

TIPS FOR AN EFFECTIVE WORK-OUT

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All of us yearn for a good physique and a healthy body. However most of us don't do anything for it or don't know what to do to reach our goals of physical fitness. Following are some tips that can help to get a super-effective workout in 30 minutes, and only do a few workouts a week, if you maximize your workouts.

- Limit your workouts to 30-40 minutes. Instead of spending long hours for a workout session it is advisable to go for a short duration high intensity workout session. After 30 or 40 minutes of high intensity exercises (like running, cycling, aerobics) the benefit is limited. It's better to work out at a higher intensity for a shorter amount of time.
- High-intensity workouts. If you're just starting out with exercise, it's best to take it slow. If you're running or cycling, for example, build up your endurance for at least a month before you get into anything more intense. That means going at a rate where you can easily talk without being out of breath. However, once you have that base of endurance, step up the intensity to step up the effectiveness of the workout.
- Protein. Consume enough protein in diet as they are required for muscle rebuild. Both cardio and strength workouts require protein for building muscles
- Water. Be sure to hydrate throughout the day. It takes a

couple of hours for your body to absorb the water, so you can't just drink right before exercise. Make it a habit to drink water regularly throughout the day.

- Carbohydrates: Carbs are our body's main source of fuel. If you do intense workouts, you will need carbs, or you won't have enough energy for exercise.
- Shake before and after workout. It's best to take a protein/carb shake just before your workout and then just after. Taking it before your workout increases the flow of amino acids to your muscles during training, giving them the building blocks they need. After the workout, the shake stimulates muscle growth
- Slow lifting. Many people contract their muscles slowly and then release more quickly. But if you lift slowly in both directions, you are maximizing each move. Lift and lower to a 5-second count in each direction.
- Heavier weight. When you're starting out, it's best to start with lower weights so you can focus on good form. Heavy weights are not just for those who want to bulk up — that are a common misconception.
- Compound exercises: Do exercises that work out multiple muscle groups at once. With just a few exercises, you could get a full-body workout.

Another benefit is that your muscles are working together as they do in the real world, rather than alone. Some great compound exercises include squats, good mornings, lunges, pushups, bench presses, military presses, rows, pull-ups, dips etc.

- Balance lifting. It is more effective to do exercises while standing up, or on one leg, or on a Swiss exercise ball. These types of exercises force you to balance yourself while lifting, which brings your core muscles into play giving you a stronger overall body.
- Pick a cardio exercise you enjoy. Pick up an activity which you enjoy like running, walking, swimming, biking, hiking, rowing, and stair master.
- Mix it up. Don't stick to the same workout routine for too long, or your body will adjust to the stress level and you won't be getting an effective workout.
- Circuit: Instead of doing a set, resting, and then doing your second set, it's more effective to move on to multiple exercises in a circuit, so that you don't rest between exercises but do rest each muscle group. This will give you a good cardio workout while you do your strength training.

“What is called genius is the abundance of life and health.”

~Henry David Thoreau

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“During chronic sinusitis, symptoms last 3 months or longer”

Sinuses are air-filled spaces in the skull (behind the forehead, nasal bones, cheeks, and eyes) that are lined with mucus membranes. Sinusitis refers to inflammation of the sinuses that occurs with a viral, bacterial, or fungal infection.

• When the sinus openings become blocked or too much mucus builds up, bacteria and other germs can grow more easily. Sinusitis can occur from one of these conditions:

- Sub-acute -- symptoms last 4 - 12 weeks
- Chronic -- symptoms last 3 months or longer

Acute sinusitis is usually caused by a bacterial infection in the sinuses that results from an upper respiratory tract infection. Chronic sinusitis refers to long-term swelling and inflammation of the sinuses that may be caused by bacteria or a fungus.

The classic symptoms of acute sinusitis in adults usually

Symptoms of chronic sinusitis are the same as those of acute sinusitis, but tend to be milder and last longer than 12 weeks.

Symptoms of sinusitis in children include:

- Cold or respiratory illness that has been improving and then begins to get worse
- High fever, along with a darkened nasal discharge, for at least 3 days

SINUSITIS

Small hairs (cilia) in the sinuses, which help move mucus out, do not work properly due to some medical conditions.

- Colds and allergies may cause too much mucus to be made or block the opening of the sinuses.
- A deviated nasal septum, nasal bone spur, or nasal polyps may block the opening of the sinuses.

