RELIANCE
General Insurance

RHealthBeat

Quarterly Health Magazine
Vol. 5, Feb 2015

1st Anniversary Issue



food & mood
Food that makes you happy

PARKOUR
Doing what the French army does

Yuvraj Singh
The Second Life

The Perfect Weekend Brunch

CRICKET *destinations*
Australia & New Zealand bowl you over...

a ray of HOPE
Lisa Ray shares her inner most feelings ...

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More than 4 million policies issued and over 1 million claims settled annually*

LETTER FROM THE GUEST EDITOR



Dear Readers

India has indeed embarked upon a journey of healthcare system transformation with important structural reforms taken by the Government. Creating an access to a minimum set of healthcare services promoting Care rather than Cure has become the new mantra thereby projecting the Indian healthcare industry at US$ 280 billion by 2020.

We have given Healthcare to the world in the form of ancient sciences like Ayurveda and Yoga. The current stressful lifestyles coupled with a host of new chronic preventable diseases has made these Indian practices more relevant now than ever.

The industry is also garnering increased levels of Government's interest with the development of AYUSH, the Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy, giving an opportunity for us to re-discover these sciences.

In an attempt to provide holistic solutions to healthcare needs, Reliance General Insurance has integrated superior claims management with multiple Wellness & Assistance initiatives. As a part of the knowledge sharing drive; we had launched 'R HealthBeat- Quarterly Health and Wellness magazine in February 2014 which shares insights on Health, Fitness, Diet and Nutrition; and Technological Innovations in healthcare.

It gives me immense pleasure to bring to you the 1st Anniversary Edition of R HealthBeat.

We owe the success of this initiative to the continued patronage of our readers and assure you of our constant endeavor to provide you with the best solutions in healthcare.

Thank you.

Regards
Sam Ghosh
Chief Executive Officer
Reliance Capital Limited.

LETTER FROM THE EDITOR-IN-CHIEF



Dear Readers

It has been aptly said 'Time flies'… As the country welcomes the new year, it's a beautiful dawn for R HealthBeat- as your Quarterly Health & Wellness magazine turns a year older. I take this privilege to thank you all for encouraging us and extending your valuable support in 2014.

We are extremely happy about the success of our last issues and the introduction of new sections viz; 'Ask a Doctor' and 'I Will…Contest' that has been a hit amongst our readers. Having received positive feedback from our readers, we present before you a refreshed edition of R HealthBeat with more sections, more pages and a new theme.

With February 4 being observed as 'World Cancer Day', we bring across to you the story of a 'Cancer graduate' who has fought the perils of the battle and has seen it all. She is none other than **Lisa Ray,** being detected with multiple myeloma in 2009; she emerged as a brave survivor. Get to know more of the inside story in our 'Special Focus' article.

We also have a fellow crusader who is a breathing testament to the fact that Cancer is not the end of life. It's none other than our very own **'Yuvi'** who shares his experience of what he went through to fight the disease and his ultimate triumph over it.

A young working Indian on an average spends one-and-a half hour travelling between home and work place. But after spending long and tedious day at work, people escape heading to the stuffier gym to get that heart pumping. Therefore, outdoor exercise regimes such as boot camps, cycling clubs have become so popular among the youth, so has Parkour. **Cyrus Khan,** a young and enthusiastic free runner talks more about it in Fitness Today.

Considered to be India's most powerful and prominent non-cricket sportsperson, **Saina Nehwal,** the girl with grit and determination has inspired young girls and budding talents towards badminton. As we celebrate the spirit of womanhood on March 8 , we bring to you this go-getter's interview in our 'Special Focus' corner on how her journey has been so far.

In a country where cricket is divine, its fans are undoubtedly counting down to February 14 , 2015 when the 45 day extravaganza - the ICC World Cup 2015 is scheduled to start. We present before you our mini-guides for the cities hosting match in Australia & New Zealand. Leisure section covers this.

It's been a great journey all the way.

Wishing you the best of health always!

Regards
Rakesh Jain
Chief Executive Officer
Reliance General Insurance

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with your comments and suggestions or for charting out an exclusive Wellness programme for you.

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- Emergency Fuel Assistance
- Organizing a taxi
- Organizing Hotel Accomodation
- Minor Repairs
- Towing Assistance
- Delivering Back up key
- Sending Outgoing messages



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More than 4 million policies issued and over 1 million claims settled annually*

WATER

Each person can save upto **20 litres** of water per day

Avoid keeping the tap running while brushing your teeth, soaping yourself or scrubbing dishes. Open the tap once ready to wash or run the tap in very low flow.

1 in 6 people worldwide do not have access to 5 to 13 gallons of safe freshwater a day to ensure their basic needs for drinking, cooking and cleaning.

10%

10% of worldwide diseases could be prevented by improvements related to drinking water, sanitation, hygiene and use of environmental management and health impact assessments.

NEWS

It takes about 300 litres of water to make paper for just one Sunday newspaper.

In India alone, water borne diseases cost the economy **73 million** working days per year.

About 82 Million Hectares of agricultural area is devoid of assured irrigation support.

