

## Thinking Allowed...

By HASINA SAJUN

As a lay person it intrigued me to learn, how much proper diet, exercise and avoidance of stress helps in keeping the heart healthy.

Considering that Your Heart is your Health, and if the health of the heart depends mainly on your physical fitness your nutrition balance and your emotional condition, it follows naturally that one must try to maintain this or rectify if necessary.

To help the heart to function at its best we must avoid all exercises always maintain regular habits and standard weight, eliminate worries and smoking, and exercise to keep fit.

In spite of knowing the bad effect of smoking on, ones health people still continue to smoke. I feel that all schools especially for boys must arrange to show them the film on the harmful effects of smoking which is shown from time to time at the Seventh Day Adventist Hospital or other similar films if any other organisation or hospital may have.

If the teenage boys and girls are exposed in time to the effects of cigarette smoking, we can prevent so much health disorders due to smoking and save so much money.

It is of the greatest importance for discerning housewives to learn and serve her family with balanced meals. How to avoid feeding her middle aged husband and herself with the

# Save your heart 30,000 beats a day

non-fat meals, and providing the correct amount of proteins to all in the family. After the age of thirty and forty, our food consumption must come down as our bodies may not be able to use up so many calories and the surplus is stored in our bodies as Fat.

When you say that I hardly eat anything, but I still put on weight . . .! You are probably eating the wrong kind of food or miscalculating the total number of calories you consume. When you say I can't do anything about it I inherited the tendency to put on weight. . . . You are wrong again, say the medical experts. What you inherited if at all, is the tendency to over eat or eat more than your body requires. When more energy is consumed than spent.. fat accumulates.

You may eat more if you can exercise enough to burn up so many calories. People in our cities hardly get exercise unless they are doing manual labour. People who are consuming rich food and too much of it, never seem to need to walk. Housewives however much you walk in the house while doing your daily chores, you still don't get anywhere near the amount of exercise required by your body to burn up enough of the surplus calories or to keep fit the Aerobic way.

Not having sidewalks on our streets and not having concrete side walks, it is impossible for the most inclined person to walk around the place you live.

Rickshaws whizzing by and stray dogs running after you may keep you panting but hardly an enjoyable experience. Some people of course are lucky enough to be living near spacious well cordoned off play ground or park . . . but how many . . .? And can you imagine what would happen if overweight women started running around the park, that is if we can miraculously find the time.

The best exercise to keep fit, I remember riding was one in which the muscles throughout the body were used. Skipping rope and stationery running are two exercises that provide the maximum benefit, without a person having to provide any particular, place, space or other requirements. They are easiest to do, any time is good time (except for an hour after meals) about 80 steps a minute, start with a minute a day, and working up gradually to 15 minutes a day, would do wonders for you.

"Fitness means the ability of the body to tolerate stress in all its forms, physical, emotional, or intellectual. Physical activity is said to be an effective way to discharge tension and excessive nervous energy.

Once you have checked your general condition as far as your heart goes, with a doctor, you can start on a programme of physical fitness. Doctors have found an improvement in people within as little as four weeks after beginning a programme of regular exercise. One loses the

lethargy and does not get fatigued so easily. As the muscles tone up, one is lighter on the feet, one feels brighter, looks better and feels better.

Exercise helps your lungs to make less effort, the heart muscles grow stronger and so require and pump more blood with each contraction thereby requiring lesser number of strokes. It is said that with a good training the resting pulse rate may be 20 beats a minute slower than when not conditioned to exercise thus saving the heart 30,000 beats in a single day.

The heart seems to function better when you give it more to do. The heart of a person who exercise is better than a person who is used to sitting around. In our cities with no facilities for exercising, where girls and women hardly get a chance to enjoy sports, our habits of consuming curries and rice and bread with pickles and chutneys we must learn to exercise daily, and eat nutritious food.

Seeing the number of people suffering from over weight it would be well to remember that for every pound of excess weight the heart has to pump through 20 miles of extra blood vessels and fine capillaries, that is in addition to carrying the extra weight.

"O health! health! the blessing of the rich! the riches of the poor! who can buy thee at too dear a rate, since there is no enjoying this world without thee . . . . .?"