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Date with Health

Monthly Newspaper on Health & Fitness

RNI Reg. No. MAHENG/2017/76690

Vol. : 4 • Issue : 1 • Pages : 8 • Price : ₹ 20/-

October 1 - 31, 2020

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We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue. So plant a sapling today as your contribution for a better tomorrow !!!!

PLEASE NOTE:

Vol. 3, Issue 11 (August 1 - 31, 2020) and Vol. 3, Issue - 12 (September 1-30, 2020) Print Edition was not printed due to the pandemic and its related problems, the inconvenience caused is regretted. You can see the same digitally on our website: www.datewithhealth.com - Editor

WE ARE 3 YEARS YOUNG!

Thanks to our advertisers, subscribers, readers, well wishers and our lovely writers who have made our journey a very healthy and happy one with their wonderful and informative articles ...

Thanks for your love and support without which it wouldn't had been possible !!!!

In view of the Pandemic we would request all to follow these **THREE RULES** to keep themselves their families and surrounding safe from it :

- A) Don't Venture Outside Without A Mask
- B) Wash your hands (but don't overdo it)
- C) Follow Physical Distancing

Don't Panic Take Care And Stay Safe

ASK FOR A MASK



A COVER THAT STANDS BETWEEN YOU AND THE DEADLY VIRUS WHEN YOU ARE OUTSIDE



Editorial

TODAY WE ARE THREE !!!

Three is a big time for anything, then be it a relationship or professional career. The period becomes more significant if it's at the beginning. Three years in the midst of a professional career would mean growth or frustration, depending upon which direction the graph is going. But when one is at the beginning it becomes more challenging because there is no past, if good, to emulate and no bad to rectify. Everything is just a plan or should we say "theoretical enthusiasm" on paper. To put in practice means facing, accepting and demolishing all obstacles in the way of healthy progress. We were fortunate to have focused on what we planned, and more fortunate to have a team which put the theory into actual practice.

The journey of DATE WITH HEALTH began with a thought to be part to change the surrounding, which included not just the landscape but the people too. Nobody wants to exert themselves but everyone wishes a healthy and fit body. Well even a stone has to bear the hammering to get into a beautiful shape. Don't we admire wonderful statues and lovely figured bodies !!!

Health probably is a thing which most of us take it for granted. Many realise it in a hospital ICU as to how casually they took this amazing gift of God. Many may be taking a secret pledge to change their lethargic behaviour once they are out of the hospital, but most of them just follow it till the time they are back on their feet. The casual approach creeps in leading to a major casualty in future which leaves families shattered.

Our aim for coming out with a Health and Fitness related paper was to make people read healthy breath healthy and feel healthy. Also making them realise that good health can be achieved with just giving half an hour from their "seemingly" busy schedule and following healthy eating habits. One can atleast do this much, if not for themselves, atleast for their loved ones.

Just like a baby which is in a cradle for around six months before it starts to make progress by crawling and then standing on their feet, first with the help of a support and then take their steps confidently. We too have gone through the process with the love, care, support and blessings of our readers and well-wishers. Without them we would be a rather weak and malnourished entity. There contribution is significant in making us what we are today, celebrating our 3rd Anniversary.

Thank You so much for all the love and blessings we have got and surely will continue to get in future too !!! Praying our bond with you all remains unbreakable for a very long time

GOD BLESS US ALL.

MENTAL HEALTH ESSENTIAL PART 4

We covered the characteristic of learning new things and applying in the last article. This has actually set the stage for our next characteristic which in fact is the heart of every human being. Either we benefit from this characteristic or we suffer and that is "HABIT". I always say "Do not be a victim / Slave of a Habit, Be a Master"

Our habits define our character, some are good habits and some are bad habits. Good habits are the ones

which help us become better and better and they contribute to the betterment of self and also the surroundings. For example, saving water, electricity, fuel, trees, resources etc. not only makes us a better living being, but also affects the environ-

ment and indicates that we are thinking from self to others. If we all have a habit of respecting the earth and its bounties, the world would remain and grow to be more beautiful.

Bad habits are not just harmful to us but also to the environment and will affect the future generation which will also involve our children, grandchildren and great grandchildren. For example carbon emission, or wasting water, or cutting trees or smoking.

So if we want to have a good environment and keep ourselves evolving, we need to first make a list of our habits. By habits I mean, what we do regularly, every day or alternate day. By habit it means a set pattern which becomes a default of our everyday system.

