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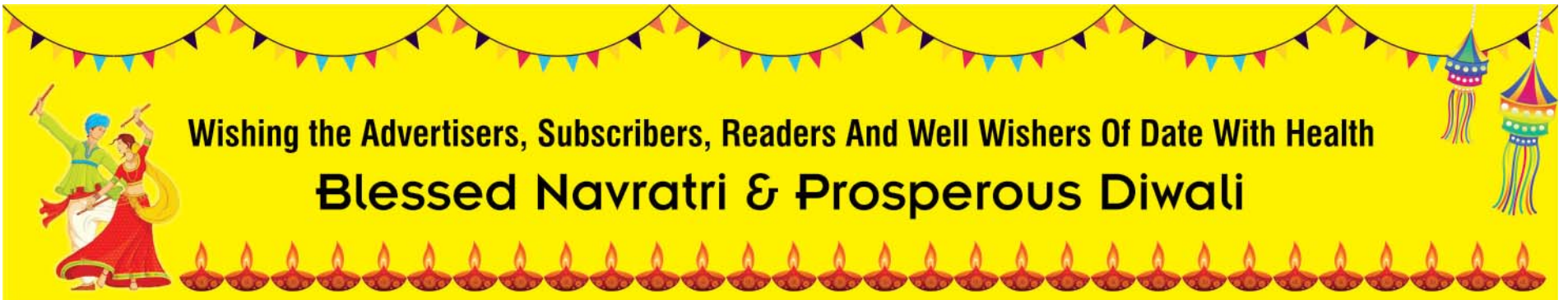
Date *with* Health

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T(W)O

All those who were a part
of our success story
till now

i.e. our advertisers, subscribers,
readers and well wishers...

A BIG THANK YOU

From the Entire Team of

Date *with* Health



Editorial

WE ARE TWO YEARS YOUNG!!!

Two years is said to be a long time, but not when you take each day as a new learning experience. Each day brings new challenges, great opportunities to learn and grow. For us it may have been two years but still we are learning and growing. Date With Health actually is an idea, a concept to make people aware that each one of us carries a beautiful thing with us viz our body.

Treating this marvelous God made body so casually is the worst we do with ourselves. Human body parts can be made functional artificially, but surely none can match the original one that has been damaged. We want people should be more concern with caring and taking time for maintaining it properly than running behind monetary gains. A small part of the day, if utilized in physical activities and exercising can go a long way in saving hard earned money on treating serious ailments like heart diseases. Eating well is another thing that people should take on seriously. Right quantity, proper balance in diet and a specific time to take it should also be high on our dining tables daily.

We during these two years came across amazing people who follow such strict routine on a daily basis. Their stories, suggestions and valuable inputs helped us in making our contents more informative and helpful to our readers.

People in general are health conscious but in today's world they think too much about the future of their children and also put themselves under undue pressure because of it. Why don't they realize that without them their families would be shattered. We would only advice them that earn but not at the expense of sacrificing their health, consequences of which may drain all the savings and shatter the family for a lifetime. Take care of your body, family and stay happy and fit.

Remember to keep your DATE WITH HEALTH on a daily basis !!!!



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Eggs are usually the first thing that comes to your mind when you think of a protein source that is cheap and easily available. You can eat them boiled, fried, scrambled or pair them with other foods. They are a powerhouse of nutrients such as vitamins and minerals that nourish your body.

Here are the reasons why eggs are considered to be the perfect super foods:

1. **Eggs contain Antioxidants:** Eggs contain antioxidants such as Lutein and Zeaxanthin that help in providing nourishment to the eyes. It prevents certain

BENEFITS OF EGGS IN HEALTH

- diseases such as macular degeneration and eye cataracts.
2. **They are a nutrient powerhouse:** They contain heart healthy fats, protein, vitamins, minerals and other trace nutrients. They are also rich



in Phosphorus, iron and Vitamin A. Don't throw the yolk away fearing its cholesterol content as it contains most of the egg's nutrients.

3. **They promote satiety:** The carbohydrate content in eggs not being excessive, it spares the blood sugar lev-

els from the dreaded spikes. Also, the high protein content of eggs tends to promote satiety. Eating eggs on a regular basis as a part of a healthy diet is known to reduce weight and lead to fat loss.

