

## 10 Tips to manage weight

Tackling weight issues are a hot topic these days. Recent studies highlight that around 35% of women in urban India are obese and facing issues associated with obesity. You are responsible for your own body. Making small changes in your lifestyle and conduct can make a huge impact on your fitness and health. Refer to the details mentioned below:

- **Drink loads of fluids:** Water play a vital role as it helps in blood circulation, acts as a cleanser & also helps in proper nutrients absorption, so no matter how good is your diet but if the water intake is not optimum it help hamper the nutrient absorption by the body so Drink plenty of water –add cinnamon/ lemon or mint/ zeera to make it alkaline. Take at least 3-4 liters of water in a day.
- **Avoid the whites:** Cut down on all whites like pasta, white bread, white rice, noodles, potato as they are simple carbohydrates and are low in fibre and high Glycemic Index.
- **Be active & exercise:** Doing any physical activity is imperative to increase the bone and muscle strength, besides improving blood circulation, it increases mental agility. So must compliment with any physical workout for minimum 30 minutes 5 times a week.
- **Sleep well:** Body needs proper rest to recover and repair. So a sound sleep is very important at least 7-8 hours. Lack of sleep can lead to increase in stress hormone called cortisol, which is directly related to fat in the abdominal area.



- **Keep away from sweets:** Cut down on indulgences like chocolates, sweets, colas or candies. They are loaded with empty calories and minimal nutrition. Rather munch on healthy food stuff like cereal bars, jaggery, dried apricots or apples. Here too moderation is the key.
- **Eat frequent meals:** Breaking your meals into small frequent meals is the good to keep your metabolic rate high & aids digestion. So ideal gap should be every 3 hours.
- **Opt for a light dinner:** Try and finish dinner early and that should be the lightest meal of the day. As heavy and late dinner is the culprit for weight gain.
- **Keep away from oily food items:** Avoid fried fatty foods, salted snacks, processed foods as they are loaded with preservatives & high sodium levels, which can lead to metabolic syndrome diseases.

**Feed yourself fibre:** Increase intake of plenty of fruits and vegetables in raw & cooked form to increase in fibre intake as it has a satiety value and a low Glycemic