"Habits are the compound interest of self-improvement" this is a beautiful quote by James Clear, author of a very powerful book by Atomic Habits. I was introduced to this book by my son, and I found the book like an amazing truth and guideline to making and inculcating new habits and discarding any habit which is not serving any purpose. Like I was addicted to the 4 pm cup of tea and it was in my mind that if I do not have it, I shall get a headache. It was a habit which was not serving any purpose. So I decided to quit that and started by slowly reducing the amount of tea leaves I was using. I did that for three weeks and one fine evening did not have tea at all. Next three days I experienced a mild headache, which has totally disappeared now. If I feel like drinking something, I have warm water with some matcha or slim tea, or soup and not at 4 pm.



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So the moral of the story is we can eliminate anything that we want and add what we want. That "Want" is what we must know. I know that it will be very good to practice Yoga and meditation regularly, but the habit of waking up early to attend a zoom class was a challenge. So I started with positive affirmations, started sleeping early and within a few days, I was able to wake up an hour before the Yoga class. Now the habit is being formed slowly of falling into the 5 am club

which was considered to be midnight for me earlier.

So according to James Clear, if we change our habits by 1% each day, we shall make amazing progress, rather than getting 0% results when we do not make any

CONGRATULATIONS

It is commendable that even in times of crisis the paper was published always on time and the quality of the articles remained as excellent as ever. I wish the publishing team and the contributors, tremendous success. May this paper keep spreading knowledge for the purpose of prevention and cure.

effort at all.

Now what do we need to make a new habit or eliminate the one we do not want

1. Identify your habits first
2. Check if they serve you and also do not harm the environment or others. For example, you may be very happy with all the excessive washing, but if you are wasting a lot of water in the process, are you serving the universe or harming it.
3. Start with setting a goal. I want to become habitual within three months to wake up at 5 am
4. Make an affirmation out of it and repeat it when you wake up and when you sleep. "I love to wake up at 5 am".
5. Ask your family to motivate you and not mock you if you are known for sleeping in then they might show disbelief. So ask them to support.
6. Make sure you also follow the support routine, like if you sleep very late then it may become difficult to wake up as the body and mind needs that rest.
7. Celebrate small successes and have patience.
8. Do not give up. It may not be a success instantly, but it will improve slowly.
9. Share your success stories and techniques with others. There are many who are grappling and will get inspired and motivated.

Wishing you all great success in forming the new HABITS you have been wanting to and eliminating the HABITS which do not serve you or this world.

ACUPUNCTURE- A Drugless Way to Health

Acupuncture is a part of Oriental alternative medicine, which has been practiced for thousands of years. It sees the body as a delicate balance of yin and yang. These are two opposing, but inseparable forces. According to acupuncture, disease occurs when the forces of yin and yang are out of balance.

Imbalance blocks the flow of Qi, a vital energy that regulates spiritual, emotional, mental and physical balance. With the help of acupuncture one can unblock the flow of Qi, restoring health to the body and mind. Western medicine explains that acupuncture:



- Stimulates the central nervous system, signaling the body to release various substances including endorphins, opioids which are all “feel good” hormones.
- These may help control pain and promote physical and emotional well-being.
- Acupuncture influences involuntary central nervous functions, such as blood pressure, blood flow, and body temperature regulation.

How It's Done

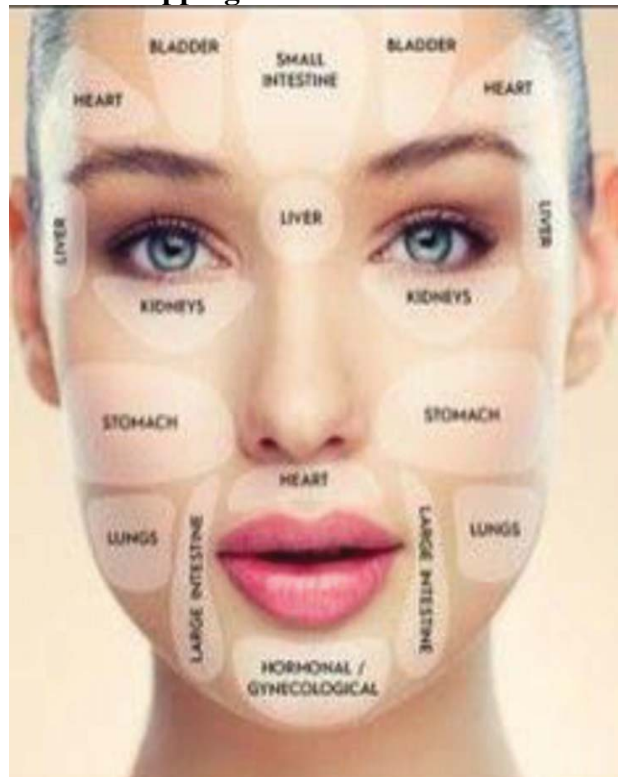
During your first appointment, your practitioner is likely to ask you detailed questions about your health, lifestyle, and behaviors.

