

Improvisation of Lifestyle: Move it or lose it

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Dear Sir,

Nowadays, due to busy life schedule, and working pressure, it has become very difficult to take care of our body. As we give time to professional and family life, we should also give time for physical exercise. The introduction of physical exercise is of utmost importance as it helps to remain fresh throughout the day, increases positivity, and eventually it gives "me time". Physical exercise can be of any kind like walking, running, jogging, *Suryanamaskara*, *Pranayama*, dance or Zumba, etc. which can be chosen according to our interest and comfort. So, giving quality time for health is a must to maintain a long, healthy life.

Sometimes in our life, we hear news about the consequences of negligence towards the body, leading to early morbidity or mortality. It gives us a high alert to be serious about our health. It is usually seen that everything we earn, e.g., money, gold, etc., we save it safely; we plan to invest in it; then why not the same for our body? Physical exercise and meditation should be a part of our daily routine life so as to keep our body and mind sound and healthy. **Save the precious gift "Health"**. Clinical guidelines suggest that lifestyle changes, such as reducing calorie intake and increasing physical activity level can help us to achieve successful weight loss and maintenance.

Still, due to a busy and sedentary lifestyle, the demand for dietary supplements is introduced, and these products can easily be obtained without prescriptions⁽¹⁾. In general, reducing caloric intake and exercising is the most reliable approach to weight loss⁽²⁾. So before starting the improvisation in lifestyle, we should know our Body Mass Index (BMI), our diet requirement, likes and dislikes of our body, and choose our diet plan accordingly. We can achieve this with the guidance of doctors and dieticians. We should also consider that any "weight loss miracle" is unlikely to be miraculous.

There are different kinds of interventions:

1. Daily Calorie Reduction (CR): This most common diet therapy involves decreasing energy intake by 15 to 40% of baseline needs every day. CR is the effective means of

effectively decreasing body weight by 5 to 10% from baseline in obese patients. Alternate day modified fasting was created as an alternative to CR to improve compliance⁽²⁾.

2. The cultural and social significance of food and cuisine in India is multifaceted and rich in meaning. Lifestyle diseases are rapidly emerging, hence health awareness programs should be taken frequently so that people can be serious again about their health.

3. Appropriate amounts of protein, fat, carbohydrates, vitamins, and minerals are required for a well-balanced diet. The preparation and cooking methods are important factors in determining the level of nutrition of a particular family and society⁽³⁾.

4. A healthy lifestyle implies keeping oneself away from harmful substances; adoption of regular exercise, proper food and sleep. Each individual should prioritize one's health without missing physical and mental fitness a single day. Unhealthy and unfit lifestyle results in premature death. Food habits and obesity can't be separated⁽⁴⁾.

5. Premature deaths are preventable by eating food with a high intake of fruits and vegetables, pulses, whole grains, and nuts, and low sugar and salt consumption. According to the World Health Organization (WHO), the daily intake of free sugars should be less than 10% of the total energy intake⁽⁵⁾.

In conclusion, it is stated that health is wealth, which is so true. You will enjoy a long life, if you live healthily. Plan your healthy lifestyle according to your basic needs, which will help to keep your body, mind, and soul healthy and happy. So, start improvising your lifestyle and stay happy and healthy.

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