

Health resolutions 2019

How to make and keep them?



Welcome the New Year with health goals that are practical to achieve and give you long-lasting health benefits. We suggest a few

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NEW YEAR, new resolutions. Creating New Year's resolutions can be difficult, especially when you are accustomed to a certain style of living. However, the resolve to change is the first step towards a healthier lifestyle.

Become mindful of your diet

Cutting a food group entirely from your meals is not advisable. But, you could cut down on sweets, loading your meals up with more veggies, or having a salad two days a week for lunch. In short, make your diet healthier to feel fit and fine.

Eat regular meals

Skipping meals is not a good idea, be it to cut calories or save time on a busy day. Instead, eat small portions of healthy meals and snacks throughout your day at appropriate intervals. Your reward: long-lasting energy and good health.

Drink more water

We all know the benefits of drinking water and the repercussions of not drinking enough. The new year, make it a point to finish those marked water bottles to give you clean bowels, great skin and hair and a toxin free system. Its half the battle won.

Follow a skincare routine

A glowing skin does not come overnight. Take the help of a dermatologist to create your own personalized routine and practise it regularly.

Get active

Take the basic road to be active and happy. Walk a few blocks rather than getting in the car or try to take the stairs instead of the elevator. Moving is inherently good for your

body and will make you feel better inside and out.

Sleep well

Its not just how long you sleep but also the quality of your rest. Vow to develop better sleep hygiene so the z's you catch get you ready for the day ahead.

Give up a vice

Want to kick the nicotine fix, an alcohol overdose or splurging frequently on junk food. Take the time to finally quit that bad habit for good.

Learn to cope with stress

Stress is one of those things that go unnoticed for a while but can cause a lot of damage to your well-being. So, be prepared to tackle stress head-on with methods of reducing and managing your stress. Some people prefer meditation, others yoga, and some like having a support system to lean on.

Keep the doctor's appointment

Some regular tests to keep a check on your health is a must as you are growing older with each passing year, aren't you? So, go for the yearly physical, pap smear, dermatologist visit, and teeth cleanings too.

Keep a record of family's health history

Many doctors advise their patients to keep a record of their family's health history. Keeping tabs on which health conditions and diseases show up in your family will help inform your own risk factors for certain illnesses and guide you towards a healthier lifestyle.

Greet your body this year with a Lifestyle change

Neha Sahaya is a Mumbai based Nutrition Consultant who has helped many people to achieve their goal by losing weight and becoming healthy and fit. Here are her simple tips for this New Year

FINALLY the party season is over with welcoming the New Year. It marks the beginning of a new year towards becoming healthy and fit. What are your resolutions towards your body this year? If not decided yet, we are here to give you a few realistic solutions which can be followed easily and is sustainable throughout your life.

Instead of going for unrealistic health goals which are difficult to follow or maintain in the long run, this year try commit yourself for some easy to follow resolutions suiting your lifestyle.

Start with ...

Choose a Lifestyle diet: Rebooting your diet is the best way to achieve your goal. Cut down slowly. First reduce the salty snacks, sweets and alcohol. This will reduce your initial bloat post the party season. Start your day with a good breakfast that is a combination of carbs, protein and fat.

The in-between snacks:

If the gap between your breakfast and lunch is long, go for easy digesting food like a fruit, nuts or buttermilk. Evening is best time to opt for snacks that is a combination of carbs and protein like sprouts, egg on toast or poha with peanuts.

Find a way to work out: Start with a realistic goal

of working out for at least 30 minutes a day, five times a week should be your goal. Start with whatever you like from walking, swimming, strength training, yoga or play a sport. Remember any workout is better than no workout.

Find a right Nutrition Consultant: Today internet has become the new health consultant and people are following it blindly. But one diet does not fit all. Diets are always custom made as per your lifestyle or your health condition. So, it's important to get an appointment fixed with a nutrition and fitness consultant for a proper diet and workout plan.

There are various ways to achieve a healthy and a fit body. Start with small steps--eating mindfully, joining a gym or by taking less stress. Find what motivates you and start this year by gifting yourself a healthy body. So, whether your goal is to lose weight, to become strong or to simply lower your cholesterol or blood pressure you have to make a start today.

Remember "EAT FOR THE BODY YOU WANT, NOT FOR THE BODY YOU HAVE"

Follow her on instagram @nehasahaya or visit website www.nehasahaya.com