For diagnosis, acupuncturist may do,

- **Pulse Diagnosis on both the wrists.**



- **Face mapping.**



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- **Tongue Diagnosis**



This type of diagnosis is very crucial for the acupuncturist to understand the location and degree of the imbalance in body of the individual.

After thorough assessment the acupuncturist will start the treatment by wiping the spots where needles will be inserted with alcohol or another disinfectant. The practitioner will then begin to place the acupuncture needles at various locations on your body. The needles are metallic, solid, and hair-thin. You should feel no or minimal discomfort as the needles are inserted. Most people either feel relaxed or energized when the needles are inserted.



Acupuncture can treat a range of disorders

- Neurological disorders
- Gynecological disorders
- Respiratory disorders
- Fertility disorders
- Skin ailments
- Orthopedic disorders
- Psychological disorders
- Addiction control etc.

Make your own salt bath scrub at home



Pritha Mitra Dasgupta
Mumbai

One thing I picked up during this lockdown is mak-



ing my own salt bath scrubs. Making it is super easy and fun. Salt scrubs improve blood circulation and it gives the skin a natural glow. It also pro-

TECTS against fungal or bacterial infection and clears clogged pores. The one you can see in the picture is 500 gram of rock salt, about 50 gram of powdered cloves, 50 ml of pure organic camphor oil and about 2-4 tea-spoon of pure almond oil. If you have a dry skin you can take 500 gram of rock salt, add crushed pudina leaves,

crushed peel of orange or lemon and about 50 ml of almond oil. It's good for kids too. Use it once a week for older kids and once a fortnight for toddlers.

Endurance Sports with Anmol Prabhu – Triaddict

A very Big Congratulations to DATE WITH HEALTH for Completing 3 years. With the growing importance towards health, I feel this is a fantastic newspaper touching important topics for people to take care of themselves and others. I am happy to be contributing in the journey for the last 10 months and look forward to many more in future. Cheers!

THE IMPORTANCE OF RECOVERY

We often push ourselves in training to achieve our goals and end up with burnouts and injuries. After all we are human beings and as we want to make our body machines, maintaining it from time to time is key for best performance.

Thus Recovery in Endurance sports plays a huge role which I must say is ignored by many. Recovery is

of 2 types:

1. Workout Recovery

Examples could be going for an easy swim or a walk

2. External Support Recovery

Examples could be taking a massage, foam rolling, quality nutrition and food

We need to pay proper attention towards recovering your body from time to time in order to reach the highest potential

Contd. to page 7



Dr. Ruhina Khan (BDS)
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We know and love our toothbrushes as the tools that kick plaque to the curb, help keep cavities at bay (with the help of fluoride toothpaste, of course) and freshen our breath. But what else can we learn about them?

1. When selecting your toothbrush, look for the ADA/IDA Seal.

The ADA or IDA, evaluated your toothbrush to make sure bristles won't fall out with normal use, the handle will stay strong and the toothbrush will help reduce your risk for cavities and gum disease.

2. The toothbrush is 5,000 years old.

In various forms, that is. Ancient civilizations used a "chew stick," a thin twig with a frayed end, to remove food from their teeth. Over time, toothbrushes evolved and were made from bone, wood or ivory handles and stiff bristles of hogs, boars or other animals. The modern nylon-bristled toothbrush we use today was invented in 1938.

10 THINGS YOU DIDN'T KNOW ABOUT YOUR TOOTHBRUSH

3. The first mass-produced toothbrush was invented in prison.

In 1770, an Englishman named William Addis was jailed for inciting a riot. He saw fellow prisoners using a rag covered in soot or salt to clean their teeth. Addis saved an animal bone from dinner and received bristles from a guard. Accounts state he bored tiny holes into the bone, inserted the bristles and sealed them with glue. After his release, he modified his prototype, started a company and manufactured his toothbrush. That

company, Wisdom Toothbrushes, still exists in the United Kingdom today.

