

# HEALTHLINE

Paramount's Monthly Magazine

*'Radical Acceptance' is to experience ourselves and our lives as it is, without judging.*

*To practice radical acceptance, we need to*

Learn how to live  
in the present  
moment despite  
our troubles

Figure out what we  
can control and  
what we can't

Look at our  
situation from a  
nonjudgemental  
perspective - stick  
to the facts

Accept 'what  
is' - acknowledge  
reality

Stop  
fighting  
reality



## Benefits of Zumba

### High calorie burning exercise:

Zumba is characterized by continuous rhythmic body movements resulting in a high calorie expenditure.



### An effective cardio exercise?

Oh yes! Zumba instructors focus on training people with varying intensity of exercise, to give their body an extra push and thereby increase capacity of lungs, heart and circulatory system.

### A good strengthening exercise:

#### Did you know?

Zumba includes challenging movements like squats, lunges, kicking, twisting, etc., which improve muscular strength and tones muscles too, if done regularly.



### Improved Co-ordination:

Zumba as an exercise requires a disciplined co-ordination between your brain and body. Regular zumba sessions help train your brain for better co-ordination and discipline. This in turn starts reflecting on other aspects of your life, helping you multi-task better, handle routines in a better way, etc.

### Suitable for all fitness levels:

So you are new to exercising... not to worry! You can do Zumba irrespective of your fitness level. If you wish to challenge your body, then Zumba is the right choice for you!

### Improved self-confidence:

Doing regular Zumba exercise makes you slim and toned which boosts your self-confidence. It is also a very good stress buster exercise.



### Fun filled work out

Ever heard of Hip-hop, Cumbia, Salsa, Merengue? They are popular dance forms and Zumba is an exciting mixture of these forms! The peppy fun movements will make you forget that you are actually exercising! This is one exercise where you will not find monotony!



## What's in a name! -SURPRISING FUN FOOD FACTS

### Are you aware....?



*Bananas are actually berries! (Since they develop from a single flower and an ovary, bananas are classified as berries).*

*The very popular avocado is actually a fruit! These nutritious fruits are known to be rich in good fats that help lower bad cholesterol levels.*



*Raspberries and strawberries – While they are called berries, they are just individual fruits that grow in groups and are not really berries in the botanical sense!*

**However, whatever be their name, all these fruits are nutritious and tasty!**



**MYTH**

Heart diseases affect only the elderly.

An unhealthy lifestyle can have a big impact on our risk for cardio-vascular diseases later in life. Plaque can start accumulating in the arteries at a very early age and can lead to clogged arteries. Also, obesity and Type 2 Diabetes have become increasingly common among middle-aged and at younger ages. These are major causes of heart problems.

**FACT**

**FACT**

While chest pain is common in case of heart attack, there can even be subtle symptoms such as nausea, shortness of breath, discomfort in the jaw or arms. It is important to understand your risk factors for heart attack and work on them at the earliest.

Chest pain is the only symptom of a heart attack.

**MYTH**

**MYTH**

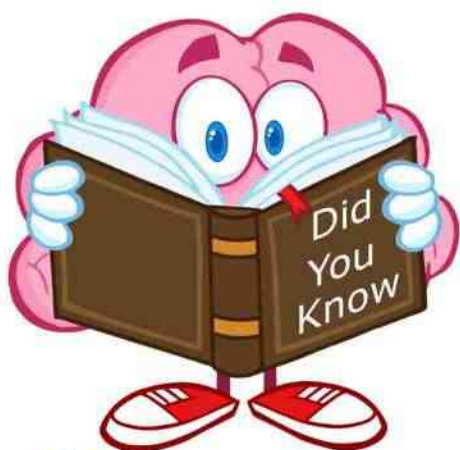
Heart disease runs in my family. I am sure I will get it too!

Though it is true that people with a family history of heart disease are at a higher risk, one can minimize this risk. Regular exercise, maintaining a healthy weight, managing blood pressure, blood sugar, etc., are ways to keep the heart healthy.

**FACT**

## Did you know?

## BRAIN-OLGY



*My storage capacity is almost unlimited!*

So go on and save those contact details in your brain, if your phone storage has run out!



*Exercise is really good for me!*

Exercise works well for the body as well as the brain.



*I need high blood supply!*

The brain can survive only for few minutes without oxygen, before getting permanently damaged!



*I am not permanently wired at birth!*

Nerve cells continue to change depending on how they are used and stimulated in early years of life!