Good times to drink water

Drinking water at the correct time maximizes its effectiveness on human body.



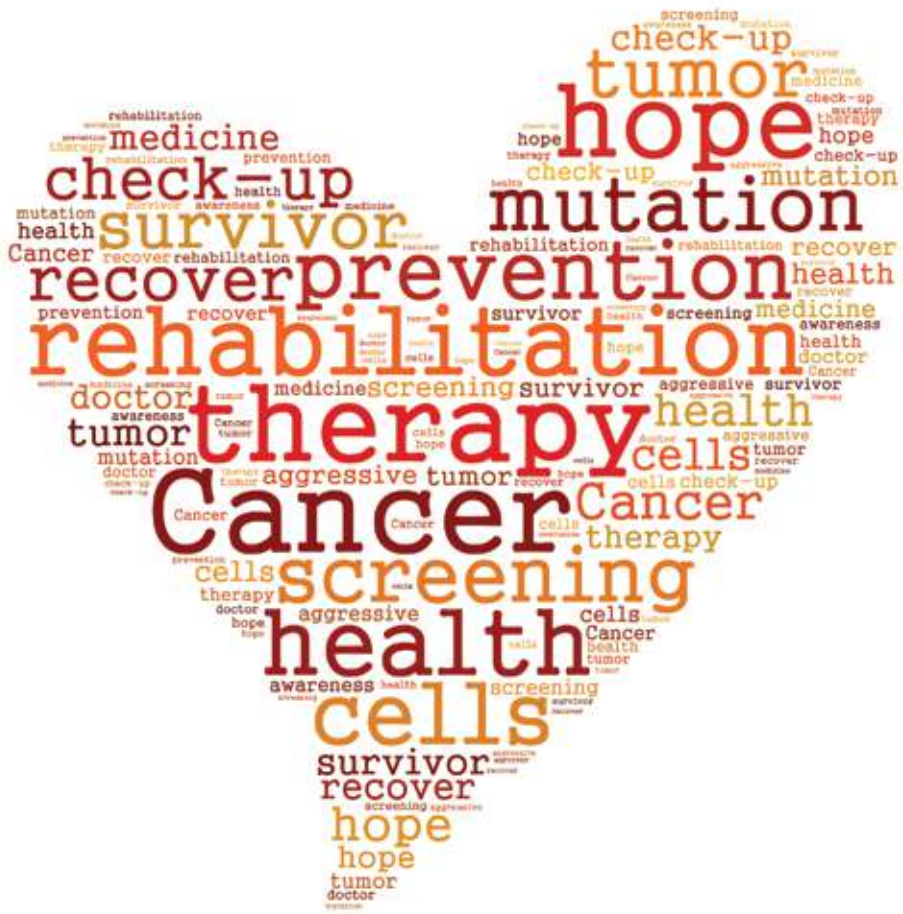
- **2 glasses of water after waking up** - helps activate internal organs.
- **1 glass of water 30 minutes before a meal** – improves digestion.
- **1 glass of water before taking bath / shower** – helps lower blood pressure.
- **1 glass of water before going to bed** – prevents stroke / heart attack.

Food rich in water

Water rich foods are ideal to keep you cool in extreme heat season. Water rich foods keeps your body weight in control and you always feel more energized. Fruits and vegetables can contribute up to 3-4 cups of fluid to your diet.

Choose produce with high fluid content such as grapes, watermelon, orange, squash, broccoli, cucumber etc.





Ask your Doctor CANCER...

As advances in the treatment of cancer have increased, here is an opportunity to learn the facts about this disease.

Is Cancer curable...

The short answer to this question is "Yes." In fact, all cancers are curable if they are caught early enough. When cancers are caught early, they tend to be smaller; they are thus either easier to remove surgically, or more likely to shrink in response to chemotherapy or radiation therapy. Cancers not caught "early enough" may be curable, and almost certainly are treatable. Even advanced cancers that have spread to different parts of the body are usually

treatable. Like other chronic diseases such as DM/HTN, cancer can also be controlled for longer periods with improved quality of life. We have started using the term remission more often these days rather than cure, simply because a cancer patient in most cases comes for a long time of follow up. While a given therapy may not be able to cure the disease, it may be able to extend a person's life until a more promising, and potentially curative, therapy becomes available.

Screening essentials...

Females: As breast cancer & cervical cancers are very common in Indian women, annual mammography after 35yrs of age and routine PAP smears after 21yrs of age are recommended.

Males: Biannual oral check-up's to screen for oral cavity cancers, annual PSA levels & digital rectal exam (DRE) to screen for prostate cancer, fecal occult blood test (FOBT) /sigmoidoscopy/ colonoscopy/ to screen for colorectal cancers.

But even regular screening can sometimes miss detection of cancer.

Ayurveda interference...

It is probably wise not to combine the two. As allopathic practitioners, we know the adverse reaction a drug can cause and treat it accordingly. However, with a combination of Ayurveda, we wouldn't be able to judge some reactions/ interactions which may prove fatal.

Benign or Malignant...