4. Manual or powered? Your teeth don't care.

In the manual and powered toothbrush debate, it's a wash. You just need to brush twice a day for two minutes with a fluoride toothpaste. Both types of toothbrush can effectively and thoroughly clean your teeth. It all depends on which one

you prefer. People who find it difficult to use a manual toothbrush may find a powered toothbrush more comfortable. Talk to your dentist about which kind is best for you.

5. There is no "correct" order for brushing and flossing.

Brushing before flossing, flossing before brushing—it doesn't matter to your teeth, as long as you do both.

6. Toothbrushes like to be left out in the open.

Rinse it with tap water to remove any remaining toothpaste and debris. Store it

upright and allow it to air dry. If you store your toothbrush with other toothbrushes, make sure they are separated to prevent cross contamination. And do not routinely cover toothbrushes or store them in closed containers. A moist environment such as a closed container is more conducive to the growth of unwanted bacteria than the open air.

7. Lifespan = 3-4 Months

Make sure to replace your toothbrush every three to four months, or sooner if the bristles are frayed. A worn toothbrush won't do as good of a job cleaning your teeth.

8. When it comes to choosing a brush, go soft.

Whether you use a manual or powered toothbrush, choose a soft-bristled brush. Firm or even medium-strength bristles may cause damage to your gums and enamel. When brushing your teeth, don't scrub vigorously—only brush hard enough to clean the film off your teeth.

Your fluoride toothpaste will do the rest of the work.

9. Remember: 2 minutes, 2 times a day.

4 minutes a day goes a long way for your dental health. Put the time in each day to keep your smile healthy and keep up this twice-a-day habit.

10. Sharing is caring, but not for toothbrushes.

Sharing a toothbrush can mean you're also sharing germs and bacteria. This could be a particular concern if you have a cold or flu to spread, or you have a condition that leaves your immune system compromised.



EXPERIENCE IS THE BEST TEACHER



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As a parent, it is tempting to shield our children from committing mistakes. Letting them learn from their mistakes, helps build resilience and is essential for raising confident, capable, happy and successful adults.

Failure simply means, there is something to be learned or another direction to be taken.

Our role as parents should be to support and guide, rather than do for them what they need to learn to do for themselves.

Coping skills are like "MUSCLES ". We don't know how strong they truly are, until we use them.

**DATE WITH HEALTH is an amazing platform of learning and I'm proud to be a part of it .
Happy 3rd Anniversary.**

The past generations grew up in joint families where learning from mistakes was an everyday occurrence.

We were not fed by our parents till the age of 5 yrs.

We learnt how not to fall from the cycle on our own.

Our instinctive response to situations, be it emotional or physical is much more practical and balanced.

Providing opportunities to develop skills and coping within a safe, loving and supportive environment is the best way to prepare our children for life's challenges.

As quoted by Ann Landers --

"It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings"

An ANALOGY between a butterfly and a child...

A butterfly comes out of the cocoon only by beating its wings against the cocoon which helps the muscles grow stronger. When you helped it, you prevented it from developing the muscles, it would need to survive....

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A QUICK GUIDE TO FATS



Dr Maheen Memon
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Alternative system of
medicine, Dietetics)

Fat is one of the basic food groups. Fats and oils are made of building blocks called fatty acids. Structurally, a fatty acid is a chain of carbon atoms with a certain quantity of hydrogen atoms attached. The more hydrogen atoms attached, the more SATURATED the fat. Fats in the diet can be obtained both from the plants and animal sources. It contains more than twice as many calories per gram as proteins and carbohydrates. 1gm fat provides 9kcal. small amount of fat is essential for a healthy, balanced diet.

Fats are present in two natural forms- Saturated and Unsaturated, and one Synthetic form- Hydrogenated or Trans fat.

• **Saturated Fat:** Saturated fats are solid at room tem-

perature and are primarily found animal foods and tropical oils like coconut and canola oil. They tend to have a higher melting point.

• **Unsaturated Fat:** Unsaturated fats are liquid at room temperature. Most plant fats are unsaturated. They have a lower melting point. All the vegetable oils like sunflower, safflower, soybean, corn, cotton seed oil contain Unsaturated fats. Unsaturated fats are further classified into two types:-

1. **Mono-unsaturated fatty acids (MUFA)** - Mono-unsaturated fats are considered healthy because of their ability to lower the levels of bad cholesterol and maintain or raise the levels of good cholesterol. Olive oil, peanut Butter, ground nut oil and rice bran oil are some examples of MUFA.