*Sleep deprivation can really affect me!*

So don't miss your 7-9 hours of sleep for memory retention and effective brain functioning!



How often do you catch yourself, saying unkind things to yourself, such as "Oh, how could I be such a jerk?" or "If I weren't so careless all the time, I wouldn't have made that mistake!" (or maybe much worse). Would you say these things to a good friend?

It seems that harsh self-judgment and being auto critical has become normal for many of us and we may even believe that it is the best way to motivate ourselves to do better. But be aware that such continuous self-critical treatment is not helpful, and can be very harmful to our ability to feel good about ourselves, and to make positive changes in our lives. In fact, such harsh self-criticism tends to make us feel depressed, anxious, insecure, and afraid to take on new challenges.

However, there is a better way to motivate ourselves to do better, to deal with difficult situations, and to feel better in general – **it is Self-compassion**

## What is Self-compassion?

According to experts, self-compassion consists of three elements: **self-kindness, common humanity and mindfulness**

### • Self-kindness



If we recognize compassion as treating others kindly, then self-compassion is - having a caring heart and attitude towards ourselves. So treating ourselves with self-kindness means that we have to notice that we are having a difficult time, and that we treat ourselves with care and understanding, instead of blaming ourselves. It may also mean encouraging ourselves to go on, try something again, or providing ourselves with whatever we might need in that particular situation and that will benefit us. We act as our own best and encouraging friend.

### • Common Humanity



Common humanity recognizes that all people suffer, that suffering is a part of life for everyone at some time, and that we are not better than or less than anyone for feeling these things. When we recognize that we are all part of the shared human experience, then we can see that we are all in this together. Our experiences, difficulties, pain may be different in specifics but we all experience difficulties, imperfections, failures, successes,

etc. This awareness allows us to be more compassionate towards ourselves and others.

### • Mindfulness



Mindfulness, is being aware of ourselves in the present moment without judgment. Mindfulness is about being with painful emotions (as well as positive ones) and, therefore, noticing rather than avoiding the painful emotions. In that way, we can choose to use self-compassion to help ourselves deal with them. It doesn't mean that we exaggerate them or stay in them. Mindfulness means letting things be as they are—so if we are suffering - we notice our suffering, offer care to ourselves, and take steps to help ourselves move forward.

### Why is it important?

Self-compassion can help us reap a number of mental health and performance-enhancing benefits, which include:

- It not only makes us feel better but also allows us to make healthy changes and face new challenges with more success.
- It enhances emotional resiliency and gives us more ability to manage traumatic emotions, reduce anxiety and depression.
- It leads to less perfectionism, reduces stress, and can even help form and maintain healthy lifestyle habits.

- It helps to have a positive state of mind resulting in happiness, wisdom, optimism, and connectedness.
- Self-compassionate people are more likely to take action and reach their goals as their motivation is intrinsic and not based on external factors.



### Affirmations for self-compassion

When you look at yourself in the mirror every morning, say to yourself:

- I accept myself as I am.
- I am enough.
- I am worthy of compassion and kindness.
- I forgive myself and allow myself to feel inner peace.
- I allow myself to make mistakes and to learn from those mistakes.
- I let go of the old and make room for the new.
- Today, I will treat myself with kindness.
- Like any human being, I have strengths and weaknesses, and that's OK.
- I'm healing through self-compassion.
- I give myself the gift of unconditional love.

## Read the Editor's Mind

Dear Readers,

We are pleased to inform you that Dr Nayan Shah, our Managing Director was invited to share his knowledgeable insights in a panel discussion, by the esteemed corporate Ambit Capital Pvt. Ltd. at **Ambit's Consumer Healthcare Day**. This event was held on 21st June, 2019 in Mumbai.

This event was a confluence of various facets of the Indian diagnostics and hospital industry, including corporates of all sizes from the value chain as well as fund managers and analysts from all the large domestic and overseas fund houses.

The panel discussion revolved around **Ayushman Bharat** - National Health Protection Scheme (AB-NHPS) or Pradhan Mantri Jan Arogya Yojana-Ayushman Bharat , world's largest government-funded healthcare scheme and the **future of Indian Consumer Healthcare**.

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## Take a Chill Pill



Hi Sheela, instead of giving a vitamin tablet, I accidentally gave a Paracetamol to my husband. Now what should I do?




Now give him a 'Headache' so the medicine does not go waste.



For any queries/feedback/suggestions for the magazine, kindly write to us at [corp.comm@paramount.healthcare](mailto:corp.comm@paramount.healthcare)

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