

New Year, New Goals
Newer Ways of Embracing Health



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How to Take Control of What You Eat

Review Your Year



To embark on anything new, it is crucial to evaluate your actions to understand what you have done wrong. If 2022 is the year you finally set your goals to action, you need to sit down, take a pen and paper and look back on the last 12 months or the years before. Now ask yourself:

- Have there been any weight fluctuations over the last 12 months?
- Are you an energetic person or do you feel worn down all the time?
- How often do you dine out or order takeaway?
- Do you exercise every day?
- Do you have any unhealthy habits like smoking or drinking?

Plan Ahead

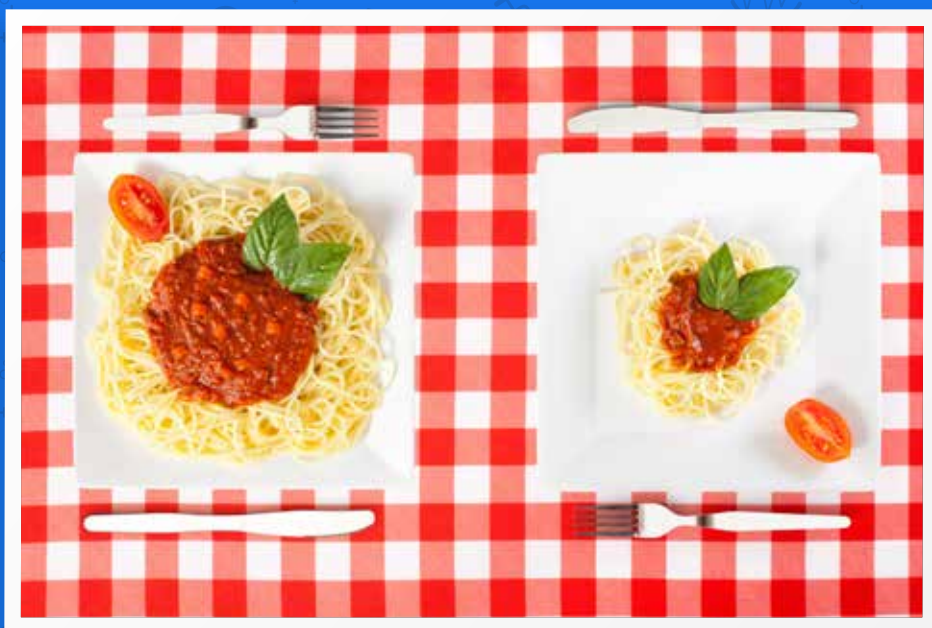


One of the tricks to stick to your health goals is to strategize how you are eating more than what you are eating. Once you have control of the 'how', the 'what' part of it becomes too easy. One such extremely beneficial strategy is that of meal planning.

Organising your meals way ahead reduces the stress
associated with last-minute cooking

Three templates for meal planning are displayed side-by-side. The first template, 'daily PLAN', includes sections for DATE, WORKOUT, DINNER, TOP PRIORITIES, TO DO LIST, APPOINTMENTS, HOUSEHOLD CHORES, and NOTES. The second template, 'this WEEK', includes sections for DATE, NOTES, THIS WEEK'S TOP GOALS, and a grid for MONDAY through THE WEEKEND. The third template, 'meal PLANNER', includes sections for DATE, SATURDAY, SUNDAY, a SHOPPING LIST, and a grid for MONDAY through FRIDAY.