2. **Poly-unsaturated fatty acids (PUFA)** - These fats are the healthiest because they are the dietary source of the essential fatty acids majorly required for proper bodily functions. Oils high in PUFA include flax-seed oil as well as

pumpkin seeds, hemp oil, walnuts and soybeans which contain Omega 3 and Omega 6 essential fatty acids (EFA). The body cannot synthesize EFA's from other nutrients, but must obtain them directly from food. Once in the body, omega 3 and omega 6 are converted to hormone like complex fatty acids that

ing a hydrogen atom to an Unsaturated fat molecule. This process is widely used to prolong the shelf life of commercial baked products, packaged foods, most salad oils and dressings, margarine, and cooking oils. The molecules that make up these fats, called trans fatty acids are known to interfere with the



affect smooth muscle function, inflammatory process and constriction and dilation of blood vessels.

• **Hydrogenated or Trans Fats:** These terms refer to a synthetic process in which natural oils are broken down into semi solid fat by add-

ing a hydrogen atom to an Unsaturated fat molecule. This process is widely used to prolong the shelf life of commercial baked products, packaged foods, most salad oils and dressings, margarine, and cooking oils. The molecules that make up these fats, called trans fatty acids are known to interfere with the

healthy functioning of our bodies due to their unusual molecular shape. When it comes to diet, fat gets a bad rap. Many people carry a firm ideology that fats should be eliminated from the diet to maintain proper weight and

good health. But not all fats are created equal. Contrary to popular belief, some fats are good for you and even help promote good health. Certain bodily functions completely rely on fats for their proper functioning.

Why certain amount of fats is needed by the body is because fats support the functioning of the brain, nervous system and the immune system. It is the preferred source of energy for the heart, liver and the muscles. They compromise the building blocks of hormones. Fats are necessary for the absorption of fat soluble vitamins which are vitamin A, D, E and K. Fat slows down the rate of digestion. A fatty meal stays for a longer time in the stomach and prevents the feeling of hunger, this is called the SATIETY VALUE of fats. Fats in the subcutaneous tissue insulates the body and helps to maintain body temperature. It spares proteins from being oxidized for energy. As PUFA is known as the healthy heart fat, addition of PUFA in the diet reduces the

risk of Heart diseases and reduces cholesterol levels. When the body is supplied with essential fatty acids in the proper amount and proportion, it functions better. You feel less fatigued, less hungry and have fewer sweet cravings. This will allow you to exercise and eat normally. If the body doesn't get enough of its needs, either from the food we eat or from supplements, metabolic activity diminishes.

As we very well know deficiency or over intake of any nutrient in the body can have debilitating effects. Healthy fats are an important part of the diet, but its crucial to moderate its consumption as all fats are high in calories. Over consumption of fats leads to obesity, causes various ailments of the heart, disrupts the normal functioning of the organs due to deposition of excess fats. It is thus necessary to consume a balanced diet consisting of all the basic food groups in required proportions for proper functioning of the organs and maintaining over all health.

RYAN CHRISTIAN SCHOOL – VASHI: REPORT OF HINDI DIVAS

To pay tribute to the official language of India Hindi Diwas was celebrated on September 14 by the students of Ryan Christian School, Vashi. Hindi was adopted as the official language of Constituent assembly on September 14, 1949. The students and staff of Ryan Christian School, Vashi celebrated Hindi Diwas online to mark the importance of the country's most widely spoken language. A special assembly on 14th September marked the occasion. Students across the classes participated in the assembly. They were oriented



about the importance of Hindi language and how celebrating the day helps in sustaining traditional values and glorifying them to reinforce the language importance.

The assembly started with Prayer, Bible reading, thought in Hindi followed by a talk on the importance of Hindi language. Students also presented Hindi songs, kavi samelan, Speech Competition in Hindi, Hindi alphabet activity on this occasion. . Everybody on the online class made sincere efforts to use Hindi as a medium of conversation for the day.

AUTUMN SPARK



Sahrish Akhtar

Be more healthier this autumn

In many people's minds, fall doesn't exactly strike them as being one of the "healthiest" seasons.

Once the shorter days and cooler weather are in full swing, all those fun summer activities tend to get replaced in line with the new season. Likewise, our healthy balanced diets start getting invaded by candy, mashed potatoes and cookies thanks to Halloween, Thanksgiving, and the start of the Christmas season.

Diet and exercise sure can be difficult to control in the fall, but there are lots of other ways you can actually take advantage of the fall season to improve your health. In fact, you may be reaping some of the benefits already without even knowing it!

