

Edition: March 2019

HEALTHLINE

Paramount's Monthly Magazine

"DESKERCISE"

Fitness

@

work

**Diabetes
Myths
...Debunked!**

**Did you know?
Your brain
secretes
chemicals that
regulate your
emotions!**

**Meditate
your way to
Happiness!**



*Be the sunshine of
someone's gloomy
day, be the ray of
light in someone's
darkness.*

If yours is a desk job, one that involves long hours of work at the computer, chances are that you may be facing issues such as neck stiffness, lower back stiffness, shoulder pain, pain in upper back, tightness of knee joints, etc. You can deal with these issues by engaging in simple exercises which can be done at your workstation.



Neck rotation



Shoulder rotation



Standing hip rotation

Each exercise - 10 times clockwise & 10 times anticlockwise



Knee bending exercise, 15 times



Seated Neck stretch, hold 10 seconds & repeat twice



Seated Upper back, stretch-hold 10 seconds & repeat twice



Seated Knee hug, hold 10 seconds & repeat



Seated Spinal twist, hold 10 seconds & repeat twice



Seated Glutes stretch, hold 10 seconds & repeat twice



Standing Toe touch, hold 10 seconds & repeat twice



Seated Sideways stretch, hold 10 seconds & repeat twice

Tips for Fitness @ your workplace

Take a walk during break time.

Get off the public transportation 1 or 2 stops away from your destination and walk the remaining distance.

Move around the office - fill up your own water bottles, get coffee on your own, walk over to the copier for taking copies.

Park at the far end of your parking lot or lane. This will help to get few extra steps in your day.

Take the stairs instead of the elevator.

Set an alarm after every hour to remind you to get up and stand and stretch or move around.

Try finding like - minded colleagues and participate in fitness challenges such as - push-ups, or even some fun sports.

Maintain proper posture at your work-station.

If one has Type 2 diabetes, it will be evident from the symptoms.

Not always. Type 2 diabetes often goes undiagnosed because it usually has few or no symptoms when it first develops. Symptoms related to diabetes include – frequent urination, excessive thirst, blurry vision, slow-healing cuts and bruises, fatigue, increased appetite, undue weight loss, etc. When these symptoms develop slowly, people may not recognize them immediately as they may be mild. The best way to diagnose is by testing fasting blood sugar levels. Diabetes test is strongly recommended for individuals who are - above 35 years of age, overweight, having sedentary or stressful lifestyle, having high blood pressure, or with a family history of diabetes.



Physical activity does not really have any impact in controlling blood glucose levels.

A lot of studies show the positive impact of regular physical activity in glucose control. People with Type 2 diabetes have too much glucose in their blood, either because their body does not produce enough insulin to process it, or because their body does not use insulin properly (insulin resistance). Exercise helps muscles use the glucose, without relying on insulin. This means that, even if one is insulin resistant or does not have enough insulin, exercising can help the muscles get the glucose they need and thereby reduce the blood glucose level. Also insulin resistance goes down while exercising, and cells can use glucose more effectively.

Did you know?

Your brain secretes chemicals that regulate your emotions!

Hormones belong to a class of chemicals released by the pituitary gland in the brain and are responsible for controlling all your emotions. The feelings that you experience at any given time are nothing but chemical changes that occur within the body.

The brain releases the following four main 'feel-good' chemicals:

Dopamine

It is a 'pleasure' hormone that gives you the sense of contentment and happiness. It motivates you to work hard so that you can achieve the satisfaction of reaching a goal.

Ways to boost the secretion:

- Set monthly realistic goals since they give you something to strive for
- Listen to music
- Consume diet rich in protein

Oxytocin

It is also known as 'bonding' chemical and is linked to intimacy and bonding. It also increases the feeling of love and trust.

Ways to boost the secretion:

- Spend time with loved ones such as your partner, your kids or your pet
- Go for a massage to relax your muscles
- Show physical affection
- Consume protein-rich food

Serotonin

It helps in maintaining mood balance, and a deficit of serotonin is known to cause depression. It is involved in the regulation of stress, pain, and mood.

Ways to boost the secretion:

- Exercise regularly
- Consume food rich in carbohydrates
- Spend time in the sun
- Alter negative thought processes through therapy

Endorphins

It is a natural pain killer and is known to reduce pain and anxiety. It interacts with the opiate receptors in the brain to reduce our perception of pain.

Ways to boost the secretion:

- Exercise regularly
- Eat dark chocolate
- Go for massage therapy
- Engage in sexual intercourse
- Meditate
- Laugh frequently

So, have you had your DOSE of 'feel-good' chemicals today?

Why should one meditate?

Today every individual faces challenges and stressful moments that can disrupt their mental balance and vitality.

Meditation is an approach that trains our mind to retain this balance and avoid being negatively affected in any way. It helps to tackle difficult situations with a calm mind and find solutions. It also helps to reduce worries and mental discomfort. Practising meditation on a regular basis helps to silence our restless mind. It allows us to connect with our inner strength, achieve inner peace and become more mindful.

