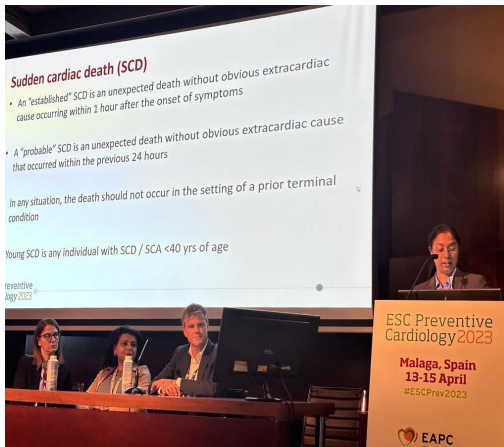




Adios 2023!

Bidding farewell to an action packed year and welcoming 2024 with love, hope, dreams and determination...



GRATEFUL FOR

Our Patients

Who have placed their trust in us, adhered by our guidance and helped spread the word of healthy lifestyle in the community

Our Colleagues

Who have worked closely with us to improve the quality of care and collaborated to further the science of Preventive Cardiology

Our Partners

Who have joined hands with us to create a heart healthy society, educational institutions, corporate companies, media partners and healthcare industry

THANK YOU!



Hear the birds chirp chirp...

Noise pollution is a huge global issue. Some ways to tackle it are reducing honking, avoiding loud crackers and just tuning in to the sounds of nature.

Thought for the day, and for the year

“Mindfulness” is the theme for this edition of Heart 'e' Health mainly because it is lacking in our daily lives completely.

There is strong scientific evidence showing that focusing on the task at hand or just consciously noticing the act that we are involved in makes a big impact on our health. This is the time to introspect on whether you are a mindful person and maybe take notes as you read ahead on how to become one.





Food is a blessing;
taste it, chew it,
relish it.

Do not rush through your meal, and try not to overthink while eating. Have a relaxed meal, if possible with loved ones, disconnect from devices and connect with the food. It is your fuel and it works best when you show some love.

Time of the year to celebrate your achievements, express gratitude, plan ahead, smile and breathe

Each and every one of us has roles to play and responsibilities to juggle. And we all do it in our own way. Remember there is no right way or wrong way, as long as we are making progress. So, why fret about things outside of our control zone? Why blame ourselves for calamities or crisis that we did not bring on? And finally, why feel bad about simple mistakes and silly errors?

Instead, let the year-end be the much needed kick start you deserve! Give yourself a pat on your back for all that you have accomplished in the past 365 days. Feel the gratitude gush through you, for all the people in your life and the powers of nature that have collectively guided you towards positive thoughts and actions. Take a moment to pause and say thank you!

March into the New Year with a plan. A plan for improving your health; one for the work outcomes; one for the family; one for your hobbies; one for your holidays; one for your social commitments; and finally weave them all together into a colorful tapestry! Something that you can proudly work on in 2024. But do not forget to smile and take deep breaths, to power you through life!





Spice up your work-out

Add variety – Try new things – Enjoy the work-out

Exercise should not be boring or monotonous; it should be fun, energizing and something you look forward to!

Adding a variety of exercises and rotating them around is the best way to fight that fitness session gloominess.

A combination of cardio, weights, core, dance, sports and mind-body techniques like yoga and tai chi is sure to provide all the fitness components your body and mind need. Getting proper guidance from a fitness instructor, physiotherapist or cardiac rehab expert is a must.

Love your body?
Make exercise a habit

Love your mind?
Make exercise a habit

Love life?
Make exercise a habit

Love good looks?
Make exercise a habit

This newsletter is published in the interest of the public. You may provide your feedback and comments through email.

Email: info@cardiacwellnessinstitute.com; Website: www.cardiacwellnessinstitute.com