

The Secret to a Healthy You!



A nutritious diet combined with regular exercise is an important component of a healthy life. These habits are best developed during the early years of our life i.e. childhood; nevertheless it is never too late to start. Staying fit and eating balanced meals promotes vitality and well-being. Physical condition shifts over time, however the key is to know your own body, to be aware of its needs and to respond appropriately to its changes as you grow.

Vikram Srivastava, an Expert from Kartavya Healthon shares his expert opinion on how to find the perfect balance between diet and exercise as per your age.

If there's a magic pill for staying youthful, it might be one that's hard to swallow. Daily doses of exercise have been proven to thwart a number of aging factors—stress, obesity, heart disease, diabetes—and the longer you're physically active, the less you'll notice getting older. The catch is that a 50-year-old's body is not the same as a 20-year-old's; you can't push it the same way you once did, nor

should you if you want to keep it working.

Age group 20 – 25

The great thing about being in your 20s is that your body and its immune system are strong; you can get away with abusing it. The bad thing is that you often do, punishing it with late nights and bad eating habits. And you routinely fail to appreciate what you've got. This is the decade of anxiety—frantic exercise, fad diets, the mad pursuit of pinup perfection and self-hatred when you fail to meet it.

The fitness challenge of these years: Get over it.

Diet

At this age we are open to eating anything and everything as our body is capable of digesting everything. There are no bondages to our meal but certainly the diet for an adult falling under this age group should aim for three to five small meals and snacks a day, about 2000 calories total. Do not eat late at night, and avoid instant or junk foods, which have little food value. Get as many vitamins as you can through fruits and vegetables and their

juices following with lean meat and lean fish. A daily multi-vitamin can help. Avoid caffeine and limit your intake of alcohol and soda. Drinking lots of water hydrates and flushes out toxins. **Breakfast:** Never skip breakfast. Try cereal with bananas and soy milk, a fruit shake and peanut butter toast, or poached eggs and greens. **Lunch:** Try a slice or two of pizza, a salad topped with chicken or a deli sandwich. **Dinner:** Enjoy fish tacos, whole wheat spaghetti with veggie sauce, or skinless chicken breast and greens. Limit dessert to once a week.

Exercise

The teens and twenties are a time of higher energy levels, developing bodies and strong immune systems. Running should be at the core of any exercise particularly for this age group. It helps build stamina and keep you active.

Health problems at this stage and how exercise can help you to get rid of such health problems. Unlike children, adults benefit from a structured combination of

cardiovascular exercise and strength training, each of which comes with its own share of perks. Cardiovascular exercises, such as running, jogging, martial arts or step aerobics, help improve cardio respiratory function and oxygen consumption, increase blood flow and supply, burn calories, lower the heart rate and encourage "good" cholesterol. Strength-training exercises, such as lifting weights or performing body-weight exercises, build muscle strength, improve flexibility, encourage lean muscle mass and improve balance.

Age group – 30-50

Life is busy with career and family for most of the individuals. Prioritising good health becomes more difficult as much of the time is allocated towards work or family duties. Your body is not as agile or powerful as muscle mass and bone density begin to wane. You may enjoy a better body image and greater self-confidence. You should know your limits and food tolerances.

Diet

Breakfast: This is the time to eat your carbs. Try whole grain toast topped with a dollop of almond butter or granola with yogurt and fruit. Oatmeal can reduce your risk of heart disease and lower cholesterol. Consume eggs and meat in moderation. Opt for vegetarian substitutes instead. **Lunch:** Eat more salads and greens. Open-faced sandwiches limit carbs. Salmon and other fish offer Omega-3 which boosts memory and protects against dementia. **Dinner:** Choose lean meats with vegetables like stuffed peppers or mushrooms. Cut back on red meats and spice.

Exercise

Create clear workout goals and stick to them. Even 15 minutes of exercise a day can lead to immediate health benefits like a stronger respiratory system, reduced stress and improved sleep. Do cardiovascular workouts for one-half to one hour, three to five days a week. Try fun classes like spinning, step, kickboxing or martial arts. Keep your joints flexible and improve balance by doing yoga or dance. If you experience joint pain, opt for low-impact walks or swims. Do at least ten minutes a day of weights. Try 15 repetitions on biceps, triceps, shoulders, hamstrings, quadriceps and calves. This will keep your muscles strong and prevent bone loss. Core exercises

improve posture, digestion and stability. Pilates, belly dancing or abdominal and back training build core strength. Try working out with a personal trainer or exercise buddy to keep you motivated and informed. Many of the benefits of exercise, including a slimmer waistline and boosted energy can be achieved with small lifestyle changes daily. Whenever possible, take the stairs at work, bike or walk to the grocery store, hike in the woods and play with your children. Practice regular meditation to encourage relaxation, focus and comfort.

Health problems at this stage and how exercise can help you to get rid of such health problems Exercise helps prevent the occurrence of the arterial issues that appear during middle age. 200 minutes of vigorous exercise per week such as swimming or running helps prevent arterial stiffening, which may cause cardiovascular disease. Likewise, regular exercise lowers the risk of functional limitations in middle-aged people. Moderate-intensity aerobic activities help improve balance, control weight, strengthen muscles and prevent cardiovascular disease, diabetes and cancer.

Age group – 60 onwards

Maintaining a healthy body adds years and improves the quality of

life. Senior citizens can enjoy active bodies and good health into their 80s and beyond. Talk with your doctor to find a diet and exercise plan that works for you, particularly if you have health concerns or chronic illnesses.

Diet

Balanced meals can be difficult to prepare, especially when cooking alone. Buying fresh food at a market may stimulate your interest and offers the healthiest fare. You need fewer calories and smaller meals now, but want the highest food value in every meal. Buy food fresh or frozen rather than canned. Make eating a social affair. This can remind you to eat regular, balanced meals, which will stave off illness, keep your senses sharp and increase energy. If solid foods are difficult, try soft versions such as natural applesauce. Antioxidants and brain boosters like blueberries and salmon keep your cells and mind strong.

Exercise

Workouts need not be structured. Keep within a reasonable range of activity. Incorporate cardiovascular exercise at least three days a week by walking or swimming. Avoid straining your heart, however. Try Biking, gardening or cleaning your house. Weight exercises keep bones and muscles strong, prevent injury, promote

independence and improve mobility. If you cannot hold weights, try doing arm and leg repetitions without them. Retain balance and flexibility by doing Tai Chi, stretching or low-impact water aerobics. Work on touching your toes and nose, walking in a straight line and standing on one leg.

Socialising is a major component of physical health. It can improve your heart rate, reduce depression and pain, lower blood pressure and help fight insomnia. Try lawn bowling, rocking your grandchildren or joining a dance class. Laughing and lovemaking will make you happy and work the abs. Being with others will motivate you to move out, boost your mood and share your heart and soul.

Health problems at this stage and how exercise can help you to get rid of such health problems 150 minutes of moderate-intensity aerobic activity per week improves pain management and even reduces the risk of premature death. Just 30 to 60 minutes of cardiovascular exercise or strength training performed three to five times a week improves both mental health and emotional stability. In addition to reducing the risk of disease, regular exercise helps prevent common problems that come with age, such as falling and hip fractures.