

Health Is Wealth

Your health is your biggest asset. Here are steps that cost nothing but keep you fit so that you can enjoy your wealth.

#1 Go jogging instead of gymming

Jogging is a great way to exercise and costs nothing. Cancel the expensive membership at the local gym and hit the track instead. Even running 1 km a day can make a significant difference to your health.

#2 Ditch that elevator

Avoid taking the lift whenever possible because walking up the stairs is good for your heart and circulation. It won't hurt you if you need to go up just 1 or 2 floors. It's a simple exercise you can do even at work.

#3 Take a balanced diet

A balanced diet that includes carbohydrates, proteins, fats, minerals and fibre in moderate quantities is essential for good health. Eat a lot of fruit and vegetables to ensure that your digestive system is in fine fettle.

#4 Drink more water

Doctors recommend drinking 8-10 glasses of water a day. This is necessary to flush out harmful toxins from the body and keep vital organs in good shape. Add a spoonful of lemon juice to an early morning glass of water to make it more effective.

#5 Spend sometime in the sun

We now spend a lot of our leisure time indoors. Not getting enough sunlight can lead to Vitamin D deficiency, which can cause bone problems. Spend at least 10-15 minutes a day in the sun to top up on the key vitamin.

#6 Swim your way to slimness

Forget saunas, slimming pills and other newfangled ways of losing weight. Swimming is a more effective way to a perfect body. For every 10 minutes of swimming, an individual burns 80-100 calories.

#7 Don't eat out, carry lunch

Do you eat lunch outside? It is fine once in a while but if you eat junk food every day, you may be asking for trouble. Take lunch from home instead of eating out. Home cooked food is not only hygienic but is also easy on the wallet.

#8 Push that pedal

Going to the neighbourhood grocery? Instead of driving down, get yourself a cycle. Cycling is great exercise. It may be unsafe to cycle on main roads but it can still be used for travelling short distances.

#9 Don't let TV, NET deprive you of sleep

Are you feeling sleep deprived? You could be spending too much time before the TV or on the Net. An adult needs at 6-7 hours of sleep a day. If you are not sleeping enough, it will show in your behaviour and ability to focus.

Thank You.

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