Benign tumor is generally a slow growing tumor without any metastatic potential whereas a malignant tumor is generally a fast growing tumor with metastatic potential and with serious consequences. Benign tumour however, if symptomatic, may warrant removal, also some benign conditions may progress or may have a malignant potential.

I need monetary support...

Yes, there are many NGO's supporting cancer patients. In addition, there are also many government schemes covering cancer treatment and will be in the interest of the families to enroll in such schemes to avoid the financial burden.



Cervical Cancer vaccines...

They are known to prevent development of cervical cancer by preventing HPV infections. However, these vaccines should ideally be administered by 10 -12 years of age before being sexually active, then it confers protection against cervical cancer and if given later it is said to decrease the intensity of the cancer (i.e. metastatic potential of the cancer).

EightWarning Signs...

1. Change in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge
4. Thickening or lump in the breast or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in a wart or mole
7. Nagging cough or hoarseness
8. Persistent loss of weight ■

Dr. Ramesh S. Billimagga

Medical Director,
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Bangalore, India.

a ray HOPE *of*

LISA RAY WITH HER FINEST FEELINGS



Lisa Ray needs no introduction: A fashion leader, actor, thespian, philanthropist, gentlewoman and so much more. And to those who know her mettle, she is someone who is at peace with herself. It really takes oodles of guts to outshine like her and it is wonderful to see that she has used her experiences to make a virtue out of her persona. Immune to the dictates around her, she has always spoken her mind. She has so much to offer to the world. Her endless contributions to entertainment, charity, and style, resonate boldly. This Canadian-born humanitarian captured her struggle and authored a book, aptly titled 'Yellow Diaries'. Springing to the passion that Lisa has acquired through her life challenge, she bravely contends her youthful beauty and continues to resonate her staggering accomplishments. We are so lucky that she cares to spread Cancer awareness. Lubna Parveen learns it all from the cancer graduate and the citizen of the world whose voice is being heard in realms far more diverse.

1 How did the transition from a successful modelling career into the world of acting take place?

A. The transition was very organic and unplanned. Since I was a very well established and successful model in the 90's, I was offered to be 'launched' by some of the most prestigious Bollywood banners of that era, however I simply didn't see myself as part of mainstream Hindi cinema of the 90's. All that changed when the Bhatt's approached me with '*Kasoor*', which was a very different sort of film with a strong female character. Vikram Bhatt was also a director I could relate to, and who opened my eyes to the magic of acting. Soon after, I went to drama school in London. Of course, I went on to mainly working in international Indian films and with Deepa Mehta in projects like *Water* which was Oscar nominated and appealed to my sensibility.

2 From commercial mainstream cinema- *Kasoor, Takkari Donga*, etc to unconventional roles in *Water*, *I can't think straight*, you have done more than 25 movies. Which one movie is the closest to your heart?

A. The film closest to my heart is *Water* and *The World Unseen* which is set in pre-apartheid South Africa and was a wonderful experience as an actor.

3 You truly have been an inspiration to all women. What has been your source of strength in your fight with cancer?

A. I can't pinpoint any one source, but it's a combination of the massive support I received when I went public, my family and the years of yoga and meditation paid off as well. I also have an innate belief that the world is for me- not against me- so I view challenges and difficult times as opportunity for growth.

4 Could you elaborate on the term Cancer graduate?

A. Well, I felt that I learned so much from my Cancer journey that it functioned as a sort of Life University- my hope being that once graduated, I won't have to go back for a PhD.

5 'Yellow Diaries'- What is the significance behind this name and how you intend transforming it for the big screen?

A. The 'Yellow' of the 'Yellow Diaries' refers to the third chakra which is located in the solar plexus and deemed 'the seat of the will'. I believe our healing comes from our beliefs and thoughts, which are also influenced by our will power. I started writing the yellow diaries as a way to process and chronicle what I was going through. Cancer is confusing and a whole new landscape to navigate.

6 Modelling, Bollywood, Theater, Television, Philanthropy, what's next?

A. It's the time for Lisa 2.0 to thrive. I have always enjoyed exploring my creative boundaries and I will continue to do that in India and balance it all out with a healthy and happy personal life and lifestyle.

7 What does being 'Lisa Ray' means to you ...besides being 'Limited edition' as you once said?

A. I have been quite rebellious for a lot of my life and a non-stop seeker and traveler. I am now more invested in the art of stillness. I am content, which doesn't make me complacent- you will see me in films, ad's and writing in India in the next few months- but I'm not restless and trying to hide from myself. Basically, I know what matters to me and let everything else drop.

8 Tell us about your plans to set up a cancer institute in India.

A. It's early days, but I have been having a lot of discussions with individuals like Shiladitya Sengupta. My first priority is to reach out to other patients and set up a patient awareness and advocacy group. I also raise awareness in any way possible- I'm shameless. It's the only way forward to find a cure.

9 Tell us about the role your family played in your tougher times during the healing process? Was it ever that you felt you'd give up in between?

A. No never, ever it occurred to me that I would not get through it. I'm the luckiest daughter in the world because my father is an amazing soul. I call him 'Saint Salil'.

10 Given the toll cancer took on your mind, body and soul, how did you bounce back to the same ever beautiful Lisa in terms of looks and body?

