

# HEALTH Matters

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Fitness



## Fantastic Fitness Gizmos

*Would you like to know how many calories you burn by running around the house or what is your heart rate when you climb a flight of stairs?*

With all the new age devices in the market, you can do just that. If that is not enough, you can even have reminders and positive reinforcements as well as your daily and weekly track of physical activity recorded and uploaded to your computer. Here are some handy gizmos available in the market which one would find helpful if you are a tech savvy person.

- ❁ **Fitness Watch:** marketed by different companies, it is worn on the wrist and it tracks your workout time, heart rate, and calories burnt. And guess what, it can be connected to a compatible device like a treadmill, bike, etc. to record workouts. It also comes with a pace sensor to record activities like cycling, rowing, etc. It can be connected to a PC to keep a record of activities through its website.
- ❁ **Pocket Pedometer** is kept in the pocket or clipped to the waist to count the number of steps taken during exercise routines, walking, jogging, etc. It also displays distance travelled and calories burnt. Data is stored for a week but it cannot be transferred to the computer.
- ❁ **Workout or Fitness Monitor** with mp3 player motivates the person to exercise



harder. The music player plays songs that match the pace of exercise. It is compatible with sports like running, indoor rowing, cycling, freestyle exercise, etc. It is an mp3 player, pedometer, trainer, and calorie counter rolled into one.

- ❁ **GPS-enabled Cycling Computers** are attached to a cycle's handlebar for easy viewing. They map a person's rides and allow downloads over USBs. It has basic information like speed, distance, calories burned, and time, and it also has a 130-hour memory and a 14-hour battery life.

Most of these devices are affordable and in the range of Rs. 1000–5000. So, the next time you feel you want to know how many steps you walked, how much fat you burned, what your heart rate and physical activity have been, you can actually access this information through these devices. And it is also motivational to see your activity mapped for you so you can improve upon it.

## Editorial

HAPPY NEW YEAR to all our readers!

Welcome to our New Year Issue of Health Matters! The New Year brings with it, new hopes and dreams; a new beginning, which promises a positive change in our lives. We have jotted down a dozen promises this New Year to improve our health and wellness. It is never too late to start the practice of healthy living.

As we come out of a chilling winter, we have some perfect recipes for a Sunday breakfast to pamper you. Experience the wonderful colours and the royal splendour of Rajasthan in our special feature on the princely state. The months of January and February are perfect to visit this marvellous part of northwest India when most of the desert festivals are held in all their glory. Also featured in this issue are some fantastic fitness gizmos which will not only motivate you to work out but will also record and monitor your activities.

Besides that, we have an eye opener about when you should have eye checkups. Eye checkups are much more than testing for prescription glasses. In this issue, read the general guidelines for good eyecare.

Cheers to a New Year and another chance for us to get it right.

## Inside

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Stress



## Stressed@ technology.com

*Could you have imagined a decade ago, that you would be able to send work emails from your smartphone while vacationing in the Maldives or texting every meal plan to your spouse while taking a cab to the airport?*

Or that you could use GPRS to navigate through the streets of Kolkata or read an newspaper on the metro? Our uber-connected lives have made us virtually available at any time, and any place—be it the movies, the golf course, traffic lights, you name it. Technology has made life wonderful and easy, or has it really? Have our lives been taken over by a Frankenstein we have created ourselves? Take this quiz to find out if you are addicted to technology -

- ☞ Can you limit your electronic availability by being away from SMS, email, chats, forums, social networks, and reminders for a day?
- ☞ Are you one of those people who feel a desperate need to press the 'like' button for every photo your friends have uploaded on a social platform?
- ☞ Are you perpetually looking for new games and apps on your smartphone?
- ☞ Do you practically walk, sit, stand, and eat, wake-up, and go to bed with your PDA?
- ☞ Do you have a habit of refreshing your inbox over and over, just in case someone emailed you in the last 60 seconds?
- ☞ Do you compulsively record voice memos for yourself on your phone?
- ☞ Do you change your phone settings almost every two days?
- ☞ Have you ever changed vacation plans based on WI-FI availability?
- ☞ Do you get restless if you do not receive SMSs, emails, or notifications from your various contacts every morning?
- ☞ Are there two or more portable electronic devices within reach right now?