4. **They are good**

for your hair and skin: They contain Vitamin B12 and sulphur, both of them being panaceas of skin and hair related woes. Eggs are known to be the best sources of keratin (a type of protein present in nails and hair) in terms of bioavailability. Bioavail-

ability is how well a nutrient is absorbed by your body.

5. **Boosts good cholesterol levels in the body:** Regular egg consumption has been shown to increase good cholesterol levels (HDL) in the body, which in turn reduce chances of stroke and other heart diseases.

6. **They contain protein in good amounts:** Eggs are the cheapest source of proteins and also the most readily available ones. They contain all the 9 essential amino acids that are required by the body. Eggs are one of the most preferred foods to gain muscle as the protein from eggs can easily be absorbed by the body. If you wish to discuss about any specific problem, you can consult a dietitian-nutritionist.



Shabana Mashraki
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Industry predictions about the wellness

Super Foods: Good or Bad?

industry are bringing impetus to the experts dedicated to this field. Likely, they are also bringing in the metoo's. Amongst a blitz of products and services is super-foods.

Every now and then we hear of a wonder food or a super food that claims to resolve

health issues. Currently doing the rounds are noni, apple cider vinegar, moringa powder, coconut oil, black rice, Chai and Flax seed..... the list is growing as we speak.

Super foods are now flaunted to be the new magic- the mysterious compound that

will do what we once expected drugs to do. They are expected to cure without the necessity of removing cause. Their special powers are said to contain and expected to do the work of drugs and serums without the side effects.

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YULU ENTERS DELHI IN COLLABORATION WITH DMRC - 5TH LARGEST METRO NETWORK IN THE WORLD

- Yulu-India's leading Mobility as a Service (MaaS) provider, in collaboration with DMRC, aims to transform the way people commute in Delhi by solving the first and last-mile connectivity problem through its electric two-wheeler - Yulu Miracle.
- In the first phase, Yulu services will be available at 9 metro stations on the blue and yellow line from Dilli Haat INA to JLN Stadium in Central Delhi.
- Yulu's mission is to make Urban Mobility Seamless, Shareable and Sustainable.

New Delhi, 2nd September 2019: Yulu- Mobility as a Service (MaaS) provider today announced the introduction of the YULU-Miracle in Delhi. In the first phase, Yulu services will be available at 9 metro stations on the blue and yellow line from Dilli Haat INA to JLN Stadium in Central Delhi. People in Delhi can also avail three-hour saver pack for Rs. 99/- and use Yulu Miracle as their personal vehicle



tional Capital. The service was launched by Dr. Mangu Singh, MD- Delhi Metro from Mandi House metro station.

Yulu - India's leading Electric micro-mobility provider, aims to solve the first and last-mile

registration or driving license.

After successfully running operations in Bengaluru, Mumbai, Pune & Bhubaneswar, now commuters in Delhi too can take eco-friendly Yulu rides at pocket-friendly prices reducing carbon footprint.

"Delhi has been ranked as one of the most polluted cities in the world. We at Yulu are committed to promoting eco-friendly commute options in all Indian cities to reduce pollution and congestion. With the launch of our operations in Delhi, we are providing a green commute option to the residents of Delhi and are committed to expanding our services to the whole NCR region. We are proud to collaborate with DMRC for a common vision of better first and last-mile connectivity, reducing congestion and improving air quality" said Mr. Amit Gupta, CEO -Yulu Bikes

"DMRC is connecting Delhi by offering residents an affordable and sustainable mode of



for the work or leisure commute. Tourists can also avail this facility as Yulu supports payments from all international debit/credit cards.

The company launched its services in collaboration with Delhi Metro Rail Corporation (DMRC) to solve the complex problem of first and last-mile connectivity for commuters and to reduce congestion and pollution in the Na-

commute problems for citizens of Delhi by deploying 5000 YULU Miracles across metro stations by end of Dec 2019. The service will be further extended to all the metro stations in the NCR Region in early 2020, by deploying up to 25000 Yulu Miracle. "Yulu Miracle" is a unique battery operated, lightweight, easy to ride, small two-wheeler requiring no vehicle

mass transport. Today DMRC is the preferred choice of commuters in Delhi & NCR region. Our Public Bike Sharing (PBS) initiative with YULU will provide much needed first and last-mile connectivity to our users. It is one of its kind collaboration to make mobility seamless & sustainable" said Dr. Mangu Singh, Managing Director- DMRC

RYAN CHRISTIAN SCHOOL – VASHI - REPORT OF NATIONAL SPORTS DAY

"Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts."

