Keeping the Doctor Away

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Are you constantly fretting over the pounds you have put on? Your anxiety is quite common. In this city of air conditioned cubicles and corporate offices thousands of people are leading a life full of stress: their anxiety is not only about their office stub but also about the layers of fat they are adding to their body. Fitness is a matter of huge concern around the world, mostly among urbanised people. Crowds of joggers in parks of Dhaka are enough to tell us how serious the issue has become.

Nowadays thousands of joggers of all ages turn the park's walkways into racing tracks. Their sole aim is to burn some extra calories to keep themselves fit. Obesity, hypertension and diabetes are some of the most common diseases of the richer city dwellers who lead a sedentary life.

Balanced diet and a nutritious meal play a major role to prevent the extra flab. Our taste for spicy food, coupled with the ever increasing appetite for high calorie fast food, is proportionately increasing the future patients of diabetes, hypertension and obesity. Chowdhury Tasneem Hasin, chief nutritionist of dietetics and nutrition depart-