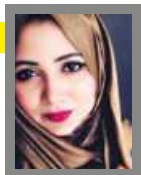


**THINSPIRED**

**BY SIMRA KHAN**  
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*If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.*

— Hippocrates (Also called the father of medicine)

Most are aware that balanced diets and physical exercise are of utmost importance for optimal health, and the lack of either can cause and worsen chronic diseases.

According to WHO and FAO, the past decade has seen a rapid shift in diets and lifestyles, often due to industrialisation, urbanisation, socio-economic changes, and of course, globalisation. While being mostly beneficial, allowing for better living standards and access to food and other vitals, they have also led to creation of new health issues.

Poor dietary patterns, low physical activity and increased use of tobacco has led chronic diseases such as diabetes, cancers, and cardiovascular ailments to escalate. However, most of these health issues can be prevented or addressed with lifestyle changes.

**NUTRITION TO OFFSET CHRONIC DISEASES**

Human beings need a balanced intake of seven types of nutrients viz carbohydrates, protein, fat, vitamins, minerals, fibre, and water. Nutrients can either be essential --those the body cannot create by itself, or at least not as much as needed-- or non-essential. A balanced eating plan supplements the body with the essential nutrients like vitamins, fatty acids, electrolytes, amino acids, and minerals.

**FOOD GUIDELINES MADE SIMPLE**

Ensuring generous portions of fruits and vegetables are essential to fulfil the vitamin and mineral requirements, which will reduce the risk of cardiovascular disease, obesity, and help maintain optimal blood pressure levels. Lean protein and plant-

# Chronic diseases vs proper diet and physical activities



based protein are essential to maintain the body structure and for cell repair. Beans, legumes, lentils, nuts are a great source for fibre, selenium, vitamin E and A, to help reduce cholesterol and keep the heart healthy. Interchanging saturated fats and trans-fat (fast food) with unsaturated fat and omega-3 fatty acids will help reduce cholesterol levels. Consuming fish in abundance, cooking in oils such as sunflower, mustard oil, rice bran and including omega-3 seeds like flax seed, chia, and sunflower in the daily intake are essential.

Consuming grains in a whole-grain form yields loads of high fibre, which has been linked to lower risk of type 2 diabetes and coronary artery disease. The fibre and vitamins from wholegrains are much higher than that of just simple carbs and facilitates weight control and prevents constipation.

Limiting consumption of refined sugar and sugar-based beverages is advised, as they have no nutritional value. They are high on the glycaemic index and contribute to the risk of diabetes and metabolic effects.

High amount of sodium from salt, soya sauce, and processed food has an adverse effect on blood pressure, which is a major cause of strokes and coronary disease, and thus advised against. The WHO suggested an upper limit of 1.7 grams of sodium per day which is 5 grams of salt for the whole day's intake.

**PHYSICAL ACTIVITY TO OFFSET CHRONIC DISEASES**

Regular exercise can reduce or delay chronic illnesses, improving quality of life. Physical activity has great influence on the body's composition such as fat, muscle, and bone tissue. Studies show cardiovascular fitness, obesity, and physical activity to be interlinked. Benefits of light to moderate physical activity can include healthier BMI

and reduced risk of stroke, type 2 diabetes, osteoarthritis, depression, and colon cancer.

**HOW MUCH IS GOOD ENOUGH**

To maintain weight, generally, daily walk of 30-40 minutes, or 75 minutes of intense cardio 2-3 times a week can help.

To lose weight however, high levels of daily physical activity, diet and lifestyle adjustments are crucial. A minimum of 300 calories burn out in exercise sessions and a healthy food plan of 1200-1400 calories a day is essential for weight loss in a sustainable manner.

**MAINTAINING A HEALTHY BMI**

According to ACSM standards, 16-19 percent body fat is ideal for women, and 11-13 percent for men. Obesity in humans can result in glucose intolerance, type



2 diabetes, hypertension, heart disease, cancer, depression etc.

Diets low in trans-fat, refined sugar and simple carbs, and high in fibre and minerals from wholegrains, vegetables, and fruits can help maintain a balanced BMI. Sweet juices, sodas, artificially sweetened spreads, fatty food like mayo, processed food like sausages, nuggets, fried food and high caloric food should be avoided.

**THE IMMUNITY CONNECTION**

The immune system is often overlooked, even though studies show that both physical activity and nutrition play a vital role in boosting it, in contrast to sedentary lifestyles, which have been classified by WHO as a leading risk factor for global mortality.

More specifically, immunity boosting food includes green leafy vegetables, probiotics, citrus fruits, garlic, nuts, lean protein, and omega-3 fatty food. Also, enough and proper sleep, and balanced water intake, are absolutely crucial as well.

Photo: LS Archive/Sazzad Ibne Sayed

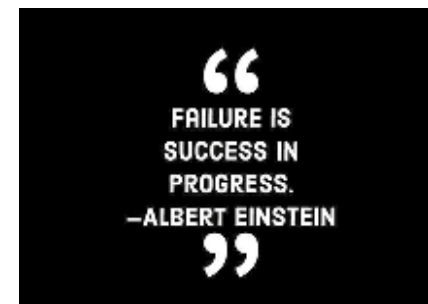
**LEARN. KNOW. GROW**

**GHULAM SUMDANY DON**  
Professional corporate trainer and  
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**FAILURE IS IMPORTANT**

If you make a mistake while doing a math, you know that's not the way to do it. Same goes with failure. To do a sum correctly, you need to know how not to do it. To be successful in life, you need to know how not to be successful. This is why failure is important.



**FAILURE IS A TEACHER**

Our failures will teach us to take better decisions. It will teach us many human characteristics like patience, empathy, human relationship and self-importance. Failure as a teacher will increase our knowledge, amplify our intelligence. As Henry Ford rightly said, "Failure is only the opportunity to begin again more intelligently." Look at all the failures in your life; you will see it made you more intelligent.

**FAILURE IS A DETOUR, NOT A DEAD END**

Imagine yourself walking through the streets of a new city. If you get lost, you will eventually take a detour and find your destination, you will not sit and wait on the middle of the road, right? Up until the moment you fail, you have made progress. This progress will be added to your bag of experience. Failing in something will only show you the road not to take, will give you the hint of taking an alternate route, but failing is not the end of the road.

**FAILURE IS PART OF SUCCESS**

Failure is not opposite of success, failure is a part of success. It is the road signs we miss while heading towards our destination. So, we learn from the failure, know what not to do, and shift our gears. As an entrepreneur, I have failed many times, failed in projects, in making decisions and in investments. But being brutally honest, every failure has made me better in what I do. I would not be justified if I did not credit my success to the failures I have been through.

**Failure triggers action**

For some, failure is the end of the world, and for some, failure is a trigger to do more. Every time I have failed in something I really want to achieve, I came back doubling the effort and vigour to attain my goal. You only fail when you stop trying. There is no loss if you fail; there is loss when you stop going ahead after failing. So, try again, fail again, fail better, but do not give up. From my little experience as an entrepreneur, this is why I relish the thought of failing so that I can enjoy the sweetness of winning .

Photo: Collected