– Dan Gable

The much awaited National Sports Day was held on Thursday 29th August 2019 under the guidance of Respected Chairman Sir Dr. A.F. Pinto & Managing Director Madam Grace Pinto. The fantastic turnout from the stu-



dents and the pleasant weather were the perfect boost for the students on their National sports day at the Ryan Christian School Vashi school

ground.

This day marks the birthday of the LEGEND Dhyhan Chand, the hockey player who won gold med-

als in Olympics for India, in the years 1928, 1934 and 1936. He scored over 400 goals in his career, from 1926 to 1948.

To make this day more remarkable we the Ryan Christian School, Vashi organized various games like Carrom, Chess, Basketball, Hockey and Football for the students of Montessori I to Gr. VIII.

All the students participated with great zeal and enthusiastically to build up the team spirit.

OCTOBER "UNPROCESSED"



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THINK...would you want to go for one month without eating any UNPROCESSED food !!

Nowadays almost every food that comes with an ingredient list on it is likely to be laden with Extra sugar, fat, salt, preservatives, flavoring, artificial colors.

ARE YOU OKAY WITH IT???

How do you define UNPROCESSED food?

Any food that could be made by a person with reasonable skill in a home kitchen with whole food ingredients is unprocessed.

Is your daily intake drowning in a sea of processed, packaged, preservatives filled food products....

Are you a victim of eating out of habit in-

stead of INTENT?

"REAL FOOD" means food that nourishes sustains and supplies.

The food you eat can be either the safest and most powerful form of MEDICINE or the slowest form of POISON.

There is an undeniable connection between nutrition and disease.

If we get good nutrition, the body, cells and genes will become more resilient and capable to conduct complex mechanisms, detoxify the body and prevent disease.

Food is not just FUEL but Medicine.

Are you ready to take up the UNPROCESSED REAL FOOD CHALLENGE?



Shaheen Saif Khan
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A Policyholder should be aware that a cashless claim can get rejected if the documents mailed by the hospital are insufficient / inadequate. They might not always mail each specific minute documents that might turn out to be utmost important for arriving at the claim settlement decision. Or chances are there, that the ailment that the insured is suffering from may be a pre-existing ailment of which previous consultation papers might be asked for. Again these might not be available with the insured who is already hospitalised!!!

Apart from this, there may be ailments which may not be covered in your Med-claim, so these things result in claim repudiation!!!!

Challenges and their Solutions:

1. Claim amount sanctioned Partly: There might be instances wherein you have claimed for 1 lakh and amount that is settled is around 50000.

This is because your policy might have certain cappings in terms of room rent or major surgeries or there might co-payment or sub limit

Solution: To be well versed with your policy basic features, always check whether

CHALLENGES IN A CASHLESS CLAIM

your policy has any kind of capping, because cappings might have a major impact on your claim settlement amount.

Also while taking up a policy, check what is filled in your form. If you take a policy from a bank or online, many information are missed out whether willingly or unwillingly. Get yourself involved in these things because in the long run or in case of hospitalisation, whatever information you have disclosed or given will be relied upon!!

2. Document Jumble: When there is a claim, one has to expect a big jumble of documents. There are many documents that have to be processed. Failure to which might result in query being raised and which results in delay in claim settlement indirectly.

Solution: Pay attention to what hospital is processing. Check whether all documents are sent in one go to avoid any query being raised for deficient documents.

3. Claim settlement time: Generally TPA's / Companies take nearly at an average 4 hours to sanction the claim amount. It might take less time or sometimes even more time if any kind of query is raised for deficient document or any other requirement.

Solution: If it's a planned surgery, always take the approval from the TPA / Insurance company well in advance, say 4-5 days prior to your treatment This will help in reducing your

waiting time of claim sanctioning by the Insurance TPA.

If it's an emergency case, take regular follow up and co-ordinate well between the hospital and Insurance TPA. Your Health Advisor might help you with this task.

