

Health and fitness

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Recent research indicates that metabolic syndrome starts as early as 14 years. Hormonal imbalance, PCOD, diabetes, obesity and anxiety have reached epidemic proportions.

Let us make it clear that fitness need not be achieved by stressing over strict diet plans and rigorous workout regimens. Instead, research suggests that a good fitness ritual includes working on the following constants.

RESPIRATION: The amount of oxygen inhaled and carbon dioxide along with waste metabolites exhaled determines hormonal and metabolic fitness.

ENERGY: It can be enhanced by certain food, exercises, reverberations and beliefs. ■

SLEEP: Scientific studies emphasise on the importance of sleep and silence in achieving fitness and good health. ■

Together, let us re-define lifestyle medicine in universities and schools, calling off crash-diet plans, rigorous exercise routines and excessive anxiety over one's appearance. Let's work together for health promotion so our children find themselves to be healthier and con- ■