

Components of a Healthy Lifestyle



Healthy Eating



Physical Activity



Quit Smoking



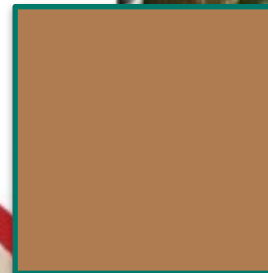
Drink Enough Water



Healthy Relationships



Nil/ Moderation



Stress Management



Brian Fitness



Sunlight Exposure

EAT RIGHT

**BALANCING MEALS
WHILE GOING
THROUGH CALORIE
RESTRICTION**

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



How much physical activity should you do?



This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

All adults should undertake muscle strengthening activity, such as



exercising
with weights



yoga



or carrying
heavy shopping

at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods



Water Intake




Water is your body's principal chemical component and makes up about 60 percent of your body weight.

Your body depends on water to survive. About 20 percent of daily fluid intake usually comes from food and the rest from drinks.

Eat your water: you can get some fluids through the foods that you eat as well. For example, broth soups and foods with high water content – such as celery, tomatoes, or melons – can contribute to fluid intake.

Let's target to drink 8 glasses of water daily. Try calorie-free, fruit-flavoured waters to add some variety. Add citrus. Adding a slice of lime or lemon to your water may improve the taste and make you want to drink more water than you usually do.

Sunlight Exposure



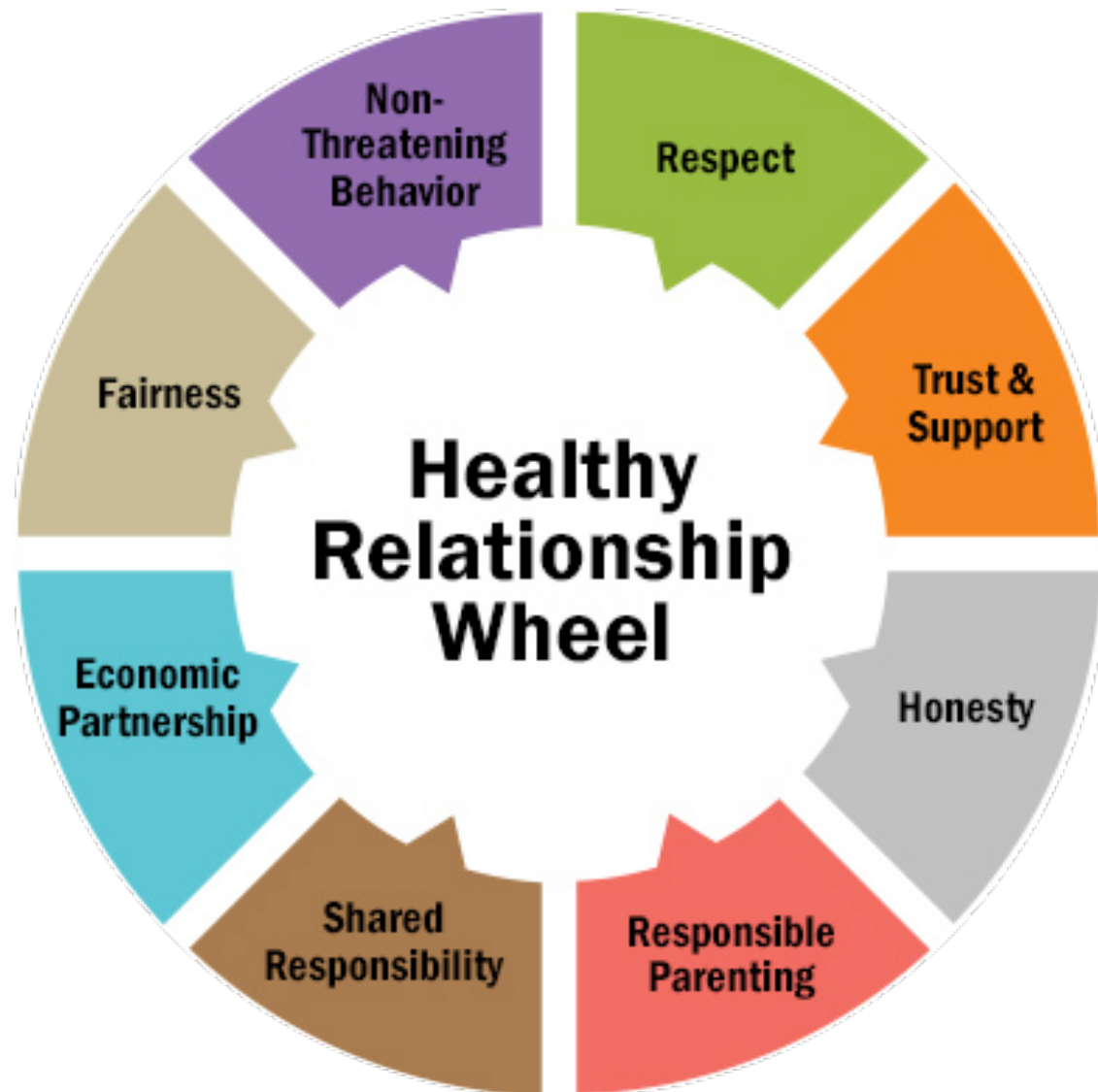
Regular sun exposure is the most natural way to get enough vitamin D. To maintain healthy blood levels, aim to get 10–30 minutes of midday sunlight, several times per week. People with darker skin may need a little more than this. Your exposure time should depend on how sensitive your skin is to sunlight.