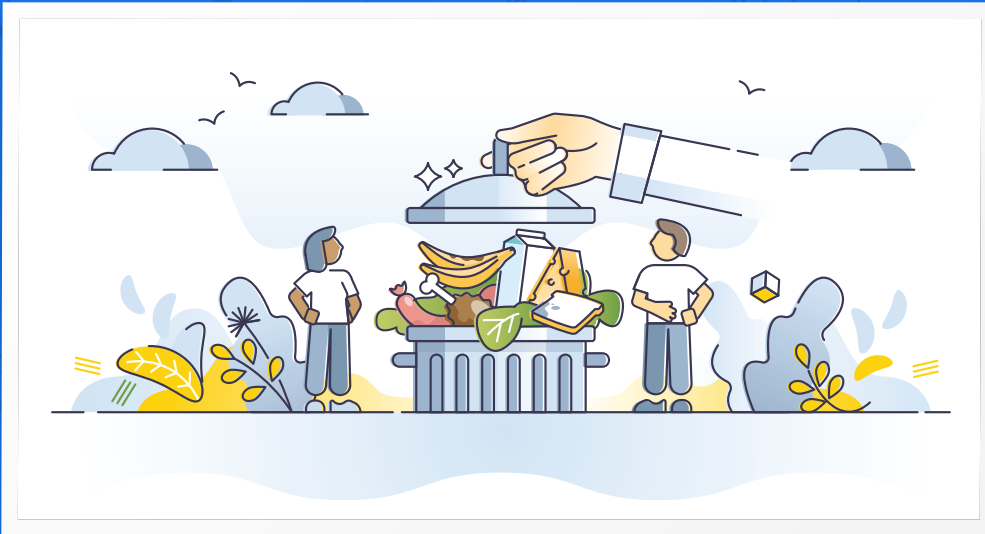
If your new year resolution is to lose weight, **meal planning helps you nail portion control and prevent you from overeating**



Planning your meal gives you enough time to put thought into the nutritional aspect of your dish. It allows you to shop for ingredients that you could be out of in your fridge



When you have pre-set meals for the week you are **less likely to end up wasting food** or perishable items such as vegetables and fruits



Eat, Don't Deprive



Irrespective of your fitness goals for the New Year, nourishing your body and system with whole and minimally processed foods is crucial. At no cost should you deprive yourself of food.

When you make nutritious, balanced meals a part of your daily diet, you are up to 80% safeguarded from heart conditions and a sudden stroke. Here are a few meal-centric pointers you should be focussing on:

Vegetables and fruits are sources of minerals, fibre, vitamins
and help you maintain a healthy weight



Prioritize whole grain food items such as oatmeal, quinoa, brown bread and brown rice instead of refined grains



Protein plays a huge function in repairing and building muscles, bones and skin. Incorporate protein in every meal of the day. Ideal sources include nuts, tofu, paneer, soy products, eggs, lean chicken, fish, low-fat yoghurt and legumes



Proper hydration is key for a healthy diet. Make it your mission to drink 2-3 litres of water every day. Fizzy drinks, as well as packaged fruit juices, should be avoided. Make your juice at home by using a blender or a juicer



Eat small portions of food frequently



Skipping breakfast will be counter-productive as it is the most important meal of the day



Do not be hard on yourself if you ever end up eating a doughnut, Kajubarfi, chocolate cake or even a plate of biryani. Just burn off the calories over the next few days and avoid turning it into a daily habit



A wooden table with a green chalkboard, a yellow apple, and a dumbbell. The chalkboard has the word "fitness" and the number "1" written on it. A blue banner with white text is overlaid on the image.

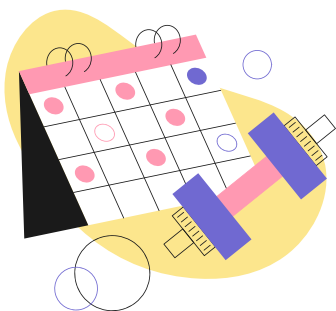
**Set Your Fitness Goals
and Stick to them**

Research says that the reason why we do not stick with our fitness goals set as part of New Year's resolution is that they are more emotion-driven rather than logical. On top of that, people set goals keeping in mind that they need to lose weight or become skinny which are not in themselves strong enough intentions to help you keep motivated once the initial enthusiasm has died down. One should focus more on how one 'feels' when one exercises rather than how one 'looks'. Here are a few ways you can set realistic goals and stick to them forever.

Set small, achievable targets every week. If you are starting out new, build up your intensity gradually and give your body a break by incorporating low impact forms of exercise such as walking or doing yoga now and then



CONTROL
YOUR PROGRESS



FITNESS
PLAN



EXERCISE
TARGET

Broaden your perspective of fitness by trying new and interesting things. From trekking, skipping, dancing, going for a run or learning a new sport, do not limit yourself to just running on the treadmill. Make fitness exciting rather than boring



Schedule your workout every day and at a fixed time each day.
Make a weekly calendar and stick to it however possible



Some exercise is better than no exercise. Exercising every day for an hour may not be possible. If you find yourself crunched for time, even a 10-15 minute workout can do wonders



Grab a fitness buddy. To help you get into the momentum,
begin your fitness journey with a friend





**A Healthy Mind Leads
to a Healthy Body**

While mental health has always been a matter of top priority, the pandemic over the past two years brought to the fore how fragile it is. When you make new promises to yourself to take stock of your health, do take note of your psychological well-being as well.