Because sometimes hospitals say they have sent the documents, but they might have not sent. So it's important that you co-ordinate with the Insurance TPA and confirm with them for the claim updates.

Generally, in a cashless claim, there are 2 Approvals which are given by the Insurance TPA.

First, is the initial authorised amount - Which is sanctioned once the Insured is hospitalised and the initial set of documents are mailed to the TPA.

And the second and final authorisation is given at the time of Discharge.

Even if your cashless claim is rejected, always file for reimbursement. Because in reimbursement, each and every document is checked accurately which might create a difference!!!

You as a policyholder have to take precautionary measures, because it is ultimately you who will suffer!!! Don't get attracted to cheaper premiums and features, get a little involved and do your homework before taking up a Med-claim Policy. Take the advice of the professional in this field, It surely makes a difference!!!

Congratulations to "Date with Health" on their 2nd Anniversary

An amazing initiative to increase awareness of our surroundings for improving sustainability, to live healthy and happy. Kudos to the whole team.

- Dr Shalini Mukherji

"Teaching is a very noble profession"



Our former President, Dr. A. P. J. Abdul Kalam had aptly said, "Teaching is a very noble profession that shapes the character, calibre, and future of an individual. If the peo-

ple remember me as a good teacher, that will be the biggest honour for me." These words beautifully signify the very essence of being a teacher. September 5, is celebrated as teachers' day to com-

memorate the birth anniversary of Dr Sarva-palli Radhakrishnan, a renowned teacher and a philosopher for his commendable contribution to education. This day is rightly set

Contd. on page 6

OLIVE OIL-THE JACK OF ALL TRADES.!!



Dr Maheen Memon
(Naturopath ND,
Alternative system of
medicine, Dietetics)
INTRODUCTION

Olive oil is the fat obtained from the fruit of OLEA EUROPAEA (olive tree). Nutritionally contains 120 calories and around 14 grams of fats per tablespoon. The fat is mostly monosaturated which has a beneficial effect on blood cholesterol and is easily digested. Besides these, this oil has many other heart and health benefits for which it is accepted all around the globe. Health and culinary circuits can't stop raving about the benefits of this oil. The Indian taste bud is also now embracing the western wonder; not just for its flavor but also for the numerous

health benefits that it holds.

Here are some of the benefits you would want to know about Olive oil :

1: LOADED WITH GOOD CHOLESTEROL:-

Review of studies carried out in various countries looked at the biological and clinical aspects of olive oil. Results suggested that people who consume olive oil regularly are less likely to develop Cardiovascular diseases including hypertension, stroke and hyperlipidemia (high blood cholesterol and triglyceride levels).

It contains high HDL (High density lipoprotein) which is also referred as GOOD CHOLESTEROL.

2: ANTI-INFLAMMATORY PROPERTIES:-

OLEOCANTHAL is a type of natural phenolic compound found in extra virgin olive oil. It resembles 'ibuprofen', anti-inflammatory drug. In



laboratory experiments, it is noted that Oleocanthol helped shuttle the abnormal beta-amyloid plaques out of the brain which are one of the causes Alzheimer's disease.

Olive oil is rich in OLIEC ACID and HYDROXYTYROSOL, which has positive effects in cases of acute pancreatitis.

Intake of oleic acid reduces the risk of development of Ul-

cerative colitis. Ulcerative colitis causes inflammation of the large intestine or colon.

3: POWERFUL ANTI-OXIDANT

As oxidative damage is known to be one of the leading causes of cancer, olive oil consumption may help reduce the risk of cancer as it is loaded with anti oxidants.

Being anti-oxidant, olive oil may also pro-

tect liver from oxidative stress.

Olive oil supplements appear to improve inflammatory markers and reduce oxidative stress in individuals with rheumatoid arthritis. It's particularly beneficial when combined with fish oil.

4: ANTI-BACTERIAL PROPERTY:

The extra virgin olive oil has anti-bacterial properties and has been found to be particularly effective against HELICOBACTER PYLORI, a type of bacterium that can cause stomach ulcers and stomach cancer.

5: HELPFUL IN CASES PF DIABETES MELLITUS :-

Diabetes mellitus is one of the leading health problems in the developed countries. It is a major metabolic disease and is associated with many other health complications.