Some unexpected Ways this Weather Benefits Your Health - **1. Cracking a Window Open to Let the Cool Air in at Night Can Help Supercharge Your Sleep:**

It sure can be miserable to try getting to sleep in a hot and humid room without any A/C during the summer, so the colder weather is often wel-

comed by many who lose sleep over it. And it just so turns out that when it comes to getting adequate sleep, your brain loves colder temperatures.

2. Simply Looking at the Changing Colors of the Fall Leaves May Improve Your Mood and Make You Feel More Relaxed:

Fall is perhaps the best season to get out in a park or wooded area just to enjoy the scenery. Take time to step outside and enjoy the beauty that autumn has to offer. Go for a walk, take a drive to see the leaves change or simply visit your local park for some outdoor time. You could also fill



your home with fresh fall flowers—such as Hypericum, dahlias and Leucadendrons—or decorate with the warm, cozy hues of fall.

3. Catching the Scent of Certain Fall Foods and Spices Can Benefit Your Brain:

While you may need to be mindful of how many calories you end up consuming during the fall, you at least have a good excuse to enjoy the aromas of some of the ingredients you plan to use for cooking and baking. The scent of cinnamon, for instance, has been shown to sharpen people's minds. And peppermint, while per-

haps more appropriate to use as the holidays draw nearer, is another powerful scent that may help boost energy and help you concentrate.

4. Cold and Cloudy Weather Clears Your Mind and Boosts Your Memory:

The brisk, fresh air doesn't just feel good on your skin and in your lungs — the benefits extend right to your mental state too.

In a way, the gloomy fall weather actually wakes your mind up. A study involving two groups of shoppers who were exposed to a combination of 10 impulse buyer items on different days was conducted to see if the

weather would make a difference in their ability to remember the items later on. The group that was tested on a sunny, pleasant day was less able to recall

what the 10 items were compared to the group that was tested on a cloudy and rainy day, which showed better memorization results.

Fall is the perfect time to take advantage of change and to make specific tweaks that can help you take control of your health. Whether it's settling into new routines or simply taking time to focus on yourself, now's the time to take advantage of all that fall has to offer.

As we are facing pandemic, It proves that human sustenance has good immune to crack all chronic diseases, and we hope to come to the safer zone this autumn.

LIFE STARTS AT A HEART BEAT

Bhavani Swaminathan
Mob. 7021648382Nutritionist & Founder
of AAKANKSHA:

Desire For Wellness.

We are living in unprecedented times. The COVID-19 pandemic has shone a spotlight on the healthcare profession, National healthcare systems and our individual responsibilities – for our own health and for the vulnerable in society. World Heart Day is celebrated every year on 29th September. **The theme of 2020 is "Use Heart To Beat".** Cardiovascular disease is the number one cause of death. To prevent from CVD we must take care of our blood pressure first as blood pressure is a continuous variable. The blood pressure gradually increases from birth to 18 years of age. There is a continuous relationship between level of blood pressure and various cardiovascular events which in-

clude chronic heart failure, myocardial infarction, strokes and renal failure. Hypertension can be caused by various internal and external factors like altered functioning of adrenal gland or thyroid gland and use of certain drugs that cause sodium and water retention. In India, about 25% of rural and 33% of urban population are hypertensive. Hypertension is considered as an attributable cause for about 57% of stroke and 24% of coronary heart disease deaths in India.

Correction of diet is very important for prevention and management of high BP. Weight loss, reduc-

It can be achieved through a combination of reduced calorie and increased physical activity. Dietary intake of sodium can be reduced by choosing fresh foods, foods that are low in sodium content and foods with a "no added sodium" label over processed foods that are high in sodium content. Avoiding or minimizing the use of salt at the table is equally important. Hypertensive patients should have diet rich in vegetables, low-fat dairy products, whole grains, and protein from plant sources.

Regular exercises are beneficial for both prevention and treatment of hypertension.

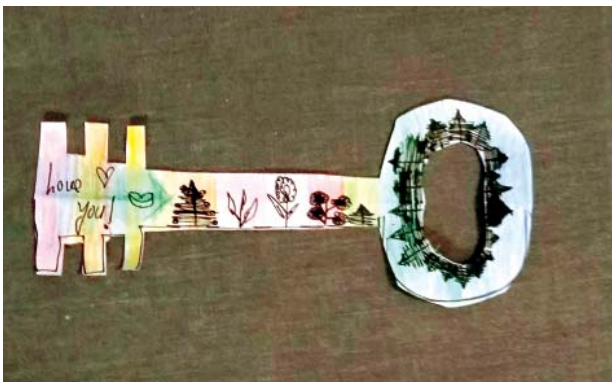


tion in sodium intake, potassium supplementation and physical activity is equally important. For overweight and obese hypertensive weight loss is recommended to reduce blood pressure.