Building and Sustaining healthy relationships

Family

Friends

Society



- In order for relationships to succeed, people need certain skills. Communication, Cooperation and Compromise are the three Cs of Healthy Relationships
- *Communication*: Way of sending and receiving messages. Exchanged through words, gestures, facial expressions and behaviours
- *Cooperations*: Working together for the good of all.
- *Compromise*: Problem Solving method that involves each participants giving up something to reach a solution that satisfies everyone.

Effective Stress Management

Meditation can produce a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

Meditation is a simple technique that, if practiced for as few as 10 minutes each day, can help you control stress, decrease anxiety, improve cardiovascular health, and achieve a greater capacity for relaxation

MEDITATION

for stress management

Habits and Healthy lifestyle



Sleep Recommendation

- Stick to a sleep schedule: Set aside no more than eight hours for sleep. A relaxing, routine activity right before bedtime: Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.
- Create restful environment: Avoid prolonged use of light-emitting screens just before bedtime. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.
- Increase Bright Light Exposure During The Day. Reduce Blue Light Exposure in the Evening. ...
- Pay attention to what you eat and drink: Don't go to bed hungry or stuffed. Don't Consume Caffeine Late in the Day. No Nicotine/Alcohol within a couple hours before bed
- Reduce Irregular or Long Daytime Naps. ...
- Try to Sleep and Wake at Consistent Times. ...
- Do not do any activity which create excitement, stress or anxiety which can make it difficult to fall asleep.