A diet rich in olive oil may help to prevent or delay the

onset of the disease. How it does so is by preventing insulin resistance and its possible harmful implications by raising HDL cholesterol, lowering triglycerides and ensuring better blood sugar level control and lower blood pressure.

6: OLIVE OIL CONSUMPTION IS NOT ASSOCIATED WITH WEIGHT GAIN OR OBESITY.

7: THE OTHER BEAUTY BENEFITS :-

It is an excellent moisturizer for the skin and scalp.

Olive oil has proven to be beneficial for the prevention of hair loss.

Application of olive oil on stretch marks and dark circles also gives good results.

IN A NUTSHELL, OLIVE OIL IS ASSERTED AS AN ELIXIR OF VERSATILE UTILITY..!!!

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DENTAL MYTHS BUSTED!



Dr. Ruhina Khan (BDS)

When it comes to taking care of your smile, there are plenty of misconceptions out there. But good oral health can be achieved in just minutes a day while the wrong practices can cause irreversible damage. Here are few common dental myths that need to be busted so that visiting your dentist is no longer a nightmare.

Myth: The harder you brush, the cleaner you'll get your teeth.

Fact: Brushing too hard or with too abrasive of a toothbrush (medium or firm) can actually harm your teeth by eroding some of the hard enamel that protects the inside of the tooth from cavities and decay. Its recommended to use a soft bristle brush for every day use.

Myth: Chewing sugar-free gum is just as good as brushing.

Fact: If only this were true, kids everywhere would jump for joy. Chewing sugar-free gum, especially gum with xylitol, can have a protective effect on the teeth. Gum encourages saliva production, which helps to wash away enamel-eroding acids from foods, drinks, and even stomach acid in the case of issues like acid reflux. And xylitol helps to redouble the effects of saliva. But chewing gum still doesn't replace brushing and flossing when it comes to removing plaque from all the surfaces of your teeth.

Myth: If your gums bleed when you floss, it's best to leave them alone.

Fact: The reason our gums bleed is due to inflammation. Often it happens when bacteria and plaque get stuck in between our teeth where toothbrush bristles don't reach properly. Over time the bacteria builds up and causes the gums to become inflamed. Bleeding is part of that process. If you floss once a month (or just before going to the dentist), it's

likely you'll notice your gums bleeding. Bleeding gums is also a sign of scurvy/Vitamin C deficiency.

Myth: You've been slacking on brushing and flossing and have a dentist appointment coming up. As long as you brush well before going in, no one will know, right?

Fact: Sorry to break it to you, but you're not getting away with anything. Without regular brushing and flossing, hard tartar or calculus forms around your teeth and at a certain point you can't get it off with brushing alone.

Myth: Gum disease is only a problem for your mouth.

Fact: Your dentist might be the first one to notice it, but if you have gum disease, you're more likely to have health issues such as diabetes and hypertension, as well as certain types of

cancers that are related to chronic inflammation.

Myth: The whiter your teeth are, the healthier they are.

Fact: This can be true but not always. There are plenty of things that can darken the colour of our teeth that aren't necessarily unhealthy, such as medication, stains from foods and drinks, or just the natural process of aging. Smoking is also a major cause of discolouration.

Myth: If nothing is bothering you, you don't need a dental check-up.

Fact: This is one of the biggest misconceptions. With a lot of dental issues, you don't necessarily feel pain right away. You will often hear elders, especially in India swearing by the goodness of clove/clove oil in relieving dental pain but, the point of going to the dentist is so we can prevent things happening to the teeth to protect them and notice things before they become an issue.

Myth: Diet sodas are okay to drink because they don't have sugar in them.

Fact: Though diet sodas don't have cavity-causing sugars in them, they still are highly acidic. Our mouth has acid-loving bacteria that contribute to cavities. Diet sodas have a pH level of about 2-3, while water is neutral at a pH level of 7.

The acid in diet soda eats away at enamel causing tooth sensitivity. Some people tend to slowly sip their sodas throughout the day, which is actually more hazardous. Every time you take a sip, the bacteria in your mouth begins to work with the acid and attack your enamel. It takes about 20 minutes for your mouth to neutralize that acid again and each time you sip that 20-minute attack starts over. Besides soda, other acidic beverages like orange juices, citrus juices, etc. can also cause similar damage.