Exercise to feel good not to look good. When you exercise, the brain releases happy hormones known as endorphins. Go for a short walk, stretch your body, put on the music and dance for ten minutes; whatever you can manage, exercise every day.



We often compromise on sleep to get more work done. In the long-term, it is counter-productive as sleep deprivation in time takes a toll on your mental faculties. **No matter how busy your schedule is make sure to get 6-7 hours of proper sleep** daily by practising good sleep hygiene.

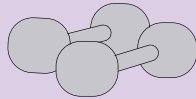
- ☐ Keep your bed-time and wake-up time consistent
- ☐ Avoid consuming caffeine and sugar a minimum of 5-6 hours before bedtime
- ☐ Keep your dinner light
- ☐ Switch off devices 1-2 hours before sleep
- ☐ Make sure your room is well-darkened



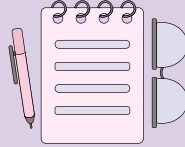
Practice self-care unapologetically by being attentive to your 'me-time'. Take breaks to switch off from social media. Spend time in nature. Read a book, listen to music, paint or indulge in some gardening. Do what makes you happy.



DRINK WATER



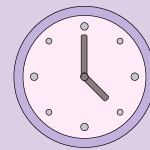
EXERCISE



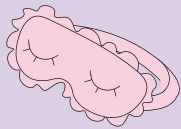
LEARN NEW THINGS



SKIN CARE



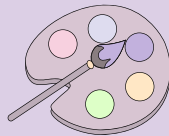
DAILY REGIME



GET MORE SLEEP



EAT WELL



FIND A HOBBY



LOVE YOURSELF

SELF-CARE ROUTINE

TO DO IDEAS





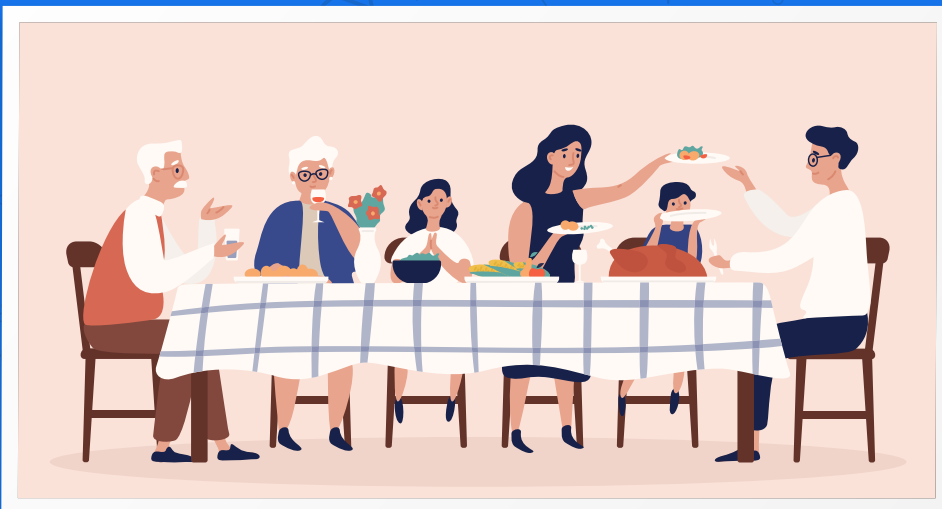
Prioritize Family Time

We run after success, money and fame, immaterial things that only society takes notice of. We try to gather money for the well-being of our family and in the process, we often end up not giving them the due time and attention they need. This New Year, pledge to your family to strike out a healthy work-life balance because in the end family is all we have.

