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Parents' Guide

SEDENTARY LIFESTYLE



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PUT AN END TO
SEDENTARY
LIFESTYLE BY
LEADING AN ACTIVE
LIFE. GET INVOLVED
WITH SPORTS OR
ANY PHYSICAL
ACTIVITY. HEALTHY
DIET IS ALSO A
MUST.

LAZY existence

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“Regular and timely meals play a very important role in keeping the diseases at bay.”

DR HONEY KHANNA
HEAD DIETICIAN,
MAX HOSPITAL, GURGAON

Sedentary lifestyle is a medical term used to denote a type of lifestyle with a lack of physical exercise. It is characterised by sitting, reading, watching television and computer use for much of the day with little or no vigorous physical exercise. Daily calorie requirement for a sedentary person would largely depend on the body frame, height, weight and physical activity of a person.

Approximately, a well-balanced diet will have around 50-60 per cent of calories coming from carbohydrates (mainly complex carbohydrates), 20-25 per cent from proteins and 25-30 per cent from good fats.

- Carbohydrates should form the main base of your diet. Choose healthy or complex carbohydrates in the form of

fresh fruits and vegetables, grains, wheat products, cereals, pulses, legumes and beans. Simple and refined carbohydrates should be avoided as far as possible as they lack majority of the vital nutrients.

- Proteins should be included in the form of eggs, low fat dairy products, fish, poultry without skin and meat. Some other sources of proteins like shell fish, organ meats, meat, pork, poultry with skin and ham are also high in cholesterol and saturated fats. So they should be consumed in moderation.
- Fats in the form of monounsaturated and polyunsaturated (high in omega-3 and omega-6 fatty acids) are a good option. The consumption of cholesterol rich foods and saturated fat rich foods should be minimised and food with trans fats should be completely avoided.
- Include a variety of food and food group to gain all the vitamins and minerals in the diet.

Other than a good diet you should be active and increase your physical activity. Get involved in sports or activities you love such as swimming, jogging, skipping, or cycling. A simple brisk walk when done daily for 30-40 minutes will also help to improve your overall health. Regular and timely meals also play a very important role. One should also have a proper intake of water.



“Parents should inculcate healthy habits among kids and lead from the front.”

DR MADHUSUDAN GROVER
PHYSICIAN

In today's times staying fit can be a task for many. With things at your disposal, uneven working hours, unhealthy diet and sedentary habits people tend to neglect health. It's a vicious circle for sure but that is all the more reason to break out of it. Sedentary lifestyle can lead to various ailments such as hypertension, anxiety, stress, heart problems, joint problems, etc. The best way to check such a lifestyle is by getting involved in a physical activity, even if it is for 15 minutes daily. Participating in any sport, running, or even walking helps you get out of that mould. Balanced diet is also a major constituent of a healthy lifestyle. Junk foods should be taken in moderation, binge should be avoided. Parents should inculcate healthy habits among kids and should lead from the front. If such habits are not discouraged at an early stage then they become way of life and can pose serious health risks. Parents should segregate time for studies, entertainment and exercise accordingly.



“Lack of physical activity can lead to anger, restlessness, stress and other serious ailments.”

DR ATUL GOGIA
CONSULTANT PHYSICIAN,
SIR GANGA RAM HOSPITAL

Even children have fallen prey to the world of cut-throat competition and get bogged down by the incessant demands of the parents and the society to score the highest marks. In this rat race health becomes the victim. Lack of physical activity in teenagers can lead to anger, restlessness, stress and other serious ailments. One of the common signs of sedentary lifestyle is sleep apnea in which the person feels sleepy most of the day. This can prove to be fatal as the chances of accidents get accentuated. If you are not leading a normal, healthy life then the body's hormonal balance goes awry and leads to secretion of toxins. Another indication is the high levels of uric acid in the body. If uric acid exceeds the normal level then it starts getting deposited in the joints, leading to joint problems such as arthritis. To avoid such problems one should exercise regularly and couple it with a balanced diet.