If your answer is YES to five or more of these questions, get rid of the smartphones, iPads, iPods, PDAs for a day and get liberated! It is a wonderful feeling to disconnect once in a while. It is only when you unwire, that you will know the pleasure it brings.

Health



## Optimal care for optical health

*Does everyone need an eye examination? When should a person ideally see the eye doctor? Is no news always good news?*

Eye diseases can be silent: either worsening over many years or suddenly with striking symptoms. Although many eye diseases are slowly progressive and often painless such as diabetic and hypertensive eye diseases, some others can affect the vision rapidly, such as glaucoma and retinal detachment. Many eye diseases are preventable

screening tests for other illnesses such as diabetes, hypertension, cataract, glaucoma, etc.: at least once with follow-ups every year after that.

- ✓ If there are symptoms such as dry, itchy eyes; floaters/spots in field of vision; wavy lines; blurred vision; pain in or behind the eyes; sudden occurrence of squinting; or any other noticeable



or controllable for slower progression with proper precautions and healthy eating. There are several steps one can take to help prevent eye diseases and their progression. This starts with the knowledge of keeping the eyes healthy and following good habits for maintaining eye health. Here are some guidelines:

- ✓ All adults in the 18–40 years age group should have a baseline eye check-up consisting of visual acuity, a thorough ophthalmoscopic check-up, as well as measurement of ocular pressures, at least once a year. If everything is normal, follow-ups should be done every two years.
- ✓ All adults over 40 should have visual acuity tested for presbyopia and

change, an immediate referral with an eye specialist is important. This should be followed by follow-ups as recommended.

- ✓ If there is a history of diabetes, hypertension, glaucoma, or any other eye disease, and/or smoking, annual checkups are important for any changes in eye health.
- ✓ Make sure your diet consists of good quantities of Vitamin A, E, and C and minerals Zinc and Selenium (trace requirements).
- ✓ If there is a family history of eye disease, annual follow-ups are required.
- ✓ Those who spend a lot of time in the sun should use protective sunglasses or eyeglasses to prevent heavy exposure to ultraviolet light.

*(Note – This article does not cover recommendations for children.)*



Diet



## Breakfast in bed

Here is a delicious, wholesome breakfast to pamper yourself on a lazy Sunday morning, and guess what: it is healthy and nutritious too!

Eggs are the quintessential breakfast food and here we explore an egg recipe with spinach. Can it get any better? How about a cup of low cal hot chocolate to wash it down?



### Eggs Florentine

#### Ingredients

- 4 eggs
- 3 cups spinach, fresh and chopped after washing
- 2 green onions chopped
- ½ cup skimmed milk or 1 tbsp cream
- Salt and black pepper to taste

Heat a skillet with 1-2 tsps cooking oil and sauté the onions and spinach till reduced and wilted. In a bowl, beat the eggs thoroughly, add salt and pepper as well as the skimmed milk or cream. Add this beaten mixture to the skillet and cook till done (depending on how well done you like it). Serve on wheat toast or as is. You can add shredded cheese while serving if desired.

**Nutritional information:** (per toast and Egg Florentine serving) *Calories 200, Total fat 8 grams, Saturated fat 2.5 grams, Cholesterol 225 mg, Sodium 450 mg, Carbohydrate 15 grams, Fibre 3 grams, Protein 13 grams, Vitamin A 100% RDA, Vitamin C 30% RDA, Folate 35% RDA. (RDA is Recommended Daily Allowance).*

Lifestyle



## A dozen promises

*New Year resolutions! The New Year always brings hopes and promises for everyone.*

We hope to achieve this year what we could not do last year. Let us promise ourselves good health and wellness this year. It is a gift that will last a lifetime. Here are 12 promises that will help:

- ✎ Promise to eat right this year. Control your portions, cut down on processed foods, and increase whole grain, natural foods.
- ✎ Promise to do moderate exercise 30 minutes a day, every day, and use the staircase instead of the elevator as much as possible.
- ✎ Promise to get adequate rest and sleep at least seven hours every night.
- ✎ Promise to drink alcohol in moderation as recommended (up to two drinks for men and one drink for women. One drink = 125 ml red wine or 250 ml beer) and not drink alcohol close to bedtime. {only for people who drink}
- ✎ Promise to quit smoking this year, no matter how hard it gets.
- ✎ Promise to spend more time with family and friends.
- ✎ Promise to manage your money better and reduce your debts.
- ✎ Promise to be kind and compassionate and enjoy the gift of giving. Try to help someone in trouble every day.
- ✎ Promise to laugh and smile more. Smile at the first person you see in the morning and always go to bed with a smile.
- ✎ Promise to practise positive self talk and be optimistic. Be patient with yourself and everyone around you and not be judgemental.
- ✎ Promise to monitor your blood pressure, cholesterol, and weight. Get screened for diabetes this year and (for women) do a monthly breast examination. Keep a weighing machine in the bathroom and keep track of your weight. Promise to take care of your teeth and bones.
- ✎ Promise to see your doctor once a year and keep your health in order.

Remember, if you have promised yourself a big thing, set small targets at first. Instead of looking at the mammoth task on the whole, taking small steps towards achieving it will help you to reach the target easily.

Keep the promises you made to yourself for the entire year. Let's not wait for another new year.

### Hot Chocolate

#### Ingredients

- 4 cups skim milk or low fat milk
- 2 tbsp sugar
- 1 tbsp unsweetened cocoa powder
- 1 tsp vanilla extract

Put milk, sugar, cocoa powder, and vanilla in a saucepan. Mix well with a ladle or whisk and heat until warm. Stir till it dissolves and serve.

**Nutritional information:** *Total Calories 420, Total fat 17 grams, Cholesterol 0 mg, Sodium 150 mg, Carbohydrate 30 grams, Protein 11 grams, Calcium 30% RDA.*





Leisure



## Festivals of the desert

*A herd of camels, locals dressed in colourful clothes, polo matches, men with long moustaches, puppeteers, and jugglers: this is the kaleidoscope that comes to mind when one thinks of Rajasthan.*



This exuberant **Jaisalmer Desert Festival** is held in every year, in the end of January or beginning of February, amid the sand dunes of Sam, 42 km from the city of Jaisalmer. The celebrations last for three days and reflect the rich culture of the region.

**Marwar Festival** is a two-day festival held in October in Jodhpur, beginning on a full-moon night. Formerly known as the '**Maand Festival**,' this annual event showcases the art and culture of Jodhpur and is devoted exclusively to folk songs and dance. The folk performers bring to life the myth and folklores of the region and sing songs in remembrance of valiant heroes. Horse riding, horse polo, and a variety of other competitions are also held.

**Pushkar** is one of the most famous Hindu pilgrimage sites in India and it is said that a dip in the sacred lake of Pushkar is as good as a pilgrimage to the four main Hindu shrines. The charming lake of Pushkar is surrounded by hills on three sides and sand dunes on the

fourth and is home to a unique religious and cattle fair. Pushkar alone has more than 400 temples and is said to be the only place with a temple dedicated to Lord Brahma.

The Camel Breeding Farm in Bikaner is the only one of its kind in Asia and so is the **Camel Festival** which is held on the full-moon night, every year in January. Bikaner is bright, alive, and colourful with its traditional costumes; vivacious fairs and festivals; paintings and murals; electrifying wares; and hoards of artistic skills, that date back centuries.

Whether it is sand dunes, desert safari, forts and palaces, the colourful tribal life, or the fairs and festivals of Rajasthan travellers to Rajasthan are assured of a truly regal experience. Come, feel the royalty of Rajasthan yourself!



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