

DEEP BREATHING EXERCISES

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In this fast paced life most youngsters never take time to relax and it is always a big sigh when they experience stress. They are always anxious about something or other and are nervous about the many things that happen in their day to day life.

Deep Breathing Exercises

Deep breathing has many benefits. Deep breathing exercises can be used when you feel stressed or anxious.

What are breathing exercises?

Deep breathing is a type of exercise that makes you aware of your breathing so when you inhale (take in air) through your nose, the breath is long and slow so the air completely fills your lungs. The second part of the exercise is to blow out all of the air from your lungs, nice and slow. You should see your lower belly rise when you breathe in and lower when you breathe out.

What affects breathing?

Stress, anxiety, anger, fear and other emotions can cause your breathing to become faster than normal. When you are happy and content your breathing is slower, and more regular.

How breathing exercises help?

Deep breathing can help you relax, decrease anxiety, improve coping skills and even help to lower your blood pressure.

When should I do this exercise?

Deep breathing exercises can be used when you feel stressed, anxious, or you're in any situation where you need to slow down and

feel in control. For example: if you're anxious before a test at school, deep breathing is a great tool to use to help you relax and focus. Even if you feel stressed in the middle of a tough day, taking a few deep breaths will help you feel relaxed and calm.

Deep breathing can also be useful before any medical tests or procedures, such as when you have your blood drawn. Deep breathing gives you a feeling of peace and is an easy skill to learn and use whenever you feel anxious or tense.

Who can teach me about deep breathing exercises?

Many different types of health care providers can talk to you about deep breathing exercises including nurses, health care providers, social workers, and psychologists. Deep breathing is often connected with yoga and meditation so teachers who are trained in these activities can also show you how to do it.

I don't have a lot of free time, is deep breathing exercise something I can do on my own?

Yes! You can use deep breathing exercises anytime for as long or short as you want. Unlike other forms of exercise you don't need any equipment, and it's free!

How do I do deep breathing exercises?

Something simplest to do is: Close your eyes for a few min-

utes and imagine yourself on a beach or another place you find relaxing. Then, take a deep breath through your nose and count to ten. Release the breath through your mouth until you have pushed all the air out. Then repeat the exercise.

Important things when practicing breathing exercises:

- Find a quiet and comfortable place where you can sit or lie down where no one will bother you for a while.
- Sit or lie in a comfortable position with your back straight.
- Close your eyes and imagine yourself in a relaxing place.
- Take a couple of "cleansing breaths" (breathing in through your nose and out through your mouth) and find a comfortable position, either sitting or standing.
- Breathe in through your nose and out through your mouth using your abdominal muscles so your diaphragm can flex and contract.
- Inhale slowly. This should take about 10 seconds. (You can count in your head to 10) so that your lower abdomen rises and falls. Now, exhale slowly for another 10 seconds.
- Try to get into a routine and practice deep breathing for 5-10 minutes each day. Practicing helps you get into a routine so you can use deep breathing whenever you feel the need to relax or calm down.



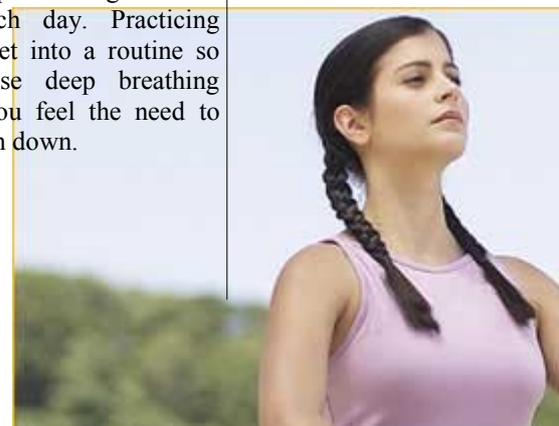
"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

~ John F. Kennedy

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HOW SHOULD GIRLS RECOGNIZE FITNESS TRAPS AND EXERCISE RIGHT

You may think extreme exercise will help you look like a skinny model. That, and several other fitness traps, almost always ends in disappointment. Check out these popular fitness traps, and get the lowdown on healthy exercise.

Fitness Trap #1: Exercise to Lose Weight

You may see a bunch of twigs walking down the runway, but in real life, girls gain weight in their teens. This is normal. Putting on 40 pounds between age 10 and 14 is not unusual or unhealthy.

Does this mean you should just sit around get fat? No! Regular exercise can help you stay healthy as you develop. One study found that girls who don't exercise gain an average of 10 to 15 pounds more than active girls. Something as simple as five 30-minute walks a week is all it takes.

Fitness Trap #2: Talk Yourself Out of Exercise

Maybe you think you look stupid or fat when you exercise. This keeps a lot of girls on the sidelines. Ironically, active girls say they feel better about themselves and their bodies, no matter how much they weigh.

Fitness Trap #3: Plan for Pain, Embarrassment, Boredom

OK, you hate the treadmill and loathe team sports. Then stay away from things that make you feel like a hamster or require hand-eye coordination. You still have options. Some girls stay away from ball fields, only to fall in love with dancing, yoga, and martial arts. Others find their bliss through biking, jogging, swimming, or taking long walks.

Fitness Trap #4: Do Only One Thing

Cross training helps build your overall fitness and helps you to not get injured. It also keeps things

interesting. Here are the different kinds of exercise to work into your routine.

- **Aerobic exercise**

Good for: stronger heart and lungs

Examples: inline skating, dancing, walking briskly, jogging, biking, swimming

- **Strength training**

Good for: stronger muscles and bones

Examples: lifting weights, working with resistance bands, many kinds of yoga, rock climbing

- **Core body exercise**

Good for: stronger trunk, pelvis, and lower back, better balance

Examples: sit-ups, leg lifts, yoga, Pilates

Fitness Trap #5: Don't Exercise Enough

Remember the study comparing weight gain in active girls to inactive girls? It only takes 30 minutes of activity, five times a week to make a difference. The key is finding things you enjoy and making them part of your life, like brushing your teeth.

Fitness Trap #6: Exercise Too Much

Some girls get obsessed and take exercise too far. Here are some signs of overdoing it:

- You don't take at least 1 day of rest every week
- You feel exhausted all the time
- Your periods stop -- if this happens or don't get your first period by the time you turn 16, talk to your doctor about it.

Exercise is not just for boys and doesn't have to be humiliating. Done right, it's a great way to get strong and healthy.

FACTS ABOUT HONEY

Nectar itself is composed mainly of sucrose and water. Bees add enzymes that create additional chemical compounds, inverting the sucrose into fructose and glucose, and then evaporate the water so that the resulting product will resist spoiling.

Hence, honey is a source of carbohydrates, containing

- **80% natural sugar** -- mostly fructose and glucose. Due to the high level of fructose, honey is sweeter than table sugar.
- **18% water.** The less water content the honey has, the better the quality of honey.
- **2% minerals,** vitamins, pollen and protein.

The vitamins present in honey are B6, thiamin, niacin, riboflavin, pantothenic acid and certain amino acids. The minerals found in honey include calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium and zinc.

Also, some very encouraging honey nutrition facts:

This natural sweetener has antioxidants and is fat free and cholesterol free!



“One study found that girls who don't exercise gain an average of 10 to 15 pounds more than active girls...”



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 & upload/ attach your current medical diagnosis for us to get back to you with an opinion & the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

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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 & 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 & 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 & 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 & what are the parameters that are off limits or it could update the user about a lab report that might be very old & would recommend a retest for the same

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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 & 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 & 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, & 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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