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Healthy Lifestyle 



Fitness & Exercise



Healthy Food & Water



Regular measurement



Medical Examination



Active Lifestyle



Relaxation & Spa



Why Discussion ?

(Stay in Bliss)

भगवान ने सभी को आनंद दिया, बस हमे अपने अंदर के बच्चे को जीवित रखना है

लेकिन

Intelligent crowd discuss more.

So

let us be simple

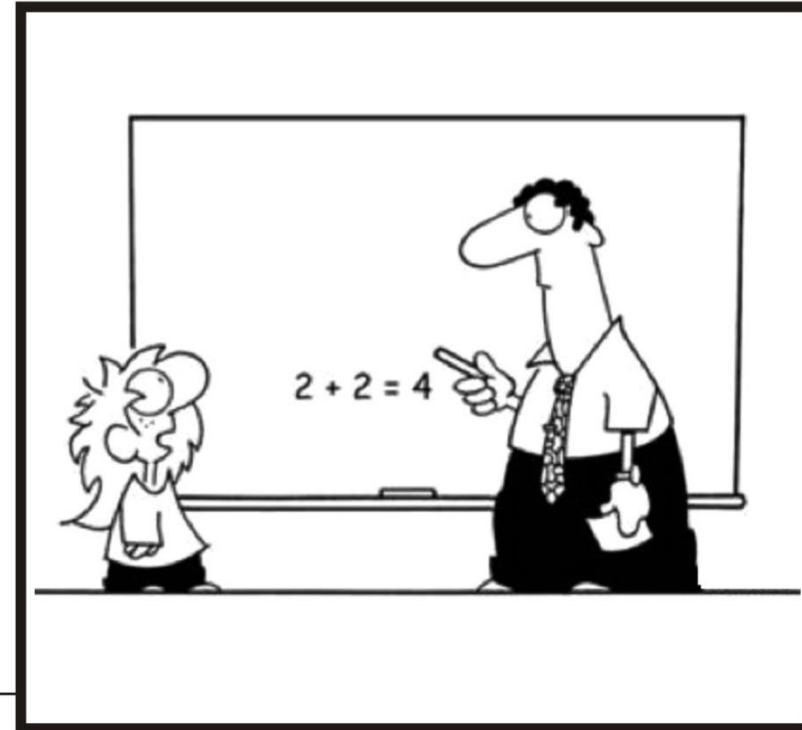
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FITNESS

- **Physical** Body Builder
- **Mental**
- **Social** one may be fit n intelligent but mask face – no fit
- **Spiritual** well being
- No anger/greed just be loyal/ faithful & combination of all will keep you in bliss!

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**Life is complicated,
it's not mathematics**

Does fitness prolong age ? NO 60% genetically determined, Accidents ,Infections,
Fitness add to the joy, enhances positive thinking. So no questions but keep on following fitness schedule.

WHAT WE THINK, WE ARE..



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You can't live a positive life with negative mind.

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- What does fitness give ?
- Biological age / Chronological age
- Fitness – 10 years younger. (Biological)
- it gives sense of well being
- हम कितने जिये से ज्यादा कैसे जिये महत्वपूर्ण है

Myths

हम हमेशा comfort zone में रहना चाहते हैं

- Excuses
- I m thin
- I m young
- I m active
- I m overworked
- Nothing will happen to me
- My health check up – says all ok
- I do regular health check up

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Fitness

- Strength – muscle weight training, its important at all ages of life
- Suppleness – yoga, Yoga is gold standard of all
- Stamina – aerobics/ sports/ jogging/hiking
- Balancing exercises have been added off late , it keep your brain active & accidents & fall chances are reduced. Its more important at later age of life.

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Which is best exercise ?

- Swimming – Need suitable place
- Cycling – accident prone
- Walking – simple hence best
- What suits to you is best !