Plan short trips, vacations with your family d then. Include your family in the planning as that increases bonding and such family holidays helps build lasting memories



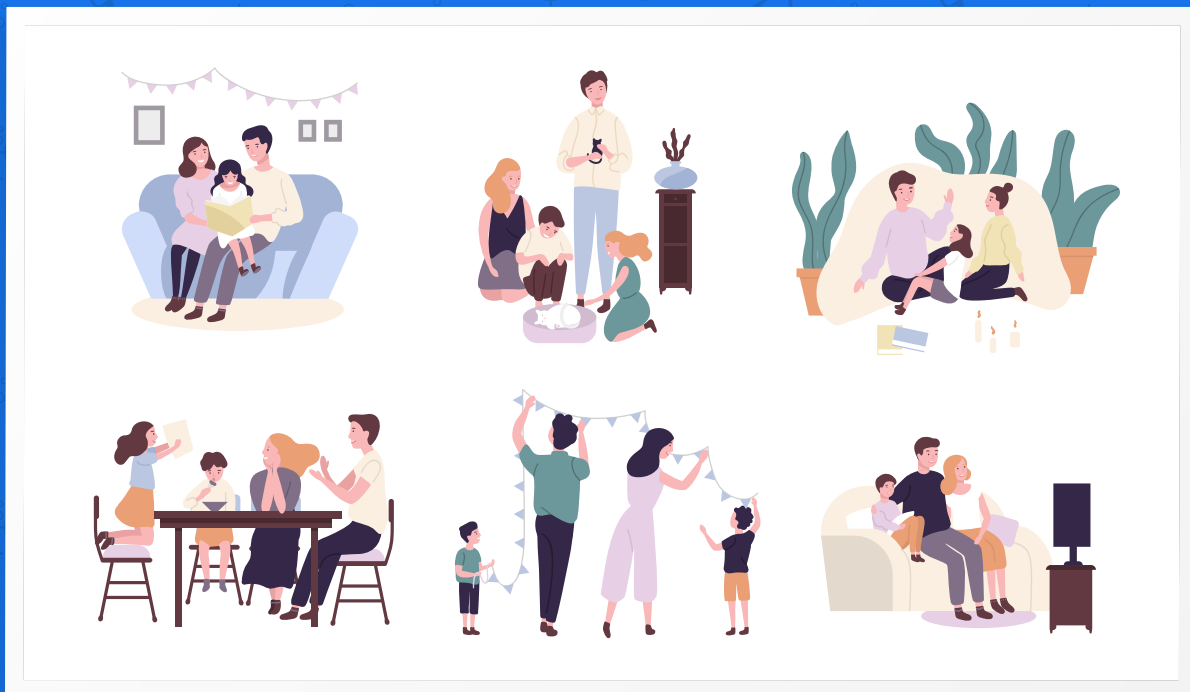
Try to eat your meals together. While eating lunch becomes restricted to your workplace as that is where we spend time during the day, breakfast and dinner are the other two meals where we have the window to make up the gap



Communicate with your family. Communication helps to strengthen the bond and keeps your family included in your life



Plan weekly or daily activities with your family. Play games together, watch a movie together or even get fit together. The possibilities are infinite!





