

**Article in Times of India on World Health Day
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It's about attitude

Maintaining a healthy body and mind depends on one's willingness and commitment towards achieving that goal

Correspondent

In this high speed competitive life and age of modernization, changing lifestyle patterns such as sedentary work, constant stress, bad food habits, smoking, alcohol and lack of sleep are the main reasons for the high incidence of Lifestyle Diseases like obesity, diabetes, blood pressure and heart diseases.

According to Dr Manisha Bandishti, lifestyle and obesity consultant of For Heart says, "There is one machine which can help you shed your kilos and control your risk factors and it is within you to do it. It is your will power and attitude that can motivate you to start up. Changing health attitude is the first step towards a Healthy Life. Time is just right to stop complaining and work towards staying fit."

Tips to sneak exercise in your busy schedule

- The best exercise is the exercise, which you enjoy and can continue for the whole life.
- We are genetically engineered for walking. We were jungle animals and our lifestyle was to walk and eat raw food the whole day
- Sleep with exercise attire and start your day with morning walk. At your work place, walk for 30 minutes in your lunch break.
- Walk with moderate intensity, rhythmic and continuously for 45 to 60 minutes per day.
- Maintain a good posture while sitting and stretch your body for two minutes after every hour of work.
- Try to incorporate health awareness and fitness culture in office and at home.