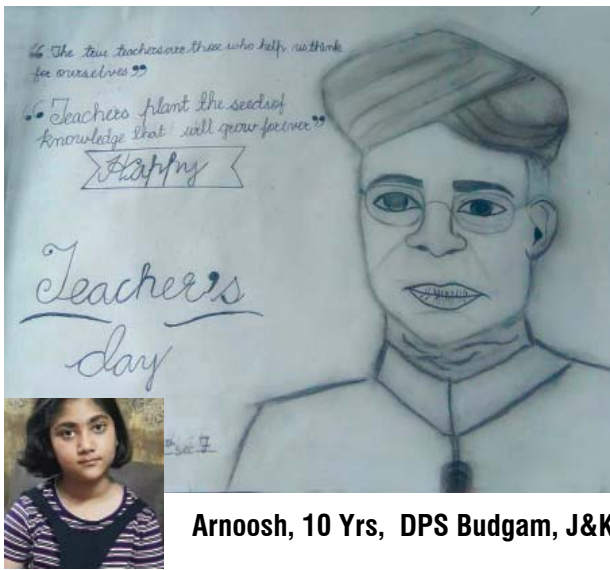
Hypertensive patients should do at least 30 minutes of moderate intensity aerobic exercise which includes walking, jogging, cycling or swimming at least 5 days a week.

DATE WITH HEALTH is a health and fitness newspaper which is appropriate for all readers. Anything having to do with leading a strong, productive life is contained within, including diet advice, workouts and informative articles including the nanhe chefs and kids work which is really appreciable. A newspaper for the overall wellbeing of people. A paper which shares tips on healthy eating, how to move, detox your body and mind as well. Congratulations to the entire team of DATE WITH HEALTH to come up with such an amazing newspaper. God bless this team to grow high!

CREATIVE SPACE



Book Marker made by Filzah Syed, Vashi



Arnoosh, 10 Yrs, DPS Budgam, J&K



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Congratulations

Date with Health
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People become quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success.

Happy 3 Years of Success

Ryan Christian School, Vashi
The theme for National Nutrition Week 2020 is 'Eat Right, Bite by Bite'

National Nutrition Week was celebrated by Ryan Christian School Vashi for making the students to know about proper Health by eating proper Nutrition Foods and to get them the Importance of the Nutrition to their Body.

As we all know a healthy and nutritious food is necessary for a proper growth and development of the children so that one can be able to manage and tackle every task properly when they have proper Food in their daily life schedule.

So it is necessary for the children to get proper Food for their own Better Health to achieve all their goals in life, to make these aware tiny tots of Ryan Christian School Vashi from

Montessori to Gr. II celebrated National Nutrition Day with great zeal and enthusiasm. Even the par-



ents of Ryan Christian School Vashi added memories to their kids by participating with great passion.

ENDURANCE SPORTS...

Contd. from page 3

towards your performance. The idea is to prevent injuries and burnouts. The type of recovery one is comfortable with varies from person to person, thus there is not fixed formula. It is important to experiment with various options, see what best works for you and set a routine towards your re-

covery.

Few Examples:

1. Foam Rolling & Stretching

Foam Rolling and stretching post a workout helps reduce soreness in the muscles to help you recover for the next day. Yoga is also a great option.

2. Massages / Acupuncture

You should try the above with a professional who can understand your

3. Self-time

It is important to take some time out for yourself. It helps to mentally be fresh and happy. Examples can be to read a book, watch a movie, and spend time with family and friends. This may seem out of scope, but trust me it is very important.

4. Proper Sleep

However hectic

your schedules are, you need to find that 7-8 hour sleep to keep your body fresh and energetic for the next day.

There are many more options apart from the above, but it is important for you to find the right formula for your body and follow it to the core. If you feel fatigued, you may not be getting rest, thus rather than pushing yourself for

another workout with low quality output it is important that you experiment with the above tips and get your mind and body back.

All top athletes, apart from training hard give major importance to rest and recovery which plays a huge role in their success.

Note: All of the above can be taken as tips for any and every one outside the world

of endurance sports as well

Stay Safe, Train Well & Keep Smiling!