Myth: It's alright to wear my dentures 24/7.

Fact: Removing your dentures before going to bed at night is recommended. This lets your gums breathe from the constant pressure of the dentures.

It also gives you the opportunity to care for your dentures by soaking them in a denture cleaning solution. Dentures if left unclean might become home to a lot of bacteria causing sores and irritation to the gums and palate.

Myth: Dental treatments can cause hearing loss.

Fact: Hearing loss is more likely to be caused by a lack of dental care. Tooth decay, abscesses and inflamed gums have been associated with temporary hearing loss and hearing problems such as tinnitus. And the unprescribed medications we take to ease the pain of a toothache can cause hearing loss.

Congratulatory note:

Date with health is celebrating its second anniversary this month. I want to congratulate each and everyone associated with this success especially, its esteemed readers. Here's to many more years of unparallel success and glory!

Teaching is a very noble....

Contd. from page 4

aside to honour our teachers for their sacrifice in making a significant contribution to the society.

On this day, let us celebrate our teachers for their service to the nation and the entire humankind and get inspired by their lives that have influenced thousands of minds. The generations to come will be influenced by the values they have instilled in their students today and the impressions made by them will shape eternities beyond our imagination. Teaching is considered as noble profession because teachers not only transmit subject knowledge but also help children discover

their strengths and potential within and nurture them as responsible human beings. Teachers are the pillars of our society; they play a vital role in bringing out the best from the children. They are responsible for nurturing extraordinary personalities by moulding and shaping young minds.

Dear teachers, remember that you continue to remain as an essential part of the enlightenment process which we all call as 'Education'. You are not only empowering individuals but empowering generations to come. In this age of technology, while technology does its part, you as facilitators and constant companions are urged to add the much desired human touch and instil values that will last for generations to come. Today we

are proud of our alumni who are excelling in diverse fields; thanks to all our teachers, it is the fruit of their hard work and dedication. On this teachers' day, we urge you dear teachers to re-dedicate yourself for this noble cause of education. You hold the key to transform lives and society at large. There is a wealth of talent and potential within every child and you as teachers need to make every effort to unlock this wealth and empower children to discover their purpose in life. Cherish your special calling a teacher that impacts eternity. Wish you a very Happy Teachers' Day!

Dr. Madam Grace Pinto, Managing Director, Ryan International Group of Institutions



Sahrish Akhtar

Health and fitness is the key to a long, active and enjoyable life. It is correctly stated that Health is the actual Wealth that a person can retain. Being healthy and fit in simple terms means taking good care of the body. We should remember that a healthy mind resides only in a healthy body. Good health of both mind and body helps one maintain the required energy level to achieve success in life. All of us must strive to achieve wholesome health.

Protecting your body from the intake of harmful substances, doing regular exercises, having proper food and sleep are some of the important instances that define a healthy lifestyle. Being fit allows us to perform our activities without being lethargic, restless or tired.

A healthy and fit person is capable of living the life to the fullest, without any major medical or physical issues. Being healthy is not only related to the

physical well-being of a person, it also involves the mental stability or the internal peace of a person.

Generally, a healthy diet consists of taking a proper and healthy food which includes eating green and fresh vegetables, fruits, having milk, eggs, minerals, proteins and vitamins essential for a human's lifestyle. Practicing Yoga including regular exercises in

of one's health on a priority; no single day should be skipped for making efforts on maintaining physical and mental fitness. Being happy is directly related to boosting your mental strength and health, so happiness can be considered as the result as well as the part of a healthy and fit lifestyle.

Health professionals consider cancer, diabetes and sever-

health problems.

Walking, running, cycling, playing, swimming, gardening, skipping, weightlifting and yoga are some of the important activities which help us maintain fit and healthy lifestyle. A person who is fit both physically and mentally is strong enough to face the ups and downs of life, and is not affected by drastic changes in the circum-

stances. and mental well-being:

- 1. Cardiovascular/ Aerobic Conditioning**
- 2. Strength Training and Muscular Development**
- 3. Stretching – Muscles, Ligaments and Tendons**
- 4. Core Stability – Both physical and mental**
- 5. Nutrition and Supplementation – Balanced Diet**

and emotional health. Fitness and mental well-being are essential parts of a healthy life. The benefits of an active and healthy lifestyle are undeniable by all means.

