

OUR LIFESTYLE: WHAT CAN WE DO?

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Lifestyle modification programs based upon the following guidelines can ensure long-term fitness, workability and disease prevention.

- Let lifestyle modifications be effortless and intuitive, rather than over - cautious and stressful.
- Follow dietary programs according to your set goal, current condition and tendency. Long-term specific or restricted diets, are unrealistic and not recommended. Intuitive eating can be an appropriate maintenance strategy.
- A good exercise program includes strength (resistance), endurance (cardiopulmonary), breathing exercises and self - awareness training. Perform workouts according to your constitution and capacity, requirement and ability, never over straining or over challenging yourself.
- Lifestyle modification programs that include meditation, self - compassion, rest, and self - efficacy can significantly promote physical fitness, work proficiency and psychological adaptability.
- A spirit of selflessness, service and moderation is fundamental to healthy living.

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