WEIGHT LOSS

Daily Calorie requirement to maintain current weight
2000 cal diet

Calorie restrictions
600-800 cal restriction



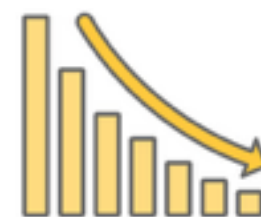
1200-1400 cal diet



Physical activity
200 cal burn

Concept 1

CALORIE DEFICIT CREATION



1200cal deficit in a day



7000 cal deficit in 5-7 days

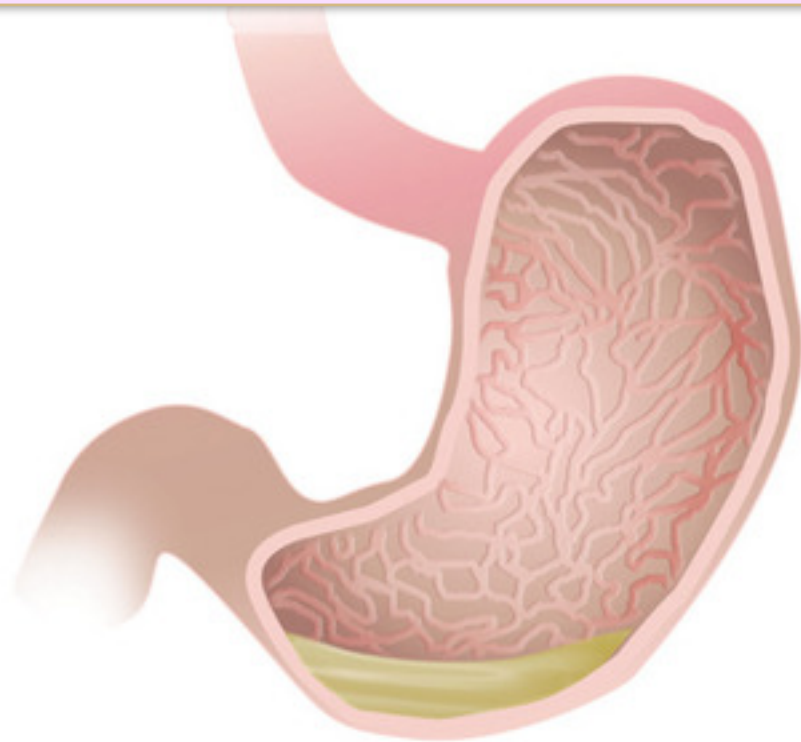
1 kg loss in 5-7 days



Concept 2

We will cut down **ENERGY DENSE LOW NUTRIENT** food from your plate.

We will Shift you to **LOW CALORIE NUTRIENT DENSE** food



400 Calories of Oil



400 Calories of Beef



400 Calories of Vegetables

Stretch receptors are located throughout the stomach. When they are triggered by food, they send signals to your brain to tell you to stop eating. With high fiber, whole plant foods, you can eat the most quantity for the least amount of calories.

Concept 3

Provide consistent supply of Glucose. Learn the calorie breakdown per meal

	Calories	Carbs (gm)	Proteins (gm)	Fat
Breakfast	300	<45	15-20	<10 gm
Lunch	400	<45	15-20	<10 gm
Dinner	250	<30	15-20	<10 gm
MMS	150	15	5-10	
ES1	100	15	5-10	
	1200			

Concept 4a

PATTERN OF EATING : BF

General Guideline

350-400 cal, 150cal from Grains, 60-100 cal proteins

Min 3 food groups.

Fruit/Veg

1 cup cut fruits or one medium sized fruit such as apple pear orange etc. Adding few slices of cucumber-carrot or adding a carrot juice make the micronutrient profile better

Proteins

20 gm proteins for breakfast. Protein sources can be egg whites, nuts/sprouts/legumes.

