



Courtesy: STATE BANK OF INDIA OFFICERS' ASSOCIATION (CHENNAI CIRCLE)

EXERCISE

Is it safe for me to exercise?

It is safe for most adults older than 65 years to exercise. Even patients with chronic illnesses such as heart disease, high blood pressure, diabetes, and arthritis, can exercise safely. Many of these conditions are improved with exercise. If you are not sure if exercise is safe for you or if you are currently inactive, ask your doctor.

How do I get started?

It is important to wear loose, comfortable clothing and well-fitting, sturdy shoes. Your shoes should have a good arch support, and an elevated and cushioned heel to absorb shock.

If you are not already active, you should begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself. Starting slowly also helps prevent soreness from "overdoing" it. The saying "no pain, no gain" is not true for older or elderly adults. You do not have to exercise at a high intensity to get most health benefits.

Walking, for example, is an excellent activity to start with. As you become used to exercising, or if you are already active, you can slowly increase the intensity of your exercise program.

What type of exercise should I do?

There are several types of exercise that you should do. You will want to do some type of aerobic activity for at least 30 minutes on most, and preferably, all days of the week. Examples are walking, swimming, and bicycling.



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You should also do resistance, or strength training two days per week.

Warm up for five minutes before each exercise session. Walking slowly and stretching are good warm-up activities. You should also cool down with more stretching for five minutes when you finish exercising. Cool down longer in warmer weather.

Exercise is only good for you if you are feeling well. Wait to exercise until you feel better if you have a cold, flu, or other illness. If you miss exercise for more than two weeks, be sure to start slowly again.

When should I call my doctor?

If your muscles or joints are sore the day after exercising, you may have done too much. Next time, exercise at a lower intensity. If the pain or discomfort persists, you should talk to your doctor. You should also talk to your doctor if you have any of the following symptoms while exercising:

- Chest pain or pressure
- Trouble breathing or excessive shortness of breath
- Light-headedness or dizziness
- Difficulty with balance
- Nausea

What are some specific exercises I can do?

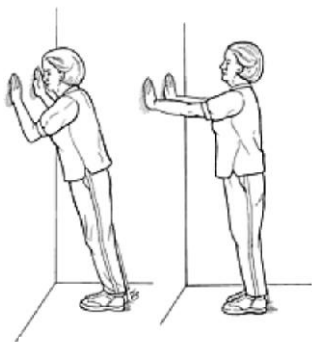
The following page shows some simple strength exercises that you can do at home. Each exercise should be done 8 to 10 times for two sets. Remember to:

- Complete all movements in a slow, controlled fashion.
- Don't hold your breath.
- Stop if you feel pain.
- Stretch each muscle after your workout.



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PICTURE 1. Wall push-ups.



- A. Place hands flat against the wall.
- B. Slowly lower body to the wall. Push body away from wall to return to starting position.

PICTURE 2. Chair squats.



Begin by sitting in the chair. Lean slightly forward and stand up from the chair. Try not to favor one side or use your hands to help you.



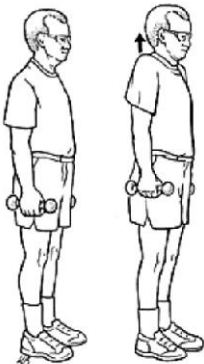
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PICTURE 3. Biceps curl.



Hold a weight in each hand with your arms at your sides. Bending your arms at the elbows, lift the weights to your shoulders and then lower them to your sides.

PICTURE 4. Shoulder shrugs.



Hold a weight in each hand with your arms at your side. Shrug your shoulders up toward your ears and then lower them back



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HOW TO LOWER OUR HIGH BLOOD PRESSURE

High blood pressure, very often you don't even know that you have it because you don't really feel the effects so readily. Just because you don't feel it doesn't mean it isn't there and you can't make it go away by ignoring it either. If you continue to have high blood pressure for an extended period of time it actually causes narrowing of the blood vessels that makes your heart work even harder. It is this condition that can lead to strokes and heart attacks.

Do you know your family history? Do you know what your risk is for hypertension? Nearly a third of all adults have high blood pressure and you are even more at risk if your grandparents or your parents suffered a stroke or heart attack, and even more so if you are over weight and inactive. Genetics have been shown to have an influence on the risk factors but it has also been proven that a healthy lifestyle including dieting and exercise can reduce the risk.

There are certain segments of the population that start out with the deck stacked against them such as those who have diabetes and kidney disease. Postmenopausal women and those who are overweight as well as women taking contraceptives are at a higher risk for having high blood pressure. In addition over half of all adults over age 65 in India and in other countries have high blood pressure.

How do we lower it? The fastest proven way to lower blood pressure is by participating in regular exercise. The positive affects of exercise are lasting, your blood pressure after exercise gets lower and stays lower for as long as twenty two hours. It will also help you to lose excess weight which is a leading cause of hypertension.

The next step we can take to help reduce high blood pressure is to alter our diet and choose foods that are lower in salt and high in fiber. Keep the fat content and calories lower and limit the size of each meal. It is better to eat several small meals than three large ones. Also, alcohol is just empty calories If you drink either cut it way back or eliminate it altogether.

If you follow these suggestions and lose the excess weight then maintain the weight loss you will experience reduced cholesterol levels, lower blood pressure, and a lower resting heart rate which all helps to make your heart healthier.

How cabbage can make your life healthy



Cabbage is one of the oldest known vegetables and its history is full of surprising facts.

For example, the ancient Romans believed that cabbage appeared from Jupiter's sweat, which is why they treasured this vegetable so much and used it as a cure for all ills.

Today mankind knows for sure that cabbage promotes good health in a great number of ways. Here they are:

- Raw cabbage raises the efficiency of digestion and helps expedite excretion, thus being perfect for stomach and upper bowels detoxification.
- It enhances immune function, makes the body more alkaline, strengthens protection against cancer, eliminates detrimental viruses and bacteria, relieves and cures ulcers, and clears the skin.
- All kinds of cabbage protect the liver and other tissues from stagnating.
- Cabbage is rich in vitamins and minerals. For example, it is abundant in vitamin C, vitamin E is mostly concentrated in the outer leaves, which also can boast of a big storage of calcium (three times more than in the inner leaves). Moreover, sulfur and iodine contained in cabbage stimulate circulation.
- Red cabbage will give you added antioxidant protection due to its phenolic compounds.