A. The human body, mind and spirit have an amazing capacity to heal. I have used a variety of complementary therapies like naturopathy, Ayurveda and acupuncture as well as consulted healers around the world. Nutrition plays a huge role. I went to the Hippocrates Health Institute in Florida where they have a record of reversing disease using food and nutrition.

11 Being a 'Renaissance Woman', you stand as a role model to many of us.....what's your message to them?

A. Clean your heart, clean your mind, see every obstacle as an opportunity and know that your thoughts create your happiness. Cancer can be healed and cured. Believe it. ■









THE SECOND LIFE





From a dashing young chap to a strong, empathic man doing his bit to raise awareness for a noble cause.....meet Yuvraj Singh

You have been a real fighter, both on the field and off, so what has motivated you so far and how has the experience been?

I've always believed that no matter how hard the battle, I can win it. I think motivation comes from within. I have fought against Cancer, and your support and love has given me the power to win it. After the 2011 IPL, when I went for a check-up... that's when a tumour in my left lung showed up. Fresh tests showed the tumour had grown. Some doctors felt it was cancer, others disagreed. In London, after I was put through a series of tests by Dr. Peter Harper, it was confirmed. I'm happy to have got my life back...

In your experience, what are the major concerns of cancer patients?

It's painful and the fact that it is associated with survival. Add to it the stigma attached of having cancer. Then there is an uncertainty of getting the right and the best treatment in the country. The depression, mood swings, lost hair and life beyond that is what is playing constantly in your mind.

What was your reaction when you were conclusively diagnosed?

Was flabbergasted and at a loss for words. It took me a couple of days to accept the reality. But that's life... I wasn't the first person to be diagnosed with cancer, so I couldn't ask God 'Why me'? Luckily, I didn't get diagnosed late.

Where did you get your strength and resilience from?

My mother, she has been a pillar throughout and I consider this a second life that I got from my mother. Anil Kumble took a detour to visit me and it was such a pleasant surprise and so motivating. Sachin met me and with a hug said he was proud of me. The BCCI, (Union) sports minister Ajay Maken, close friends like Sandeep Sharma and Nishant Arora and of course, the millions of well-wishers.

What is the single most important factor in managing the emotional reactions to cancer?

Don't be scared... remain positive. Please don't think that your life is about to end. Take the right advice and act as soon as you can. Remain strong, cancer doesn't mean that you're going to die.

What do you do to maintain your fitness levels?

I follow a fitness regime through regular exercising, Yoga and an organic diet including *ghar ka khana*, *ghar ka ghee* and *makhan* most of the time. I also managed to lose around 10 to 15 kgs, which I had gained when I started bingeing on food immediately after I was cured. I have cut down on socializing. But I don't skip my training at all. On an average, five to six hours a day are reserved for it. ■

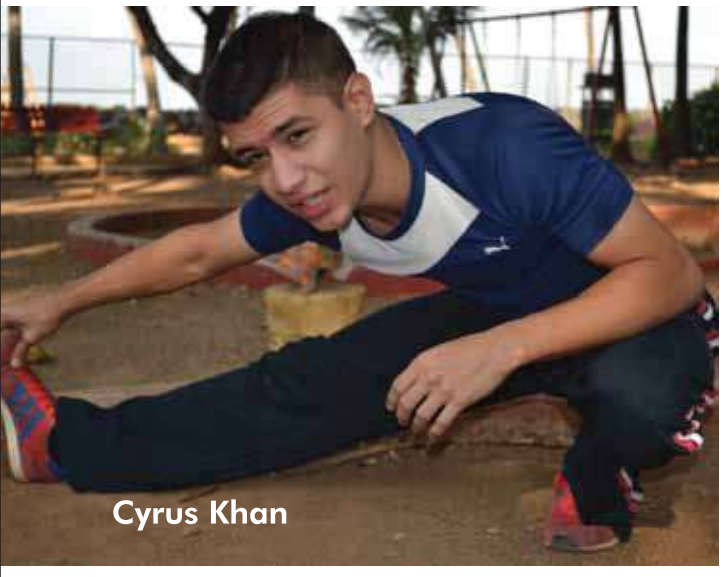
Did you know - Abhishek Bachchan plans to make biopic on Yuvraj Singh

His brand new phone - A HTC One M8 made of solid gold costing Rs. 1.80 lakhs!



Flip the Parkour way!!!

Make the urban landscape your playground with a personal obstacle course



Cyrus Khan

What is common between Casino Royale, Dhoom-3, Assassins Creed, District 13 and Heropanti??? All have used Parkour in their action sequences.

Parkour, evolving from a French Army training technique, is an international discipline, sport and hobby that is best described as the art of forward motion in spite of obstacles, in fact using obstacles for propulsion. Parkour's chief aim is not to move backward, but instead to overcome obstacles fluidly, with strength, originality and speed.

Developed in France, primarily by Raymond Belle, David Belle, and Sébastien Foucan during the late 1980's, parkour includes flinging yourself onto walls, doing flip-flops, obstacle courses, running and climbing depending on what movement is deemed more suitable. It involves a lot of creativity, helps you exercise, stay healthy, strong and be physically & mentally confident.