Self Management



Productivity

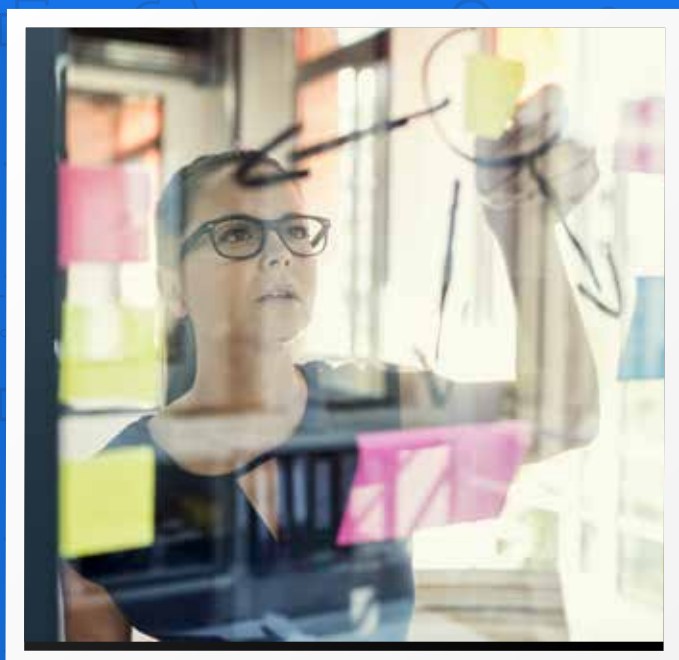


Time Management

**Let Productivity Exude
Throughout the New Year**

Productivity is an aspect most people struggle with. You often start your day keeping in mind the things you need to get done, but then as the day progresses you find yourself falling behind schedule. After the setback experienced in the years 2020 and 2021 due to the pandemic, how can you make the most of the coming year by being your productive best at your workplace without pushing yourself towards a dangerous burnout?

Take breaks. Seems like an odd thing to say when you start a list for productivity by mentioning the need to rest or take breaks. But it has been scientifically proven that when employees take 10-15 minutes at regular intervals they can complete their tasks faster and the end results are also often better.



Trust the 90-minute time cycle. Fully focussing on your work for 90 minutes, followed by a 15-20 minute break has been proven to boost performance. Known as the 'Basic Rest-Activity Cycle', the brain can focus only for 90-120 minutes after which it needs to disengage

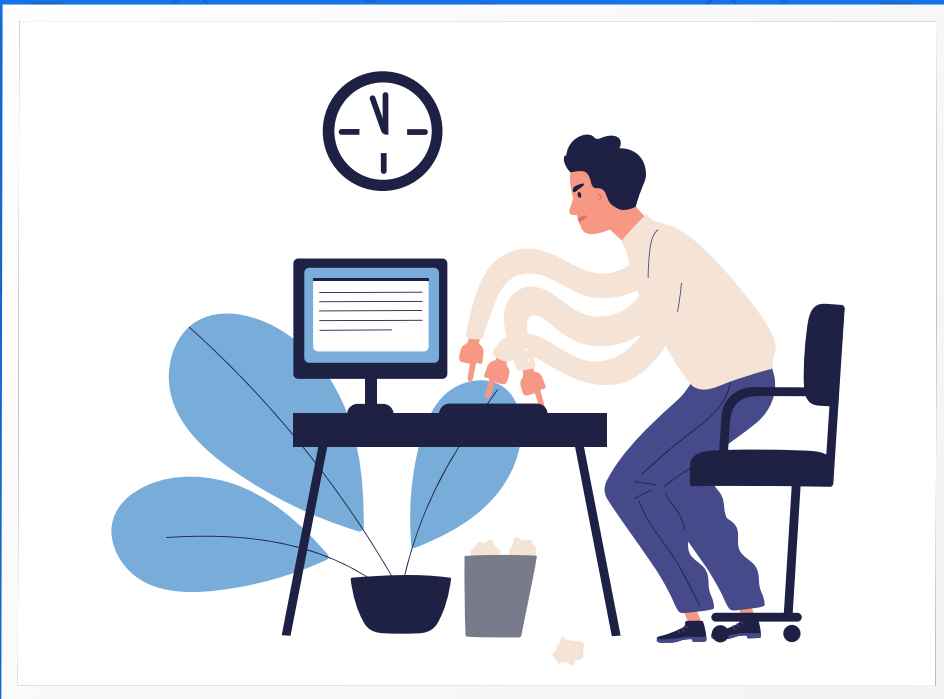
Keep distractions at bay. If using your phone isn't an absolute necessity for your job, try keeping it away during the 90-minute cycle. This will help you to accomplish your task within your set time



Don't be hard on yourself. If you have a bad and less productive day, don't be overly critical. Take the time you need to bounce back and be positive all the time even about your setbacks



Do not multitask. Multitasking on the job is not always a good idea and it is better to focus on one thing, get it done and then move on to the next. This way you will certainly find yourself getting more work done during the day



The goal for the New Year should be better health. Whether you are tending to your physical aspect or mental, always be kind to your mind and body. Even when you set yourself goals for more success and improvement, always be mindful of not burning yourself out. If you ever feel the need to reach out to someone and discuss ways to better your health, you can always consider **Medibuddy**, your trusted digital healthcare provider since 2000.

