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OUR INVESTMENT OUR HEALTH OUR FUTURE

HEALTHY LIVING WITH EXERCISE AND A HEALTHY DIET

Dear Member

This week, as we mark **World Health Day**, we're doing all we can to help build awareness around global health and the importance of taking care of your health. By adding a few small healthy habits to your day, you and your family can maintain your good health.

Make physical activity part of your family's daily routine by taking family walks, playing active games together or joining local fun walks/runs and marathons.

HERE ARE SOME OTHER IDEAS THAT YOU AND YOUR FAMILY CAN IMPLEMENT TO LIVE HEALTHIER.

EXERCISE CAN BOOST YOUR HEALTH IN MANY WAYS:

- Weight loss
- The ability to perform everyday tasks with ease
- Lowered long-term risk of developing high blood pressure
- A lowering of blood pressure levels that are already elevated
- Less risk of developing complications, like coronary artery disease (angina and heart attacks)
- Improved insulin effectiveness
- Improved cholesterol levels
- Reduced risk of developing osteoporosis (thin bones that break easily)



SMALL STEPS TO GET YOU STARTED!

- Start joining fun walks, runs and marathons. These are usually from distances of 5km, 10 km
- Park your car a distance from your destination and walk the rest of the way.
- If you're waiting in the car for someone, get up and walk around instead. Do the same when you're waiting for the kettle to boil, brushing your teeth, etc.
- Play actively with your children or grandchildren.
- If you own a dog, take it for a walk. This is an opportunity to be active.
- Gardening is a good form of exercise.
- Exercise with a friend.
- If you have not exercised for a while, start slowly and increase gradually keep track and set goals that you can reach.
- Warm up slowly for 5-10 minutes and cool down for 10 minutes after exercising.
- You should be able to talk or sing whilst exercising. If not, you are working too hard.
- Drink more water or other liquids that are low in calories if you are active.



CARDIO IS THE WAY TO GO

If you have 'saddle bags' or a flabby tummy, those bulging bits are signs that you have excessive amounts of body fat that have been distributed to specific areas of your body. The answer is simple: start doing cardiovascular exercise such as walking, cycling, swimming or rowing, as these help to reduce body fat. According to fitness experts, it's important to do cardiovascular exercise at least three times a week for a minimum of 30 to 45 minutes at a time.



IMPORTANT!

Check with your doctor before starting an exercise programme, as you may need a medical check-up.

TIPS FOR BETTER MEAL PLANNING

- ✓ Eat at least three regular meals a day. Ideally these should be three equally sized, evenly spaced meals, eaten at more or less the same time every day.
- ✓ Never skip meals.
- ✓ Reduce your daily salt intake, use less salt at home and choose less salty foods.
- ✓ Always remove visible fat from meat before cooking and choose low-fat options like low-fat or skimmed milk and low-fat cheese.
- ✓ Eat home-prepared meals wherever possible. When you eat out, choose foods such as clear soup, a plain baked potato, grilled fish and vegetables.
- ✓ Cut down on convenience foods like pies, chips and pastries, as they often have a high hidden fat content, and are packed with sodium and other additives. Our recommended daily intake of salt is one teaspoon a day. An average pie has at least 10 times that amount!
- ✓ Drink at least eight glasses of water a day.
- ✓ Limit tea and coffee to fewer than five cups a day.
- ✓ Avoid fruit juices as they are a very concentrated source of sugar, and are often artificially sweetened.

FOOD PROPORTIONS

Making sure that you eat the correct proportions of food at mealtimes is as simple as dividing your plate into four sections:

- A quarter of your plate should be made up of **protein** foods, such as meat, poultry, fish, eggs or legumes.
- Another quarter should be made up of **carbohydrates**, such as rice, pasta, couscous, bread or potatoes.
- Half of your plate should consist of **vegetables and/or fruit**.
- A mere teaspoon of your plate should be made up of **fats and oils**.

This, you might agree, is a fairly simple approach. However, there are a few important things to keep in mind:



PROTEIN FOODS

Try to eat fish at least twice a week, cut back on red meat (select lean cuts or go for ostrich or venison instead of lamb or beef), and remember to remove the skin if you're eating chicken. In general, nutrition experts agree that you can eat eggs three to four times a week. Boil, poach, or scramble eggs in a non-stick pan to reduce your fat intake.



CARBOHYDRATES

Replace high glycaemic-index (GI) carbohydrates with low-GI carbohydrates, when possible. These foods will ensure a slow, gradual release of energy and you'll also feel satisfied for longer. Choose low-GI wholewheat or low-GI brown bread instead of white bread, brown instead of white rice, sweet potato instead of potato, and durum semolina pasta instead of the standard kind. These generally have a lower GI value.



VEGETABLES AND FRUITS

When it comes to the fruit/vegetable portion of your plate, try to include as much colour as possible. The colour pigments in fresh produce have healthboosting properties. Go for variety, but don't go overboard on the starchy vegetables (such as carrots, beetroot, pumpkin and butternut) as these will contribute more kilocalories. Remember to have more vegetables than fruit every day. This will help you to control your intake of sugars.



FATS AND OILS

Steer clear of saturated fat (such as butter) and trans fatty acids (such as brick margarine), and go for mono- and polyunsaturated fats such as olive, canola or avocado oil. Also try to use as little oil as possible when preparing food. Try to grill, bake or poach foods instead of frying them.



KEEP IT SMALL

- Don't heap the food onto your plate or use an oversized plate – you'll only be fooling yourself (a portion of meat, for example, should be no bigger than the palm of your hand).
- Don't go for seconds.

Regards,
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