A practitioner of parkour is often called a *traceur*, with the feminine form being *traceuse*. Parkour training also conveys the values of honesty, respect, humility, sacrifice and hard work. For example, no one in the group is allowed to be late for training since it would hold back the whole group. If any *traceur* completes a challenge, it means that everyone else has to do the same thing. During the training, no one is allowed to be negative or to complain. Every movement has to be repeated at least ten times in a row without the *traceur* having to push limits or sustaining any injury. If any mistake is made by any *traceur* in the group, everyone has to start all over again.

Châu Belle explains it as a "type of freedom or expression"; that parkour is more of a state of mind than a set of actions. It is about overcoming and adapting to mental and emotional obstacles as well as physical barriers

Parkour @ Mumbai

Parkour Mumbai- NOS is Mumbai's biggest and most well known school. They conduct a variety of classes and workshops for practitioners of all skill levels. You can visit their website for a complete breakdown of their programmes. ■

Play it Safe

- Follow the safety rules
- Be trained in a structured manner. Be patient and take it slow. Strength, flexibility and agility develop as you practice
- Do not emulate from videos without the right expertise or guidance
- As the Parkour saying goes: 'Pk for Life'. The aim is to practice for life and you don't want to lose the ability to move as you grow older
- Know your limitations



HIIT- High

Intensity Interval Training

Get the story behind high-intensity interval training (HIIT), its muscle-building and fat-burning benefits.

You know what's the best part of spending a solid hour trotting on the treadmill? Nothing. Not only does that kind of slow-and-steady cardio take forever each time out, but like an expense report, it pays off slowly and doesn't really get you ahead. You want to be a toned and fit beach god? Come join the cult of high-intensity interval training.

The concept behind HIIT is simple: Exercise as hard as you can for a few minutes, recover just long enough to stop sucking wind, and repeat. This spikes your metabolism and builds muscle quickly. And unlike those leisurely treadmill sessions, it burns calories both during a workout and (here's the beautiful part) for up to 24 hours afterward. The regimen is brutal but quick. You'll be done with the whole thing in thirty sweat-filled (and swear-filled) minutes.



Say yes to HIIT:

- Healthy Heart – Most people are not used to be pushed into the anerobic zone (that lovely place where you can't breathe and feel like your heart is trying to jump out of your chest)
- Lose weight not Muscle- HIIT workouts allow dieters to preserve their hard earned muscles while ensuring most weight loss comes from fat stores.
- Increased Metabolism- Stimulates production of human growth hormone (HGH) by upto 450 percent during 24 hours after you finish your workout. Great news as it slows down ageing and makes you feel younger outside and inside.
- Do it Anywhere- You can do it in a boat, you can do it with a goat. You can do it here or there, you can do it anywhere. No space constraint no expensive equipment.
- Challenging- You may be in pain, you may be sucking wind, but definitely not bored.

Celebrities following HIIT: David Beckham, Queen Latifah, Hritik Roshan, John Abraham.

How do I learn HIIT: You live in the digital age- check out Youtube ■



Weekend Brunch



Too late for breakfast and early for lunch... that's brunch. In our lifestyles we are on the lookout for food which is tasty but easy to do and healthy. Try on this weekend brunch dish with Smita Duggar.

For dressing

1 tbsp olive oil
1 tbsp thick tamarind paste
1 tbsp lemon juice
1 tbsp chilli flakes
1 tsp chat masala
1 tsp pepper
1 tsp black salt
1 tbsp chilli sauce
1 tbsp tomato sauce

How to proceed?

Mix the dressing together with all ingredients. Toss with all salad ingredients before serving. ■

Pasta salad with desi tadka

1 cup chickpea (kabuli chana)
3 cups boiled pasta
1 onion cubed
1 capsicum cubed
1 cubed tomato
1 cucumber small cubed
½ cup paneer cubes
1 tsp green chillies chopped finely
2 tsp ginger finely chopped
1 tsp coriander chopped
1 tsp mint chopped





food & mood

Control the chemicals in your brain that decide how happy you are!



Our emotions, intellect, rationalization and cognition are all related to neurochemistry and that is triggered by what we eat. So, food affects our mood, and in turn, our behavior.

The simplest example here could be our daily dose of caffeine. Caffeine, found in tea, coffee, cold drinks and chocolate, is probably the most widely used behavior-modifying drug in the world. We often choose to drink it if we are feeling tired and irritable, because it can give us a boost and help us to concentrate.

Results of research on the connection between food selection and poor mood are reasonably consistent. People in a negative frame of mind are more likely to choose sugary, fatty or salty – indulgence or comfort – foods rather than nutritious ones.



The smell of chocolate increases theta brain waves, which triggers relaxation.



The chemical *locha*

Chemicals in your brain called neurotransmitters (serotonin, dopamine, acetylcholine, etc) are triggered by what we consume and influence the way we think, feel and behave.

I'm Dope

Dopamine elevates your mood and is synthesized from amino acid tyrosine. Eggs, milk, and cheese and soy protein are all rich in Dopamine. It affects the reward and pleasure centres of the brain and is associated with transient feeling of pleasure.

