

# Heart 'e' Health



February 2019, Issue 8

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## Preventive and Proactive Healthcare at it's Best

The importance of preventive and proactive healthcare is being recognized more and more these days! Team Cardiac Wellness Institute has been busy with Corporate Health & Wellness Programs and Mind-Heart Connection Workshops since the second half of 2018. And as the proof of the pudding is in the eating, both programs are paying off with significant improvements in various health parameters of the participants.



In a Corporate Health & Wellness Program, we first understand the health needs of companies, organizations and institutions and design suitable lifestyle programs for their employees and staff. The aim of the program is to improve the health-related behavior of participants and thereby prevent and reverse cardiovascular and metabolic diseases like heart attack, stroke, hypertension, obesity and diabetes.

The program includes group sessions at regular intervals at the worksite on exercise, yoga, nutritional guidance and psychosocial counseling facilitated by experienced professionals. Better health of the workforce, improved workplace wellness, reduced healthcare costs and medical absences, and higher productivity at work are some of the benefits of the comprehensive health & wellness programs offered by Cardiac Wellness Institute.

We all know that the mind and the heart work in unison. One cannot be separated from the other. Both are mutually interdependent on each other. In other words, there is a strong connection between the mind and the heart and they have to be equally well cared for to prevent diseases as well as to cure them. Understanding that all feelings are natural, looking inwards and reflecting, working on our stress-management skills, identifying our passion and fueling it and challenging ourselves more often are just a few ways to live a more fulfilling and meaningful life. In short, caring for our minds, nurturing our souls and taking some time out for ourselves on a daily basis will go a long way in keeping you healthy and happy as long as we live! So we have embarked on a journey to connect the mind and heart and thereby heal illnesses through a series of workshops at Cardiac Wellness Institute.

And with International Women's Day just around the corner, we are glad to design and deliver a 'Health for Women Program' to address the unique health needs of our women. We invite you all to come and tread along with us on this exciting path towards a healthier and happier India!



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## Corporate Health & Wellness Program - August 2018 - January 2019





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## Past Event in our Institute

### Mind Heart Connection - 2nd February 2019



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**Upcoming Event**  
**“Health For Women”**  
**2nd March - 10th April 2019**



**This International Women's Day let health come naturally to you!**

2<sup>nd</sup> March 2019 – Women's Health & Wellness Workshop

8<sup>th</sup> March 2019 – Women's Day Celebration & HER Program\* begins

10<sup>th</sup> April 2019 – World Health Day Pledge & Award Distribution

\*HER Program – Healthy Energetic & Revitalized in a month  
*Please see overleaf for more details...*



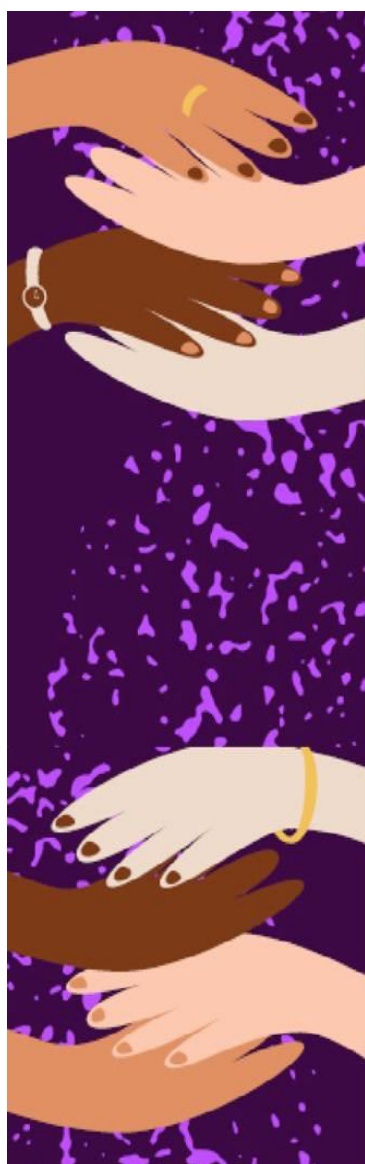
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## Upcoming Event “Health For Women” 2nd March - 10th April 2019