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Walking Benefits

- Helps with weight management
- It's accessible to everyone
- Doesn't require special equipment
- One of the easiest ways to get more active
- Reduces symptoms of depression and anxiety
- It's a low impact exercise
- Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- Lowers blood pressure
- Reduces the risk of some cancers
- Helps reduce risk and aids with the management of type 2 diabetes
- Improves mood
- Helps maintain strong bones
- Reduces the risk of heart attack
- Less likely to lead to injuries
- Reduces stress
- Reduces risk of heart disease
- You don't have to pay for it
- Builds aerobic fitness
- Helps maintain lean muscle tissue

Healthy lifestyle

- Sleep – lot of stress on proper sleep heads the list
- Socialization
- Exercise
- Destressing
- Eating habits

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Sleep

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- Deaths in gym – inadequate sleep/ stress
- 7 to 8 hours
- Sleep has backlog – you can compensate in week duration
- Sleep hygiene
- Power nap reduces risk of heart attacks/ stroke
- Mobile / TV – Melatonin depletion – Blue ray filters/ say no-2 hrs prior

CREATE THE RIGHT
ENVIRONMENT
FOR SLEEP zzzzz...



NAP
IF YOU
MUST



SOME SLEEP POSITIONS
ARE BETTER THAN OTHERS

SCREENTIME
IS NOT GOOD FOR
SLEEPTIME

KNOW YOUR
SLEEP
CYCLES



SLEEP
USUALLY
BEATS
working out

KNOW YOUR SLEEP NEEDS



EXERCISE HELPS
YOU SLEEP BETTER

10 tips for better sleep

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How to get good quality sleep !

- Limiting daytime naps to 30 minutes.
- Avoiding stimulants such as caffeine and nicotine close to bedtime. .
- Exercising to promote good quality sleep
- Steering clear of food that can be disruptive right before sleep
 - Light diet in evening
- Ensuring adequate exposure to natural light.
- Establishing a regular relaxing bedtime routine
- Making sure that the sleep environment is pleasant



**Sleep
Hygiene**

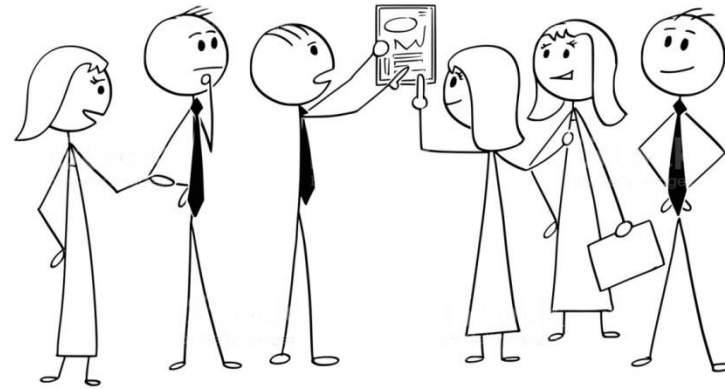
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- Clubs
- Meeting friends
- Express yourself
- Take help

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Socialize yourself



Always keep mind open to learn,
it makes life interesting

Destress yourself

- Hobbies
- Sports
- Vacations
- Learn new things. / Challenge yourself
- Self appreciation

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Happy hormones !

- Endorphins – exercise
- Adrenaline – thrill/challenges
- Serotonin – appreciation
- **Gratitude expression – if you appreciate others, serotonin is secreted in your body as well, so don't lose opportunity to appreciate others**
- Pitocin – love making/ hugs

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Accept challenges !

Stressful situation/ Threat

Adrenaline Rush

Adrenaline (The Superhero Hormone)

What does Adrenaline do ?



- Make us more alert & vigilant.
- Blood supply to muscles is increased; this make muscle stronger.
- Small airways of lungs are widen up; hence more available Oxygen.
- Pain signals are highly reduced.
- So we are better prepared for fight or flight situation. (Our body is simply amazing)



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Mind set matters

- I want to stay healthy from today !
- I want to stay in Bliss!
- I want to love myself
- Unless I M happy, How can I help others.

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- ▶ Be Responsible
Creativity happens, when responsibility supersedes needs.
- ▶ Be unreasonable
Don't give reasons for failures / mistakes.
The policy of escaping responsibility pulls down the growth.
- ▶ Unhappy moment
What to do?
Go alone in 1 room. Laugh louder.
Mental block will go away.
U will face situation better
- ▶ Accept criticism
Don't be football of other's opinion
React coolly; intelligently.
- ▶ For best results Always give 100%
be focused.
be confident.