Sinusitis can be:

- Acute -- symptoms last up to 4 weeks

follow a cold that does not improve, or one that worsens after 5 - 7 days of symptoms. Symptoms include:

- Bad breath or loss of smell
- Cough, often worse at night
- Fatigue and generally not feeling well
- Fever
- Headache -- pressure-like pain, pain behind the eyes, toothache, or facial tenderness
- Nasal congestion and discharge

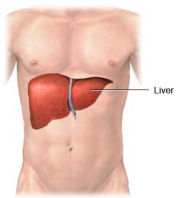
- Nasal discharge, with or without cough, present for more than 10 days and is not improving

MANAGEMENT

Treatment given is for symptomatic relief.

- Antibiotics may be prescribed
- Take adequate rest
- Adequate hydration
- Nasal decongestants
- Steam inhalation
- Anti allergic drugs may be prescribed.

BODY FACTS– LIVER



Liver Stores iron reserves, as well as vitamins and minerals

- The liver is the largest organ of the body.
- Stores iron reserves, as well as vitamins and minerals
- The liver affects nearly every physiological process of the body and performs over 500 different chemical functions.
- Detoxifies poisonous chemicals, including alcohol and drugs
- The liver filters over a liter of blood each minute.
- Stores energy by stockpiling sugar until needed
- Manufactures new proteins
- Processes all food and (most) drugs we eat
- Makes clotting factors to help blood clot

• It's your body's "protector," and damage to it can result in serious, potentially life-threatening consequences.

• It's your liver, and even though your overall good health and vitality largely depends on it being healthy, you may not be doing all you can to help protect it.

OUR SERVICES

SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us and upload/ attach your current medical diagnosis for us to get back to you with an opinion and the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

ELECTIVE SURGICAL PROCEDURES

CareAsia brings to you a wide range of elective surgical procedures to choose from at an affordable cost and uncompromised quality. We have in our network the best hospitals and surgeons across country who indulge in best surgical practices keeping the quality and patient safety at forefront. CareAsia would assist you to select a hospital in the preferred location and would arrange for your travel and stay throughout the treatment as selected. We would request you to go through our package details for making the best choice for yourself. We also provide second medical opinion services to enable you to make informed decisions. We also offer customized packages for treatment in India. Apart from the medical treatment we also offer various value add-ons like customized tourism options and visa and immigration assistance. To avail our services please sign up and create your profile.

WELLNESS PROGRAMME (COMPLETE HEALTH CHECK UP)

Our wellness program offers one of the most comprehensive and thorough medical check up for assessing your health status. The 360 degree screening investigates your health and renders detailed consultations with specialists. The detailed examination will not only identify any ailment you may be suffering from, but also identifies any affliction you might suffer in the future and recommends remedial action for the same. There will be consultations after the tests with renowned consultants and guidance for future course of action if any required.

ELECTRONIC MEDICAL RECORD MANAGEMENT

The Electronic Medical Record Management system developed by CareAsia is best defined as **Your Virtual Health Manager**. Salient product features of EMRM are:

1. Unlimited Medical Record Storage of all types whether it be prescriptions, discharge summaries, digital scan images, imaging reports, or any pathological investigation report.
2. Digitization of Medical Records. The system picks out data from your scanned medical records and digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed and a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms and generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds and what are the parameters that are off limits or it could update the user about a lab report that might be very old and would recommend a retest for the same

**DO YOU HAVE
REVIEWS?
WANT TO SUBMIT
ARTICLES?
DO YOU HAVE
QUERIES?**

**Do write to us with
feedback, queries,
articles on health be
it humor or
educative and we
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CareAsia, a brand of Vipul MedCare Pvt. Ltd., promoted by Vipul Group of India is focused on providing supreme healthcare services to patients searching for quality healthcare options at affordable prices across the globe. It serves as the bridge between patients seeking consultation, treatments, surgeries and top quality hospitals that facilitate efficient healthcare for visiting patients from abroad.

CareAsia intends to serve by providing value added services to its clients. It would serve patients beginning from the time the patient enquires from us to the time the patient gets his/her treatment performed and satisfactorily returns to the country of origin.

CareAsia has a strong presence within India (tie ups with major internationally accredited, top quality hospitals), which is one of the top destinations for medical tourism. Also, it has an international presence with offices in the Middle East and South East Asia to be a truly global organization in this industry.

We at Vipul MedCare strongly encourage patients to sign up with us over the web site or contact us to avail the best **medical tourism** options across the globe. With our 24/7 online support platform, helpdesk, dedicated trained staff, a strong network in the healthcare industry, and our excellent IT systems which would act as your life long electronic medical record keeper, we are confident to provide the best services to serve our clients.

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