80-120 cal

80-120 cal

100-150 cal

Grain Source

BF Cereals restrict to 1/2 cup muesli, or 1/2 cup cornflakes

Dosa/Roti Restrict to 1 nos

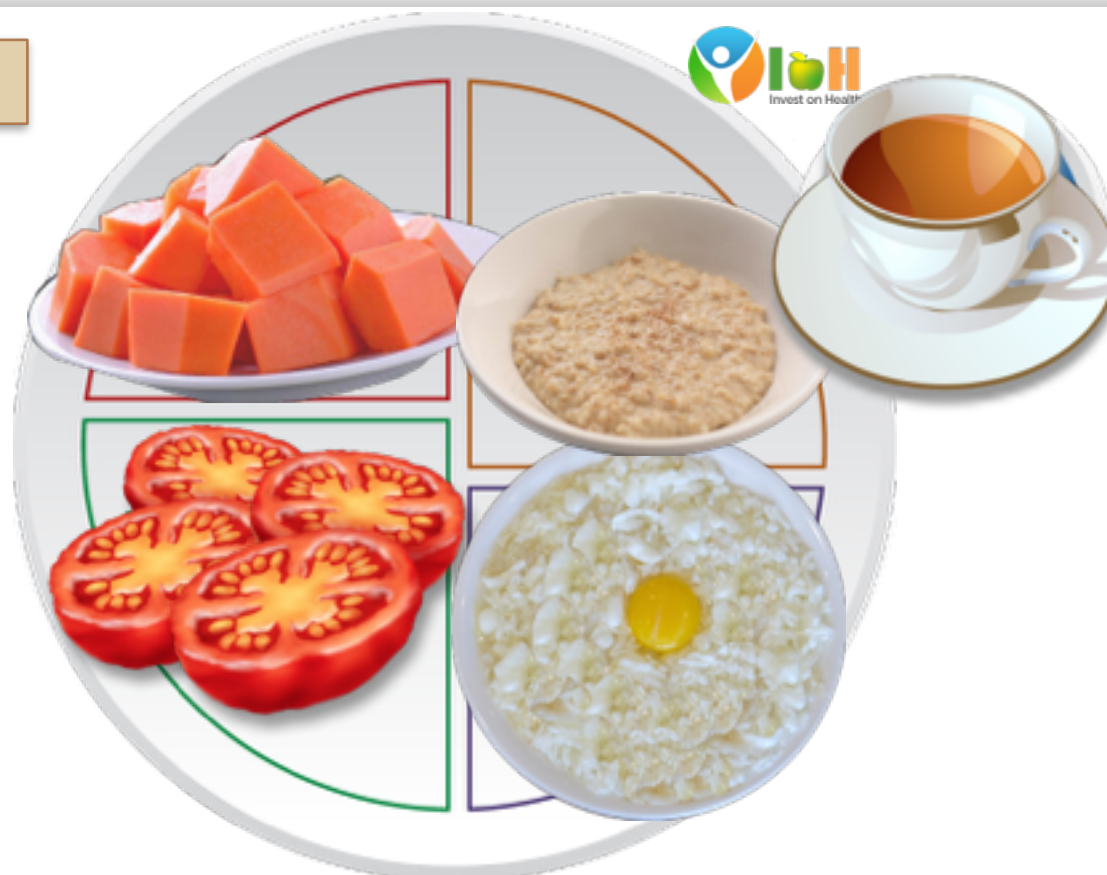
Bread/Idli 2 nos

Waffles/Croissant 1/2 nos

Pancake etc 5" sized 2 nos

1 cup oats porridge

BREAKFAST



	Item Name	Unit	Quantiy	Cal	Carb	Protein
Grain	Oats Porridge	cup	0.5	75	11	2
Protein	Egg White	nos	4	68	0.5	14.8
Protein	Whole Egg	nos	1	78	0.5	6.5
Veg	Tomato Grilled	nos	1	21	4	0.2
Fruit	Papaya	cup	1	55	11	0.7
Dairy	Milk tea	cup	1	60	6	4
The right Sequence of Eating to be followed						
				357	33	28.2

LUNCH

General Guideline

300-400cal, 100-120 cal from Grain, 150 cal proteins

Min 3 food groups. Cooked Legume/Lean Meat (Chicken/fish) can be a protein source.

Fruit/Veg

Let the 1/2 of the plate be non starchy vegetables . 1 cup Raw Vegetable salad or partially steamed one or pan sautéed one

Proteins

Aim for 20+ gm proteins. Protein sources can be fish/Lean meat/dals/beans/soy products. Low fat curd or Greek Yoghurt should be eaten for every lunch

80-120 cal

150 cal

100-120 cal



Grain Source

Roti Restrict to 1nos
Rice restrict to 4-6 tbsp
Pasta /Noodles 50 gm cooked
Eat Whole grain Products

LUNCH



	Item Name	Unit	Quantiy	Cal	Carb	Protein
Grain	Roti	nos	1	90	15	3.5
Protein	Dal cooked	cup	0.5	100	14	8
Veg	Stir fried Vegetables	Bowl	1	80	6	1
Fruit	Papaya	cup	1	55	5	0.4
Dairy	Yoghurt	Katori	1	51	5	4
	Adding a low fruit is an option if you are not full					
				376	45	16.9

Concept 4c

DINNER

General Guideline

250 cal, <100 cal from carbs, 100 cal proteins

Min 3 food groups. Cooked Legume/
Lean Meat (Chicken/fish) can be a
protein source.