Stress buster

If you're high in GABA (gamma-amino butyric acid) you are relaxed and stress-free. If there's a deficiency of GABA in your body, you'll be wired, stressed, and overwhelmed. GABA rich foods are cherry, tomatoes, shrimp and brown rice.

I want to break free

If you're high in endorphins, you're full of feelings of comfort, pleasure and euphoria. If you're near the end of your endorphins, you'll be overly sensitive to hurt. Banana, walnuts, and dark chocolate trigger endorphin secretion in your body.

And yes, some kind of fats are good

Omega-3 fatty acids: The fats found in salmon, sardines and fish oil supplements contain the fatty acid DHA. Our bodies can't produce their own DHA, and people with low DHA are more prone to depression. DHA has a beneficial effect on mind and mood and to keep your brain active.

Quick bites

1. Have bananas for your breakfast to race through a hectic day
2. Eat chocolates to reduce your tension and boost your mood
3. Consume fluids for quick energy and overcome anxiety
4. Eat egg whites, cheese, milk and whole grains to feel positive and brighten your outlook to the world
5. Eat beans or fish to overcome mood disorders and dementia
6. Eat Gluco rich foods/ drinks for instant energy when feeling sleepy or tired.
7. Eat cereals, pulses, fruits and veggies to increase your metabolism and positive thoughts.
8. Reach out for a cup of green tea (chamomile in particular), since its happy properties are linked to your happy mood
9. Oysters, Avocados, Dark Chocolate are found to have high aphrodisiac properties ■

GADGETS



Phillips Air Fryer

Fry and bake with this air fryer !

Philips Air Fryer is a breakthrough in the food processor industry. Philips has employed the Rapid Air Technology which can fry food without using oil, thereby cutting down the fat intake by 80%. It circulates super heated air around a grill component, thereby avoiding the usage of unnecessary oil. The Air Fryer has a compact & unique design and fits into a small space in the kitchen. It can hold up to 800 grams of raw vegetables. The Fryer comes with an integrated timer and a temperature control, so that you can time your cooking as per your convenience. You can preset the cooking temperature up to 200 degrees. You can now bake, grill and roast healthy food, in a few minutes.

3 in 1 Mosquito Trap

Get hold of this trap to lure the mosquitoes away from you !

Mosquito Trap attracts mosquitoes like a magnet using a combination of CO_2, heat, light and a special Flight Guide to catch and kill mosquitoes. Works without chemicals or fuss, this trap draws bugs into its vacuum-action fan, containing them until they perish naturally. With 9 LED lights and human-like scent of titanium dioxide, it attracts mosquitoes, flies, wasps, moths and bees—protecting up to 1/2 acre, day or night.





Body fat analyzer

Keep a tab on your weight levels!

Manage your body weight easily with this equipment that analyzes your body fat percentage, visceral fat level, BMI and resting metabolism. It helps you chart out your weight reduction plan and track your progress. It is an ideal device for effective weight management since it displays body mass index to indicate the optimum levels of fat according to the dimensions of the body.



Waterlogged

Make sure you drink enough with Waterlogged!

Track your water consumption by day, week or year. To log your water consumption, click to launch the app, tap the image of the water bottle, and then select a glass size. You can even snap a picture and add your own glasses. The app includes a chart/map that shows your water consumption history, including where you drank the water. You can also connect with friends and see what other people are logging nearby.

Availability : Download the free app on iOS

Endomondo

Your personal trainer that fits right in your pocket!

Endomondo Sports Tracker is an app that helps you keep track of your development in your distance based sport activities such as running, biking and walking or even just on a treadmill. The app has a digital tracker that can measure time duration, distance and speed for every activity. It also assesses performance and helps you to analyze your training and check your progress. You can get an audio coach, track hydration, send friends pep talks, and plenty more. One of the cooler features is the ability to see other people's times on routes and test it against your own.





7 minute workouts

Only spend 7 minutes a day to work out !

It is a short but intensive circuit training that doesn't require any equipment. You can work out anywhere and at any time ONLY spending 7 minutes a day for each session.

APP FEATURES:
* 4 effective workouts for beginners and advanced levels
* Designed by professional fitness instructors
* Suitable for both men and women
* No equipment is required
* Video and audio instructions
* Achievements to motivate you ■



CRICKET *destinations*

AUSTRALIA & NEW ZEALAND

For the upcoming ICC Cricket World Cup 2015, we bring to you mini-guides for the cities hosting the tournament.

City: Melbourne

Home to street art, buzzing cafes and a cool bar scene, Australia's second city is charged with creative energy.

Venue: Melbourne Cricket Ground (MCG)

Key Matches: Besides playing the host for the Grand Finale on 29th March, 2015, watch the old rivals Australia and England renew hostilities at the MCG on 14th February, 2015.

Things to do: Melbourne slowly grows on you as you stroll around the immaculately preserved Victorian-era downtown or along the revitalized Yarra waterfront, or linger over a cup of "flat white" in one of trendy cafes on Chapel Street.