### 2nd March 2019 Workshop Agenda

09.00 – 09.30	REGISTRATION	
09.30 – 10.30	FORMULA FOR HEALTH	Dr. Priya
10.30 – 11.30	MIND MATTERS	Psychologist
11.30 – 11.45	REFRESHMENTS	
11.45 – 12.45	RELEASE YOUR STRESS	Yoga expert
12.45 – 14.15	HEALTHY MEAL COMPETITION	

### 8th March 2019 Agenda

10.00 – 11.00 Celebration of our women's achievements  
11.00 – 12.00 HER Program Begins

### 9th March – 9th April 2019 HER Program Details

11.00 – 12.00 on Tuesdays & Fridays – Group 1  
06.30 – 07.30 on Wednesdays & Saturdays – Group 2

### 10th April 2019 Agenda

10.00 – 11.00 Q&A on health, lifestyle and continued wellness  
11.00 – 12.00 World Health Day Pledge & Award Distribution

Registration is mandatory; Workshop fee – Rs. 500; HER Program fee – Rs. 3500; Group discounts apply  
Please call 044-43192828 or 9940408828 or email [info@cardiacwellnessinstitute.com](mailto:info@cardiacwellnessinstitute.com)  
Venue: Cardiac Wellness Institute 21, 5th Avenue, Besant Nagar, Chennai 90

## Why exercise should be on every woman's to-do list

Exercise plays an important part in women's health throughout their life. In the present world, modernization and mechanization has decreased the need for physical activity in women. Moreover, white-collar jobs or desk jobs are making both men and women sedentary resulting in obesity, abnormal cholesterol level, diabetes and hypertension. Change in food habits, inadequate sleep and chronic mental stress lead to hormonal imbalance, menstrual irregularities and fertility problems.

Multiple studies have shown that exercise positively influences the physiological and psychological aspects of health.

- Exercise increases blood flow to the vital organs and improves organ functioning and removal of waste products from the body
- It increases metabolism in the body, resulting in multiple health benefits such as weight loss, normalization of cholesterol levels, regularization of blood sugar level and reduces risk of cardiovascular disease
- Hormonal balance is achieved when adequate amount of exercise is done
- Exercise decreases the level of stress hormones, thereby improving mental wellbeing



### Basic Recommendations for exercise:

- Beginners should start with some aerobic exercise such as walking, cycling, swimming, treadmill, stationary cycle and cross trainer. A 20-30mins work out at moderate intensity with adequate warm up and cool down, on at least 3-5 days a week should be aimed for in the first month.
- Strength training can be initiated after 3-4 weeks of regular aerobic exercise. Resistance exercises using our own body weight or simple equipments like resistance band and lightweight dumbbells can be both fun and beneficial in toning up the muscles.
- Women who have been regularly exercising and are reasonably athletic should try interval training or circuit training for better overall fitness and to avoid injuries. Increasing your exercise intensity to higher intensity can help improve your endurance and muscle functioning.



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If you are 40 years or older, here are some things to keep in mind prior to starting an exercise regime:

- Consult your physician and get a preventive health check
- Check your hemoglobin and thyroid levels along with your blood sugar and lipid profile
- If you have any complaints like excessive menstrual bleeding or severe menstrual cramps, get your gynecologist's opinion

If you are in your 20's or 30's and have no health issues, you may begin with the exercise regime of your choice and gradually increase the intensity.

Make sure to add some spice to your exercise by trying new types of exercises and throwing in some surprise elements into your daily exercise schedule!

In our recent blog post, titled "Women's FITTness", we have discussed in detail the exercise recommendations for beginners and well trained athletes and also for women with certain predisposing conditions. Please visit our website [www.cardiacwellnessinstitute.com](http://www.cardiacwellnessinstitute.com) to read the post.