Fruit/Veg

Let the 1/2 of the plate be non starchy
vegetables . 1 cup Raw Vegetable salad
or partially steamed one or pan sautéed
one

Proteins

Aim for 20+ gm proteins. Protein
sources can be fish/Lean meat/dals/
beans/soy products. Low fat curd or
Greek Yoghurt should be eaten for
every lunch

80-100 cal

80-100 cal

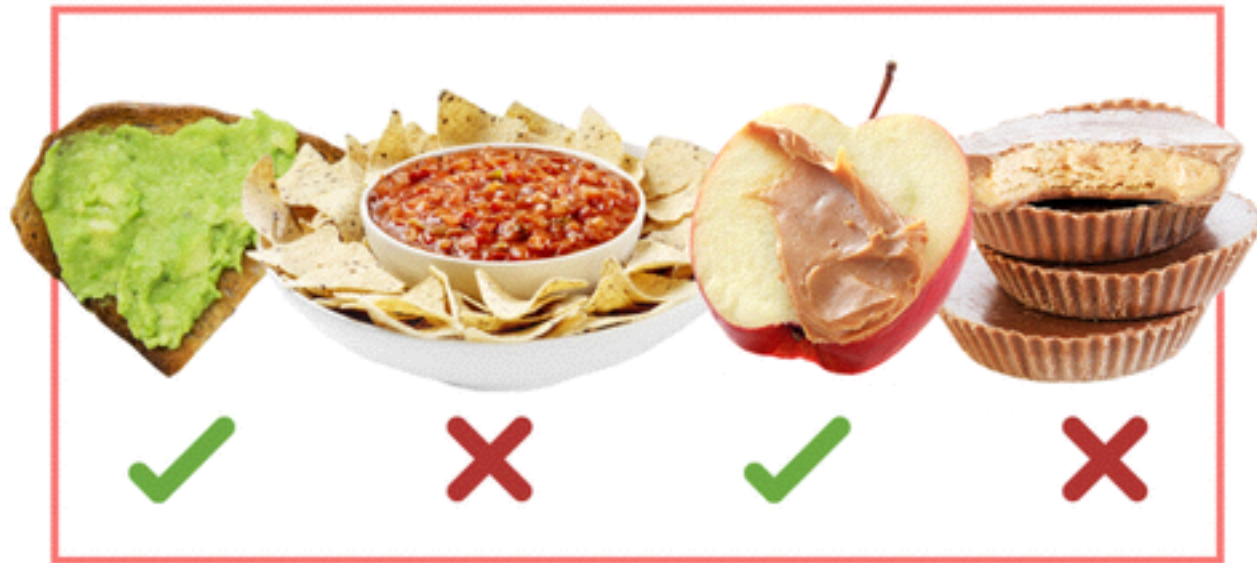
Nil or 60-80
cal



Grain Source

Roti Restrict to 1nos
Rice restrict to 4-6 tbsp
Pasta /Noodles 50 gm cooked
Eat Whole grain Products

SNACK



- Snack ON Nuts, Seeds, fruits, salads, soups, Nut bars (low sugar)

Concept 4

INTERVALS OF EATING

Intervals of Eating

Advise you to eat every 3-4 hours intervals. Go for Low calorie high nutritious food.

BF: 8 AM



MMS: 11 AM



ES: 5 PM



LUNCH: 2 PM



DINNER: 8 PM

Concept 3

SEQUENCE OF EATING

Start your major meals with 1/2 cup warm water

Second item to have is

Vegetable salad or fruits

This Items to have your **Proteins**

Finally your **grain with side dish.**

Grain side dish should be limited to 1-2 tbsp

Vegetables should be eaten in raw form or partially steamed without masala and oil

Proteins too should be eaten without Much Masala



1 cup warm water + 1 tsp apple cider vinegar



Fruits/Raw Veg Salad



Proteins



Grains & Dairy