Food: Melbourne diners are increasingly demanding that some dishes – from humble lobster rolls, to classic Peking duck and chocolate souffle – are always available.

City: Adelaide

Not so long ago Adelaide was Australia's most invisible city.The stylish refurbishment of the Adelaide Oval consolidates its role as a major sporting destination.



Melbourne Cricket Ground



Adelaide Harbour By Night

Venue: Adelaide Oval

Key Matches: The home ground of late Phil Hughes hosts the opening match of the defending champions India with arch rivals Pakistan on 15th February, 2015.

Things to do: The city thrives with gorgeous beaches, beautifully designed churches and a zoo which is home to over 1,800 animals and almost 300 species of exotic mammals, birds, reptiles.

Food: Adelaide is Australia's wine capital, where famous names roll off the tongue more easily than a Barossa Shiraz slips down your throat. In Adelaide, chocolate means just one thing - Haigh's Chocolate. Coffee lovers can experience Stefano Manfredi's signature blend; Espresso di Manfredi, in your favourite coffee creation!

City: Sydney

Picture an easygoing seaside town: There are surfers riding the waves and beach bums lazing on the sands. Add to this landscape a horizon jagged with skyscrapers and iconic landmarks like an out-of-this-world opera house and a famously stunning bridge.

Venue: The Sydney Cricket Ground

Key Matches: The beautiful SCG comes into picture late in the tournament and hosts the first Quarter-final & second Semi-final

Things to do: With its lovely beaches, world-class restaurants, and cache of interesting things to do, Sydney's personality is a mix of carefree Australia and sophisticated metropolis. So, whether you want a laid-back vacation surfing the giant waves of the Tasman Sea or a high-octane trip of dining, shopping, and partying, Sydney's got you covered.



Opera House

Food: Visit the funky noodle bar at Ms G's, or try the legendary fish and chips from The Boathouse at Palm Beach, modern Vietnamese at Luke Nguyen's Red Lantern in Surry Hills, and traditional Japanese fare at Toko, also in Surry Hills. Want dessert? Adriano Zumbo's Rozelle Cafe produces a sublime chocolate cocoon, a chocolate forest is on offer at Sepia in the city and Black Star Pastry in Newtown has fabulous chocolate eclairs and cakes.



Sky Tower Auckland

City: Auckland

Admittedly, few fly all the way to New Zealand just to visit Auckland, the country's largest city. Most aim to explore the otherworldly landscapes with which, thanks to the silver screen, this remote nation has become associated.

Venue: Eden Park

Key Matches: Besides hosting the 1st semi-final on 24th March, 2015, watch the hosts battle each other on 28th February, 2015, at the Eden Park.

Things to do: This multicultural city, home to a third of all Kiwis, has recently welcomed a raft of bars, boutiques and restaurants that highlight locally made products, from excellent craft beer and wine to fashion and art. Get a 360 degree of Auckland by visiting the top of 192-meter Sky Tower-New Zealand's tallest building.

Food: Fresh, diverse and delicious, kiwis love their food – quintessential dishes include everything from roast lamb to green-lipped mussels and pavlova. No trip to New Zealand is complete without a delicious Hangi, a traditional Maori method of cooking food using heated rocks buried in a pit oven. ■

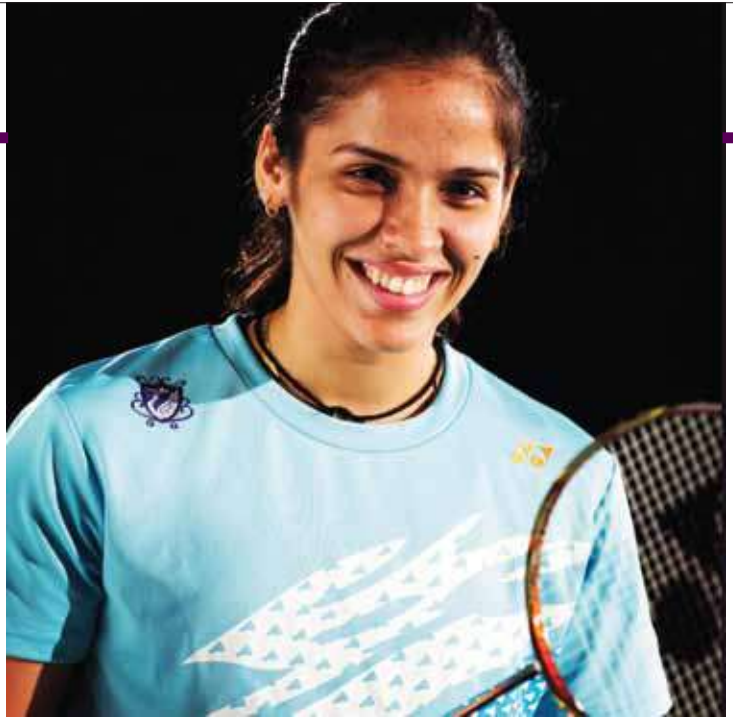


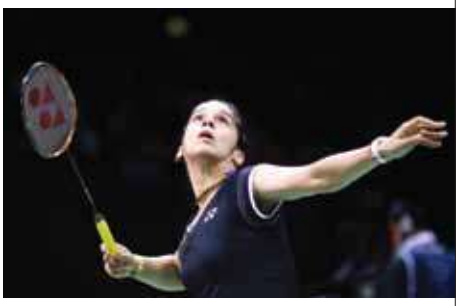
THE GIRL & her RACQUET

Arguably India's most prominent non-cricket sportsperson, Saina Nehwal's rise has created a new generation of badminton lovers in the country

Badminton is a sport that requires high endurance, strong muscular strength and extreme levels of fitness, how do you manage to have all of this?

