Abdominal and buttock squeezes

This one is for the traffic lights. Hold in your stomach and count, then release. Squeeze and hold the buttock muscles for a count to 10, then slowly relax. Shift the weight on your buttocks from side to side.

✿ Arm exercises

As a passenger, there are a lot of movements you can do, including isometric exercises and even lifting yourself with your arms from a seated position. Drivers must stick to squeezing, holding, and releasing arm muscles.

✿ Shoulder and neck exercises

Shoulder shrugs — move your shoulders in a circular motion, from front to back and vice versa. Do it slowly. Then do a gentle neck roll.

So there you go, you can be travelling and still manage to have an active workout session if you use your imagination and find a few unusual solutions.

(For more information on exercises to perform in-cabin see: <http://www.boeing.com/commercial/cabinair/seatedexercises.html>)





Stress



When 'it' strikes

Anand, a 26-year-old Project Manager, was asked to lead a client presentation for the first time. He was excited with this new opportunity but also had butterflies in his stomach. However, 15 minutes before the presentation Anand felt his heart racing and a choking sensation. Noticing his plight, his boss stepped in to lead the session. After 10 minutes, Anand had calmed down enough to contribute and was his usual confident self again. Anand had just experienced an 'anxiety attack'!



Anxiety or panic attacks are prevalent in up to two per cent of the population worldwide. Anxiety is a normal human emotion, which we all experience at some point of time in our lives. However, when the gap between current skills and expected performance is very large, then anxiety escalates into performance anxiety and eventually ends up in a full-scale panic attack.

Panic is considered 'anxiety in fast track'.

Here are some effective coping mechanisms:

- ✌️ **Graduated exposure therapy** – In other words 'practice makes one perfect'. If you have to face a new situation – rehearse. Go to the exam hall/ theatre/ interview site a week in advance and visualise the steps you would go through on your D-day.
- ✌️ **Relaxation techniques** – The best technique is usually to 'visualise'. Imagine the situation and a positive outcome.

✌️ **Exercise** – Exercise releases endorphins which create a sense of wellbeing and combat anxiety. A 30-minute exercise session 3-5 times a week is enough to provide anxiety relief.

✌️ **Sleep** – Effective sleep for 7-8 hours a day is a proven and effective way to battle stress as well as anxiety attacks.

If anxiety prevails and symptoms last for more than 1-2 weeks, you may need to seek professional help.

Diet



(Trans) fat free

What are trans fats?

Trans fats (or trans fatty acids) are created in an industrial process which adds hydrogen to liquid vegetable oils and makes them solid in nature. Thus, trans fats are the same as hydrogenated vegetable oils or its popular *avatar* known as *vanaspathi*. Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels.

Why are they used?

They are cheap, they improve the texture of food, its shelf life, and what's more, people love its taste! There is a misconception that only packaged potato chips and fast foods contain trans fats. The truth is that *vanaspathi* is used everywhere: by *chaat* vendors, *mithai walas*, and bakeries.

Here are two healthy homemade snacks with zero trans fats to satisfy your urge to snack:

✌️ **'Chaat' urges** – Take a bowl of boiled *chana* (chickpeas), green peas, corn, or a mix of all three with a medium-size boiled, cut potato. Sprinkle with raw chopped onions, tomatoes, chopped coriander, some rock salt, date chutney, and a tablespoon of homemade *besan sev*, if available.

✌️ Pamper your sweet tooth –

How about some *gajjar halva* (carrot dessert)? Wash and grate 500 gm carrots. Add 100 ml milk and steam till cooked, then add 25 gm

jaggery and cook on a low fire till it leaves the sides of the pan. Garnish with a few nuts and raisins.

So, now you can eat some great tasting snacks without feeling the guilt!





Leisure



Land of the *rishis* — Rishikesh

Rishikesh rocked the Western world, when the 'Beatles' visited the ashram of Maharishi Mahesh Yogi in the 1960s.

Popularly known as the ultimate Hindu pilgrimage destination, it is the gateway to the four 'dhams' or holy places. It is a fascinating, culturally rich city and a delight to visit during the summer. It is rich in natural beauty and offers the best of adventure sports.

Here, the River Ganga cuts its passage through the Himalayan foothills to flow under the famous Lakshman Jhoola, which spans the river to reach the township on its banks. The bridge gives a magnificent view of the Ganges and greets people with cool breeze from the river.

This is where the Hindu pilgrimages to Badrinath, Kedarnath, Gangotri, and Yamunotri begin, as does the pilgrimage to 'Hemkund Sahib' – a sacred place for the Sikhs.

Of late, the city and its adjacent areas have also acquired popularity for white-water



rafting, mountain trekking on the lower Himalayas, and rock climbing expeditions. Camping and rafting trips start from 15 September and continue up till 30 June.

The rivers Ganga, Yamuna, and the Sarswathi (which is no longer visible), unite here at the 'Triveni Ghat' where there is an *aarti* at sundown. It also has the **Rajaji Park** nearby. This is one of the biggest parks in North India and is situated at the meeting point of the Himalayan foothills and the Indo-Gangetic plains. This is also a nesting site for migratory birds from all over the world. The park is open from 15 November till 15 June every year.

The Kedarnath Musk Deer Sanctuary is a reasonable drive away from the foothills. Auli is a ski resort, about a 10-hour drive from the city. Best visited between December and March, it has some of the best ski slopes in Asia.

Some famous places to visit from Rishikesh are Dhanaulti, Tehri Dam, Kanatal, Chamba, Dehradun, Shivpuri, Kodyala, Haridwar, Mussoorie, Tehri, and Devprayag.

Rishikesh is a magnificent combination of India's oldest cultural history and new age beliefs.

Reinvent yourself this summer at this beautiful, enchanting place.

For more information - http://www.rishikeshtourism.in/Places_To_See_In_Rishikesh.html



TTK HEALTHCARE TPA
PRIVATE LIMITED

TTK Healthcare TPA Private Ltd,
#2, H.B. Complex, 100 ft BTM Ring Road
BTM 1st Stage, BTM layout, Bangalore 560 068
Ph No.: +91-80-4012 5678
Email: info@ttkhealthcareservices.com
www.ttkhealthcareservices.com

Bangalore; Mangalore; Hubli; Cochin; Trivandrum;
Chennai; Coimbatore; Hyderabad; Vizag; Mumbai;
Pune; Delhi; Kolkata; Ahmedabad; Bhubaneswar

Disclaimer: Content is sourced from public domain and is provided by TTK HTPA for educational and informational purposes. It should not be considered as a substitute to medical advice. TTK HTPA makes every effort to ensure accuracy or completeness of editorial content, however we do not take responsibility for any errors, omissions and also do not own responsibility to ensure that data, information or material is kept up-to-date. The views expressed in these articles are not necessarily those of TTK HTPA. Reproduction, modification, storage in a retrieval system or retransmission, in any form or by any means, electronic, mechanical or otherwise, for reasons other than educational and/or informational purpose are strictly prohibited without prior written permission of TTK HTPA.