



HEALTH, WEALTH & WISDOM... ANY TAKERS...?

Being healthy does not only mean being free from diseases. It rather means complete well being of physical, mental and social components of life. With changing lifestyle, food habits and societal norms, the average health of individuals is deteriorating at an alarming pace.

The following chart shows the benchmark denoting the health of an individual

INDICES FOR GOOD HEALTH

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Waist Circumference
Female 80 cm

Male 90 cm

* Waist Hip Ratio

Female 0.80

Male 0.90

- * LDL: Low Density
- * Lipoprotein (Cholesterol Level) 80-90 mg/dl
- * Blood Pressure (Diastolic) 80 mm/Hg.
- * Fasting Blood Sugar 80-90 mg/dl
- * Resting Pulse 80 beats/minute

ONE CAN STAY HEALTHY BY

- * Eating a balanced diet and
- * Indulging in adequate physical activity

FOOD FOR THOUGHT

Balanced diet is a diet that has all the dietary components like:

Carbohydrate, Proteins, Fats, Vitamins & Minerals, Fibre, Water (8-10 glasses a day)

Physical activity helps in the following ways: Burns calories, Increases metabolic rate, Helps control high blood pressure, Helps getting back in shape, Increases muscle mass and prevents muscle wasting, Boosts confidence, Relieves stress

Here is a list of activities that burn corresponding units of calories

FOODS AND EXERCISE IN MINUTES

Cola (200ml): Jumping rope for 15 minutes

Pizza (1 slice): Cycling for 90 minutes

Cheese Burger (1): Swimming for 60 minutes

French Fries (medium): Jogging for 30 minutes

Pastry (1 medium): Tennis for 30 minutes

Samosa (1): Dancing for 30 minutes

Parantha (1): 2-km walk in 10 minutes

Early to bed and early to rise, they say, makes a man healthy, wealthy and wise... Indeed health is wealth.