Whether you decide to increase your activity levels slightly or develop and participate in a thorough fitness plan, it will pay you off in the long run. Exercise is good for your health of various



your daily routine also help you maintain your desired fitness, blood sugar and immunity level. Healthy habits improve your physical appearance, mental stability, ability to perform activities in a better way, which help you lead a stress-free lifestyle, maintaining happy moods, high energy levels, etc. Each individual should take

al other mental and physical health issues such as depression, lethargic attitude, etc to deficiencies in fitness and well-being of a person. Unhealthy and unfit lifestyle of a person also results in premature death. Obesity and lack of physical fitness in young generation sets the stage for diabetes, heart disease, and other serious

stances.

One should also spend time outdoors in the sun, inhaling fresh air and taking part in healthy activities. Staying active makes you stay energetic.

Out of the several components that affect one's health, following are the seven key physical components to ensure the overall good health, fitness



6. Mental Rest and Relaxation – Balanced lifestyle

organs of your body and makes you feel stronger.

7. Sleep – Regular sleep

Nutrition and fitness are essential for a healthy living. Not only we look and feel good, but by eating the right nutritional food and doing the right amount of exercise, we could also lower the chances of getting some pretty serious life-threatening diseases.

Super Foods: Good or Bad?

Contd. from page 2

the biological processes that are conducive to health, and it can happen when one embraces the factors that are required in maintaining it. When there is an imbalance in these factors even the best organic food cannot provide the high

level of health that is so desired. Nutrition is not only achieved by the food we eat but by how our body as-

simulates it.

Health results only from healthy living. You cannot "make up for" any unhealthy practices by the use of super foods or by

the use of any other substances or practices. There are no magic potions and no shortcuts.

From the FB wall of Vinita Mansata.

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FILZAH SYED (Std. IV), St Mary ICSE School, Koparkhairane

CIES Partners with Pillai Group of Institutions to launch the First Edition of the FIFA/CIES Executive Programme in Sports Management in India

South Asia's First Sports Management Programme under 'FIFA/CIES' Network

Mahatma Education Society's Pillai Group of Institutions, a Mumbai based Trust that manages over 48 educational institutions in Maharashtra, today inaugurated the first edition of the prestigious PILLAI/FIFA/CIES Executive Pro-



gramme in Sports Management in collaboration with FIFA (the World's Governing body) and CIES (the International Centre for Sports Studies - Switzerland). This Executive Programme is currently con-

ducted in 15 different countries across the world and India is the 16th country in the global map to have such a programme and first in South Asia to get an authorization for running such an initiative.

5th Nerul Gymkhana Annual District Level Swimming Competition

5th Nerul Gymkhana Annual District Level Swimming Competition held on Sunday 25th August 2019, for Boy's & Girl's under 6/8/10/12 yrs in the 30 mtrs Freestyle, Backstroke, Butterfly & Breaststroke. More than 160 children's from different Schools, Clubs and Gymkhanas took part. The competition started with an event for differently abled children. The Guests of Honour were Mr. Rajaram Gagh, Shivchatrapati Awardee Swimmer



and Ms. Pooja Alwa International Swimmer.

Winners were given Medals and Certificates.

Team Championship was won by Fr. Agnel, Vashi with an aggregate of 97 points.



Individual Championships were won by: -

Category	Name	Inst./Club	Points
Boy's U/6	Rayyan Sayed	Fr. Agnel	12
Girl's U/6	Freya Shah	Starfish Sports	15
Boy's U/8	Vihaan Chaturvedi	Starfish Sports	20
Girl's U/8	Aadhya Chintakunta	Fr. Agnel	10
Boy's U/10	Parin Patil	Starfish Sports	15
Girl's U/10	Mantra Khure	Fr. Agnel	18
Boy's U/12	Geet Kothari	Fr. Agnel	11
Boy's U/12	Mayank Periwari	Fr. Agnel	11
Girl's U/12	Urmika A Kumar	Fr. Agnel	14

Despite being a rainy day there were more than 700 spectators who witnessed the prestigious event.

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