



FITNESS SPECIAL

SEDENTARY LIFESTYLE: A SILENT HEALTH FOE

Lack of exercise is 'deadly' as smoking! Stand Up for your health

Are you sitting long hours each day - at work, in the car, in front of the TV? It may seem something normal to you, but do you realize the serious health repercussions this sedentary lifestyle causes?

The human bodies have been designed to move and engage in physical activities. Compared to our parents or grandparents, we "move less" and "sit more." This evolutionary shift along with unhealthy eating habits has led to serious health consequences. So harmful is the impact of continuous sitting on health that it is now touted as the "sitting disease." As per global studies, we sit on an average for 7.7 hours in a day. Some studies estimate that people sit for up to 15 hours in a day.

WHAT IS THE COST OF SEDENTARY LIFESTYLE?

There is sufficient evidence that confirms that physical inactivity increases the risk of many major adverse health conditions including:

- Coronary heart disease
- High blood pressure
- Stroke
- Metabolic syndrome (including obesity and abnormal blood cholesterol levels)
- Type 2 diabetes
- Breast and colon cancer
- Depression
- Death (from any cause)

LET'S HAVE A LOOK AT THE STATISTICS

- Physical inactivity is the fourth leading risk factor for global mortality and causes 6% of all deaths. It is only outstripped by high blood pressure (13%)

and tobacco use (9%) and carries the same level of risk as high blood glucose (6%). Approximately 3.2 million people die each year because they are not active enough.

- Physical inactivity is on the rise in many countries, adding to the burden of non-communicable diseases and affecting general health worldwide. People who are insufficiently active have a 20% - 30% increased risk of death compared to people who engage in at least 30 minutes of moderate intensity physical activity on most days of the week.
- Physical inactivity is the main cause for approximately:
 - ◆ 21–25% of breast and colon cancers
 - ◆ 27% of diabetes
 - ◆ 30% of ischemic heart disease
- Globally, one in three adults is not active enough.

WHAT ARE THE RECOMMENDATIONS FOR PHYSICAL ACTIVITY?

World Health Organization (W.H.O.) recommends

- For children and adolescents: 60 minutes of moderate to vigorous intensity activity per day.
- For adults (18+): 150 minutes of moderate-intensity activity per week.

SOME TIPS TO HELP YOU GET MOVING!

- If you can't set aside one block of time, do short activities throughout the day, such as three 10-minute walks.
- Create opportunities for activity. Try parking your car farther away from where you are headed. If you ride a bus or train, get off one or two stops early and walk.
- Use stairs instead of an elevator or escalator.

- Walk while you talk, if you're using a cellphone or cordless phone.
- Doing yard work or household chores count as physical activity. Turn on some upbeat music to help you do chores faster and speed up your heart rate.
- Vary your activities, so you don't get bored. For instance, use different jogging, walking, or biking paths. Or bike one day, and jog the next. Go dancing with your partner or friends.

COMPLICATIONS OF DIABETES IN ELDERLY- SPECIAL CONSIDERATIONS

Diabetes affects a large section of population across all ages globally. As per the recent diabetes statistics given by American Diabetes Association (ADA), nearly 26% of elderly people (65 years and older) have diabetes compared to about 11% of younger people (aged 20 years and above). This means older adults show a higher prevalence of diabetes.

Diabetes in older adults is linked to higher mortality, reduced functional status, and increased risk of hospitalization. Elderly people are more vulnerable to suffer from late diabetic complications, as ageing appears to interact with hyperglycemia to accelerate the onset of these complications. **What are the complications associated with diabetes in people of all ages?** Furthermore, they also tend to develop other health conditions associated with increasing age, much earlier than older people who do not have diabetes.

SPECIAL HEALTH CONDITIONS THAT NEED ATTENTION IN ELDERLY PEOPLE WITH DIABETES

Memory Problems

Many old people with diabetes suffer from dementia and therefore face difficulty in recollecting facts or events. According to scientists, the memory problems seen in elderly with diabetes arise due to interaction between diabetes-related metabolic derangements (e.g. hyperglycemia) and the structural and functional changes occurring in the central nervous system (CNS) as part of the normal ageing process.



Preventive Measures: Some studies report that improving glycemic control may enhance cognitive performance in elderly people with type 2 diabetes. Therefore, increased blood sugar levels need to be managed appropriately in order to reduce the risk of cognitive dysfunction.

Depression

Elderly people with diabetes are at an increased risk of suffering from depression mainly due to presence of complications and long periods of hospitalization. Depressed elderly people may show poor self-care behaviors, such as overeating, drinking alcohol, not exercising, skipping medications, or failing to keep medical appointments. Thus, identifying and treating depression in diabetes is strongly recommended.



Preventive Measures: Depression in elderly can be identified using some questionnaire and scales, such as, "Geriatric Depression Scale." Antidepressants need to be chosen carefully as some drugs may cause hypertension and urinary retention. Depression in elderly may also be managed through education, counseling, behavioral therapies, and using non-conventional treatment options.

Pressure Ulcers

Pressure ulcers occur very commonly in people with diabetes due to poor tissue blood flow. Poor wound healing, caused by zinc deficiency, occurring as a result of elevated blood sugar levels may also contribute to development of pressure ulcers.



Preventive Measures: Supplementary zinc treatment (220 mg zinc sulphate three times daily) may prove beneficial in treating pressure ulcers.

Foot Amputations

Two-thirds of all elderly people with diabetes have to undergo amputation. Poor blood flow to the microvascular structures of the feet and changes in autonomic nervous system function, due to ageing, may contribute to foot ulcers and infections.



Preventive Measures: Use of appropriate foot wear, frequent application of hydrating lotions, and early treatment of foot lesions may prevent amputations.