## Nutrition Tips for Women

As we celebrate International Women's Day on 8<sup>th</sup> March 2019, we salute every woman for her commitment to family and society and recognize that it is not always easy to eat a healthy diet. But the right food will not only support your mood, but also boost your energy and help you maintain a healthy weight. It could be the foundation stone of good health through the different stages in a woman's life. A healthy diet can help prevent several diseases such as diabetes, cancer, obesity, dyslipidemia, osteoporosis, heart problems, stroke and hypertension. Several studies have shown that when a woman eats healthy everyone in the household is more likely to eat healthy.

### Nutritional needs for Women

During childhood, dietary needs are largely similar in boys and girls but when puberty begins, women start to develop unique nutritional requirements. Along with the physical and hormonal changes of puberty, the nutritional needs of women increase simultaneously. While women tend to consume fewer calories than men, their requirement for certain vitamins and minerals is much higher. Due to the hormonal changes associated with menstruation, pregnancy and menopause, women have a higher risk of anemia, weak bones, weight gain, abnormal cholesterol, heart diseases, diabetes and osteoporosis, requiring a higher intake of nutrients such as iron, calcium, magnesium, vitamin D, and vitamin B9 (folate). Here are some suggestions to ensure your diet is healthy and balanced:

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## **Consume nutrient-dense foods**

Women should eat from the rainbow of foods rich in nutrients, like these:

- Fruits and vegetables (choose a range with vibrant colors)
- Whole grains, like oatmeal, whole-wheat bread, and brown rice
- fat-free or low-fat milk and dairy products
- Seafood, lean meats, poultry, and eggs
- beans, nuts, legumes, lentils and seeds
- lots of clean drinking water

## **Avoid these foods**

- sugar-sweetened drinks and desserts that have added sugars
- Foods with butter, lard, shortening, or other unhealthy fats
- White bread, rice, maida, vermicelli and pasta made from refined grains

## **Balance Calories with Activity**

Since women typically have less muscle mass, more body fat and are smaller than men, they need to balance the calorie intake with the expenditure through exercise to maintain a healthy body weight. Women who are more physically active may need more calories.

Physical activity along with diet is an important part of a woman's health, which helps in weight control and prevention of heart diseases, diabetes, cancer, dyslipidemia and stress.

As part of simple nutrition tips for women, here we share some recipes for improving nutritional health.

## **Iron and Calcium Rich Smoothie**

Iron and calcium rich smoothie recipe makes a delicious and refreshing drink and is perfect for a healthy breakfast or snack anytime. This smoothie is packed with nutrients, and it is suitable for everyone especially those suffering from iron and calcium deficiency.

### **Ingredients**

- 2 cups fresh spinach
- 1/2 cup ripe banana chunks
- 1 medium-sized orange
- 1/4 cup low-fat plain yogurt
- 1 tablespoon chia seeds

### **Method**

- Add all ingredients to a blender
- Puree until smooth and blended
- Serve immediately or refrigerate until ready to serve.





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## Bean sprouts and Capsicum salad



Bean sprouts and capsicum salad recipe is perfect for a healthy breakfast or snack anytime. This salad is packed with vitamins, minerals, proteins, vitamin C. It is colorful, easy to make and tasty salad.

### Ingredients

- 1 1/2 cups bean sprout
- 1/4 cup thinly sliced capsicum
- 1 1/2 tsp oil
- 1 tsp finely chopped garlic
- 2 tsp vinegar
- 1/2 tsp sugar
- 1/2 tsp chilli powder
- 1 1/2 tbsp coarsely crushed roasted peanuts
- salt to taste

### Method

- Heat the oil in a small non-stick pan, add the garlic and sauté on a medium flame for 15 seconds
- Remove from the flame and keep aside to cool slightly
- Add all the ingredients and mix well
- Garnish with spring onions and coriander and serve.

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