As you know it did not come suddenly, it took more than 14 years to reach these levels. There is a strong support from my family particularly my mother, who nurtured me to reach this level. My hygiene, clothing, food and body relaxation after a strong workout is my strength. I owe it to my family who stood steadfast by me and my strength is the property right of my family.





It has been said that Indian badminton made an unprecedented leap in 2014. How would you rate the same?

It turned out to be a historic year for Indian badminton as the home shuttlers clinched no less than eight individual titles and also broke new grounds in team championships, making India a dominant force at the international stage. With me and K Srikanth clinching titles at China Super Series Premier and P V Sindhu bagging five bronze, including a World Championship medal, besides the historic bronze medals at Uber Cup and Asian Games, were the highlights of the year in which Indian badminton achieved unprecedented success at the global platform. So no doubt it is the golden year for badminton in India.

Your message for budding players

Try to emulate the progress of seniors. Try to maintain a good physique, lead a disciplined life and having trust in coaches is the key of success in badminton. Work hard and try your best. It does not matter if you do not manage to win all the time; just put every effort to make it possible.

Fitness advice for our readers.

Playing for the health as well as excellence is the slogan from my side for the every Indian. Health is an individual's treasure; nobody can rob it from you. Irrespective of your age, it is essential to exercise, for each and every individual, for atleast 30 minutes on a daily basis. It will keep you fresh through the day and also give you the strength to fight off illnesses. Another tip I would like to give is to follow a disciplined lifestyle. Discipline is necessary to incorporate into our lives if we want to keep fit. Brisk walking is the best exercise and add a dash of Yoga to remain fit and a healthy mind.

Happiest moment of your life

Winning for India is the most satisfying moment. All those are the happy moments of my life and I want to continue with the same zest and achieve better for my country.

Saina Nehwal is known internationally for her mental strength, even in your toughest games- you keep fighting. Where does it come from?

I have chosen to play badminton as a professional. It is what I wanted to do. Therefore, if I have to sustain and succeed in my chosen career I have to keep my focus. Acknowledging this fact helps me do that.

So what's your free time like?

I like to go shopping in my free time. I also make it a point to catch up on my sleep in my off days. Occasionally, I go and check out the latest Hindi movie release. But yes, I get very little leisure time, and even in that time I constantly formulate strategies to win matches. ■

The Sense of SELF-DEFENSE

In the threat of an assault, a good self-defense can be a great offense. Knowledge and routines, combined with common sense can go a long way to a safe and sound day, every day.

The Fact*

93

Every day, 93 women are raped in India.

70%

70% of women living in India endure some form of domestic abuse.



- Parents or close family 2%
- Relatives 7%
- Neighbors 34%
- Other known persons 57%

94%

94% of rape victims know their attacker.

Tips of Self-Defense

1.



Be aware of your surroundings at all times.

2.

Walk confidently and avoid eye contact.



3.

Remember the 3 critical strike zones



4.



Criminals tend to approach from a 45-degree angle (blind spot). When parked, or stalled, always lock your doors and keep the windows up. This avoids falling prey to a carjacking and potential assault.

5.



Never agree to go anywhere, even under duress. Yell for help, throw a rock, use blunt object - always stay in the principle scene.

6.

Avoid Confrontation

The safest approach to self-defense is to avoid any potential physical confrontations.



7.



USE LIGHT

A simple blast of high-powered, concentrated light can temporarily blind a potential attacker, allowing for your quick escape.

*National Crime Records Bureau, Wikipedia , Indian Express

Congratulation to the winners of *"I WILL..."* contest - R HealthBeat Vol. 4

We have received an overwhelming response to the *"I WILL..."* contest of R HealthBeat Vol. 4. Here are the resolutions that our winners made. Wishing all the contestants all the very best in living up to their resolutions.

***I WILL* take my grandparents on a pilgrimage in 2015 -** Divya Sharma

***I WILL* not spend more than 30 mins on Whatsapp -** RP Shah

***I WILL* carry jute bag while visiting a Grocery Store -** Nayna Kamdar

***I WILL* play with my children twice in a week -** Shivam Sharma

***I WILL* not get lured by offers on E-commerce websites -** Rishu Sachdeva



"I received the November issue of the magazine and I take this opportunity to congratulate the Editorial team on a very interesting, well designed and informative magazine. Excellent content, very well laid out. Congratulations on yet another excellent issue of R HealthBeat"

- Himanushu Verma

"Congratulations on the past year. Great editions and great articles. Keep up the good job"

- Dr. Vishwanath









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