Reduced Pain Threshold

Older people with diabetes tend to experience pain more frequently than people with other chronic conditions or older people without diabetes. According to scientists, increased glucose levels block the actions of endorphins (natural painkiller) thereby lowering the pain threshold.

Preventive measures: Since hyperglycemia is the major contributor of reduced pain threshold, controlling blood glucose level may appear beneficial.

NIGHT-TIME CRAVINGS - CHIPS AND THE DIP THEREAFTER



Do you often hear the refrigerator, or the snacks in kitchen calling your name after dark? Surfing the Internet, watching television, or movies don't seem good enough at night without some popcorn, chips, ice cream, chocolate, or soda?

Do you end up eating more after dark than all you had during the day as you feel it's the only time when you are all by yourself and can relax? Night-time over indulgence of food, especially processed foods and sugar laden products and drinks, is surely a well-packed recipe for disaster.

WHY OVEREATING AT NIGHT IS BAD FOR HEALTH?

Overeating at night jeopardizes your health as the calorie-dense foods you consume cause a disturbance in the body's natural system of metabolism. It may lead to serious diseases, like obesity and make it difficult to maintain healthy weight. Night-time overeating may also cause a change in the sleep patterns due to which you may have a tough time falling asleep, or experience restlessness after getting up in the morning. Lack of sleep or restless sleep over a period of time may increase the incidence of elevated psychological distress, depression, or anxiety, which in turn are risk factors for obesity. The FDA has declared obesity as a disease as it is linked to many chronic diseases, such as high cholesterol and heart diseases.

In addition, late eating usually wakes you up with a feeling of fullness due to which you may skip breakfast in the morning and have irregular meals during the day. Therefore, this disturbed pattern puts you in a vicious cycle, resulting in tendency to overeat after the evening time. This may disrupt the normal blood sugar levels and put you at a higher risk of developing type 2 diabetes.

Breaking the Cycle

- Consult your Health Care Provider (HCP) or a dietician who can help you chalk out a proper eating plan, which will help you break the night overeating habit.

- Try and be mindful about the problem and identify the triggers, which make you overeat at night.
- Eating healthy meals and snacks throughout the day can be your savior to minimize night time hunger.
- Try to replace the mindless unhealthy food snacking habit, such as munching while surfing the Internet and watching TV, with healthy snacking options.
- Start your day with breakfast, drink plenty of water, and grab your dose of exercise for the day. All these help you deal with the hunger pangs.
- Treat yourself with a dose of fiber, especially at dinner. It helps fight against the risk of many chronic diseases and keeps you satiated for longer durations, so that you don't feel hungry soon.
- You may also visit your HCP to get yourself checked up for a disorder that may be the cause of over indulgence in food during night. Diseases that can lead to overeating include binge eating disorder, stress, depression, anxiety, and sleep disorders.

There are many risks associated with night-time overeating. This self-defeating habit wreaks havoc to your health. It's time to break free from this obsession; don't let the feeling you have for food control you, instead control the food you eat.

HEALTH QUIZ

1. Physical activity can counteract the harmful effects of other risk factors, like high blood pressure and high cholesterol.
a) True
b) False
2. Exercise programs do not require a lot of time to be very effective.
a) True
b) False
3. All exercises give you the same benefits.
a) True
b) False
4. Women benefit from physical activity.
a) More than men
b) Less than men
5. Having type 2 diabetes increases your chances of heart disease.
a) True
b) False

Answers: (1) a (2) a (3) b (4) a (5) a

RECIPE OF THE MONTH

MANGO BERRY ROTINI SALAD



Mangos, berries, spinach, and feta cheese make for a colorful twist on pasta salad, with the perfect balance of sweet and tangy.

Preparation time: 30 minutes

Serves: 4

Ingredients

Salad

- 1 cup (4 oz) whole-wheat rotini pasta, uncooked
- 1 ripe mango
- 1 cup raspberries
- 1 cup blueberries
- 2 cups fresh baby spinach
- ½ cup reduced-fat feta cheese

Vinaigrette

- 3 tbsp extra virgin olive oil
- 2 tbsp raspberry vinegar
- 1 tsp sugar
- 1 tsp poppy seeds
- ¼ tsp salt

Directions

1. In a small bowl, whisk vinaigrette ingredients; set aside.
2. Boil water and cook rotini according to package instructions. Drain cooked rotini and rinse in cool water.
3. While rotini is cooking, cut mango into chunks, removing peel and pit.
4. Place salad ingredients in a large bowl; drizzle with vinaigrette. Toss gently.

Serving Suggestions

Serve with an 8 oz glass of non-fat milk.

FAQ's

Is physical activity safe for people with heart problems?

For most heart patients, physical activity is not only safe; it's part of the treatment! Before you start your physical activity program, talk to your HCP and take advice about the kind of physical activities to follow. Your HCP may recommend an exercise stress test to help determine a safe level of activity for you.

How can I include more physical activity in my life?

You can add physical activity to your daily life in many ways. For example, exercise first thing in the morning before your day gets too busy, or combine physical activity with a task that's already part of your day, such as walking the dog or doing household chores. Some other ways include:

- If you have a desk job, use your coffee breaks to take 5 to 10 minute walks.
- In parking lots, park your car as far away as you can.
- Use a pedometer to count how many steps you take each day. Each week aim to increase your daily step count by 1,000 steps until you reach 10,000 steps a day.
- Walk a flight of stairs 10 times a day and always make sure that you use the stairs instead of an elevator whenever possible.

If I take care of my diet and I'm overweight, do I still need to do some physical activity?

Eating a nutritious diet and maintaining a healthy weight are only part of a healthy lifestyle. Regular physical activity is important to the physical and mental health of almost everyone, including older adults. Being physically active can help you stay strong and fit enough to keep doing the things you enjoy and to stay independent as you get older.