And for any queries, do reach out to me on the below mentioned contact details

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SCOTT Sports India Launches SCOTT Spark, An Olympic Winning Mountain Bike

“Over the years, we’ve seen DATE WITH HEALTH evolve to become a great source of health and fitness related stories. We wish them many more years of success and wish them a very happy 3rd Anniversary.”

**Benaz Kerawala,
Marketing Lead, SCOTT Sports India.**

Highlights:

- SCOTT Sports launches the SCOTT Spark series in India, starting at INR 3,69,900/-.
- Increase in demand for performance-oriented premium bikes in the price range of 2lacs to 10lacs.

SCOTT Sports India launches the SCOTT Spark RC 900, one of the most decorated full-suspension bikes, ridden by the likes of Nino Schurter, an Olympic winner, and Kate Courtney, a World Cup Champion. The bike is a superlight, super-aggressive steed that pedals with incredible efficiency and is priced at INR 3,69,900/-.



This Cross Country bike features technologies like Scott’s TwinLoc Suspension System, a 12-speed SRAM Eagle drivetrain, Shimano brakes, and Syncros components that combine to create one dream-worthy race bike. The light and stiff race proven frame design has won countless World Cups, multiple World Championship and World Cup Overall titles, and continues to instill confidence in whoever is riding it. Owing to numerous technology lead features, the Spark’s versatility and race pedigree has been in a class of its own for many years.

“We’ve seen unprecedented demand in premium bicycles over the last few months. While fitness is the key driver, a lot of demand is specific to performance and high-quality components, and these bikes cost anywhere between 2lacs to 10lacs. At SCOTT, we always believe in bringing the best in innovation, technology, and design to someone equally passionate. And that’s why we are planning to introduce a higher number of performance-oriented bikes in India over the next few months” said Jaymin Shah, Country Manager, SCOTT Sports India.

The bikes are available for purchase through the dealer network as well as the online marketplace SPORTNETWORK.IN. The brand also

offers the opportunity to interact with a Product Expert through its Customer Connect initiative at +91 8080754321.



“We’ve seen an increase in demand for performance-oriented cycles, not only in the mountain bike category but also for road and gravel bike category. For instance, we received multiple orders for the SCOTT Addict RC series that are priced between 5lacs to 6lacs,” said Jaymin Shah, Country Manager, SCOTT Sports India.



About SCOTT Sports India

Scott Sports India, a subsidiary of Scott Sports SA, is a Swiss producer of bicycles, winter equipment, motorsports gear, running gear and sportswear. The company focuses on building a strong connection between these segments and provide a complete year around head-to-toe program for each season. Scott Sports started operations in India in 2010 and are committed to provide the best in technology and design by continuously innovating through the #NOSHORTCUTS philosophy.

Currently, SCOTT Sports India supports a number of cycling, motorsports and running athletes in the country including C S Santosh, Kieren D’souza, Devender Thakur and many more. SCOTT Sports India also has a road racing team in India with Kanakia Group being the principal sponsor.

Scott Sports dates back to 1958, founded by Ed Scott, who revolutionized skiing by inventing the first aluminium ski pole. Since then, it brought a series of innovative products to the market in each of the sporting segments that

were carefully added to the portfolio be it cycling, running, motorsports, winter sports and outdoor.

SCOTT Sports has a long history with cycle racing globally, and currently the teams Mitchelton-Scott (Men) and Mitchelton-Scott(Women) participates in a number of races around the world, including the Tour De France and supports some other individual athletes like the World’s best Mountain Bike athlete Nino Schurter.

Website: <https://www.scott-sports.com/in/en/>
Online Purchase - <https://scott.sportnetwork.in/>
Official Social Handles:

FB – <https://www.facebook.com/SCOTTSportsIndia>

Instagram - <https://www.instagram.com/scottsportsindia/?hl=en>

Twitter - <https://twitter.com/scottsportsin>

About Jaymin Shah, Country Manager, Scott Sports India

Jaymin Shah started off his career in retail at Hyper City Retail and was amongst their first 10 employees, when the company started off in India. Passionate about sports, he moved up quickly through the ranks and carved a niche for himself in the segment.

Soon he was handpicked by SCOTT Sports to head their India operations, with only three members in the team. After 10 years, today his team encompasses 30 employees with a wide 100+ dealer network spread across 70+ cities in the country.

He holds a post graduate degree in Business Administration with specialization in Marketing & Retail from Welingkar Institute of Management, Mumbai.

He loves travelling and adventure and believes that sport provides confidence, energy and also helps in bonding.



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