

#### MESSAGE FROM THE EDITOR



Impact health consultant is achieving new heights through its monthly newsletter since the main focus of impact health consultants is on wellness and lifestyle thus; the theme of this 7th issue of the newsletter is focusing on lifestyle disorders and wellness. The issue discusses about various lifestyle diseases and their burden, health and nutrition, physical activity and last but not the least about the varied platter of wellness workshops offered by impact health consultant for its most valuable and precious corporate clients. I wish them all the success in their ventures towards building a healthy community.

**Dr. Archana Aravindan, MBBS, MPH**  
Editor - Impact Newsletter

#### LIST OF LIFESTYLE DISORDERS:

| Lifestyle Disorders                          | Statistics  |
|--|---|
| <b>Obesity</b>                               | India ranks second with 155 million obese citizens  |
| <b>Type II Diabetes</b>                      | 40.9 million people are suffering with type II diabetes mellitus the largest in the world     |
| <b>Arteriosclerosis</b>                      | Around 30 - 40% of cardiovascular deaths happen in India among the age group of 34 - 64 years |
| <b>Heart Disease</b>                         | Around 50 million people in India suffer from heart problems                                  |
| <b>High Blood pressure</b>                   | More than 100 million people in India have high blood pressure                                |
| <b>Cancer</b>                                | Cancer killed almost 5,56,400 people across the country in 2011                               |
| <b>Stroke</b>                                | 10% to 15% of strokes occur in people across the country in 2011                              |
| <b>Chronic obstructive pulmonary disease</b> | Percentage of adults diagnosed with COBD in the past year : 4.3 million                       |
| <b>Cirrhosis</b>                             | Approximately 36,149 people die each year due to cirrhosis in India                           |
| <b>Nephritis</b>                             | Around 39,480 deaths are estimated due to nephritis each year in India.                       |

#### SIX STEPS TO WELLNESS

- Physical activity** - 5 minutes of office exercise session one every day
- Diet & Nutrition**
  - Oil intake- not more than 3 tablespoon per day
  - Sugar- Not more than 4 teaspoon per day
  - Salt-Not more than 5gm per day
  - Water- min 1200 ml per day
  - Calories- not more than 1500 calories in a day
- Essential parameters ( To be measured once in every six months)**
  - Blood pressure- 130-110/90-70 mm Hg
  - Random Blood Sugar-less than 140
  - Total Blood Cholesterol- less than 180
- Sleep**-7-8 hours in 24 hours
- Addictions**- not more than 2 cups of tea/coffee in a day
- Stress**- manage stress by deep breathing and relaxation everyday



Dr. Nupur Gupta

#### EASY WAYS TO INCREASE YOUR PHYSICAL ACTIVITY

##### At Home

- Do housework yourself instead of hiring someone else to do it.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- Stand up while talking on the telephone.

##### At Work

- Walk down the hall to speak with someone rather than using the telephone.
- Take the stairs instead of the elevator.
- Walk around your building for a break during the work day or during lunch.
- Stand while talking on the telephone.
- Participate in or start a recreation league at your company.
- Create an exercise accountability partnership.

##### At Play

- Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
- Play your favorite music while exercising; enjoy something that motivates you.
- Dance with someone or by yourself. Take dancing lessons. Hit the dance floor on fast numbers instead of slow ones.
- Join a recreational club that emphasizes physical activity

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Editor - Impact Newsletter

#### ALL ABOUT WELLNESS WORKSHOPS AND PROGRAMS FOR PREVENTION OF LIFESTYLE DISEASES



Wellness is the key to healthy and disease free life and the importance of healthy lifestyle is felt only when one falls sick. The type of lifestyle that we live today in this competitive world is leading to lifestyle disorders. Our wellness workshops/seminars are specially designed to help people adopt healthy lifestyle thereby promoting health and wellness. An individual's health would directly impact on his/her productivity as well as the organizations growth and economic chart by decreasing absenteeism.

Impact Health Consultant - A Health & wellness organization located in Delhi with 8 years' experience in conducting Wellness workshops/seminars, Wellness coaching, School health program, Health2home, Hospital management, Medical writing and Academics.

#### Topic of workshop / Duration

##### 1. Wellness with Balanced Diet and Nutrition 1 day (8 hours)

###### Contents:

- Overview : Wellness
- Healthy diet and proper nutritional habits
- Solutions to food addictions
- Simple practical healthy cooking tips
- Exercise and food balance
- Wellness profiling

##### 2. TRL! Total Relaxation Live 1 day (8 hours)

###### Contents

- Introduction to stress
- Introduction to meditation
- Practical learning of art of positive thinking
- Elaborate practical session on meditation

##### 3. Charge yourself with Exercise 1 day (8 hours)

###### Contents

- Tips to practice deskercise
- Body mass index calculation
- Exercise and its benefit
- Action plan and group counselling

##### 4. Beer, Booze, Busted & Breaking Away from the Pack 1 day (8 hours)

###### Contents

- All about harmful effects of smoking and drinking
- Wise methods of drinking alcohol
- DE addiction : a challenge

##### 5. Ergonomics 1 day (8 hours)

###### Contents

- Ergonomics & Its Principles
- On the job ergonomic solutions
- Ergonomic Exercise
- Self-defense techniques

##### 6. Positive Parenting 1 day (8 hours)

###### Contents

- Demonstration, presentation and interactive session on ways of positive parenting

##### 7. Women and Child Health & Wellness (4 hours)

###### Contents

- Introduction to women and child health & wellness
- Common ailments of children and their management
- Common ailments of women and their management
- Homemade treatment of common problems of children
- Handling hormonal change in women
- Managing yourself with your child

##### 8. Work life Balance & Stress management (4 hours)

###### Contents

- Introduction to health and fitness
- Wellness Profiling (basic)
- balanced diet and nutrition
- Stress & Lifestyle Management
- Exercise & Fitness for work life balance
- Action Planning (Basic)

##### 9. Work life Balance & Stress management 1 day (8 hours)

###### Contents

- Introduction to health and fitness
- Wellness Profiling (detailed)
- Balanced diet and nutrition
- Stress & Lifestyle Management
- Exercise & Fitness for work life balance
- Action Planning (Detailed)

##### 10. Disaster Management and ERT training 1 day (8 hours)

###### Contents

- Introduction to Disaster
- Disaster Cycle
- ERT overview
- Mock drills
- Overview of Disaster management
- Development Of disaster management plan
- Practical session on implementation of plan during a disaster

##### 11. Basic life Support 1 day (8 hours)

###### Contents

- Introduction to basic life support
- Basic resuscitation skills for the management of trauma
- Role play to manage trauma patients

##### 12. First Aid 1 day (8 hours)

###### Contents

- First Aid : An Overview
- First Aid : Legal Aspects in India
- Principals of First Aid (4 c's)
- First Aid Quiz
- Making a first aid kit
- Take a first aid test and print your own certificate on first aid
- Action plan & Discussion

#### NEWS

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