How to meditate?

Meditation can be practised simply by focusing on the breathing pattern. Here is an overview of the correct meditation technique:

- Sit upright in a quiet room
- Close your eyes to avoid any distractions
- Follow your natural breathing pattern and avoid controlling your breath
- Notice the movements that occur in your body while you are breathing
- Focus on your breathing
- Every time your focus drifts towards your thoughts get it back on your breathing
- At the end, rub your palms and cover your eyes (Repeat it 2 times)
- Slowly open your eyes

How long to meditate?

Beginners can initially meditate for 3 - 5 minutes and can eventually increase the time after getting accustomed to it. It is important to be consistent with the timing of the practice (e.g. 5 a.m. in the morning, etc.), and the breathing technique.

When can one meditate?

There are no known or specified timings in a day or night that one should meditate. However, early morning and night when it is quiet, is the ideal time. You could meditate any time in the day but your practice should be consistent. Try to meditate at least 10 minutes each day.



All in all, meditation improves the functioning of brain, allowing one to focus better on a given task. It reduces anxiety, improves memory, boosts creativity and elevates compassion. It may be tough to still that restless mind but a consistent meditation habit can help you reap long term benefits and lead to true happiness!

Read the Editor's Mind

Dear Readers,

With immense pleasure, we wish to share with you our moments of pride in February 2019.

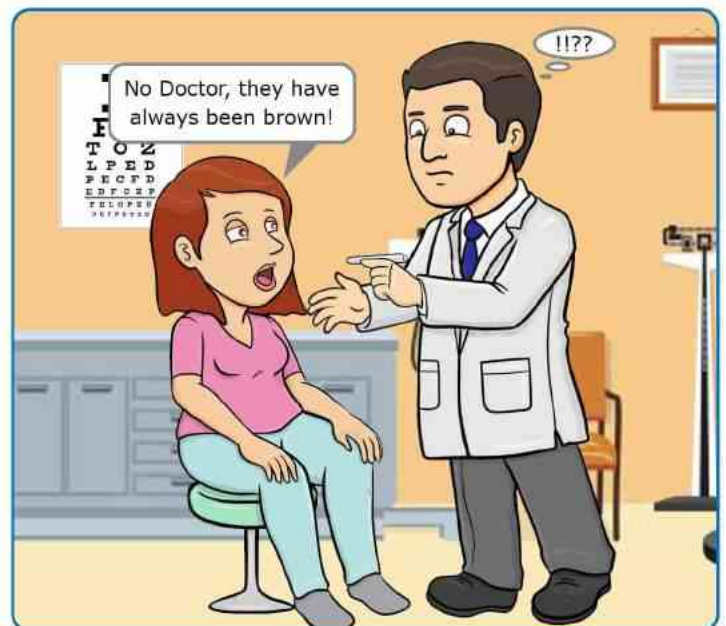
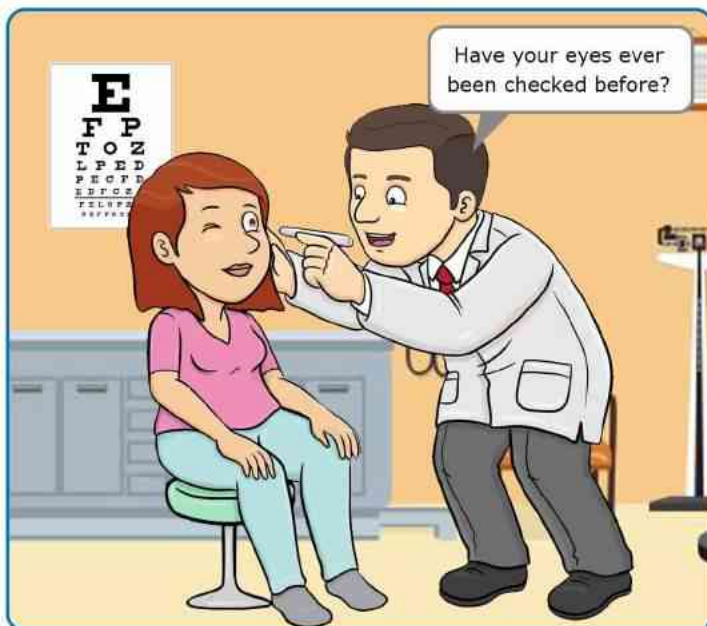
Paramount Health Services and Insurance TPA Pvt. Ltd. was recognized as the **'TPA of the year'** at the **India Insurance Summit & Awards 2019** for the **3rd consecutive year**, held in Mumbai.

Further, our **COO - Mr Atman Shah** was one of the panelists who provided his valuable insights on how **Block chain technology and Artificial intelligence** is transforming the Insurance industry.

Glimpses of India Insurance Summit & Awards 2019




Take a Chill Pill



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