



Corporate Lifestyle & Fitness

"Health is a state of physical, mental, psychological and spiritual well being and not merely the absence of disease or infirmity". This is the definition given by WHO or the World Health Organisation and now let's analyse how the current lifestyle followed by majority of us is impacting us in a devastating manner.

The kind of life we are living today where every single movement of the watch has assigned us some or the other task. We proudly call it a modern lifestyle or "A Corporate lifestyle".

We do have a lot of work related priorities and somewhere in between we forget to take care of our body without realising the very fact that "Health is the ultimate Wealth" or "A healthy mind dwells in a healthy body"

The moment we wake up from sleep there is an unending tasklist to accomplish which obviously have it's psychological repercussions like Stress, Anxiety, Anger, Insomnia, Mood swings, Relationship issues and even Depression in several Cases.

When it comes to food Breakfast/Lunch also happens in a hurry or is compromised upon. We do not even know how many meals we are consuming in a day, what is the time gap between the meals, what is the nutritional value of that food, Will it be good for digestion and overall health and multitude of such questions are there but we don't have time to even think about them.

Since we have too many things inside our head our companion in this battle are our mobile phone, laptops and Desktops which will provide us constant reminders. Firstly keeping your eyes constantly in a screen display have an impact on the eyes which can lead to dry eyes, Dark circles, headache and even migraine in several cases.

Also Being in inquisitive mode all the times which include driving, working on laptop, watching TV etc takes a toll of the muscles around our cervical region and sitting long hours impacts our lumber region heavily creating cervical and lower back pain. This also creates tightness in muscles specially around hamstring and pectorals effecting our posture and making us more prone to injury and unfit for sports.

Lot of us also indulge in smoking as a remedy for stress not knowing what all damages its making inside the respiratory system and what potential threat it has for the future.

Stress combined with smoking has a potential to create major damages to heart, lungs and blood vessels. Also we are exposing ourselves to potential Heart attack, Strokes and Diabetes episodes.

Now for long we have discussed about the devastating impact as what's the solution. As we all have to work and certain things can't be skipped or removed but the only thing which can make is better and will definitely work as a medicine is devoting a minimum of one hour to physical activity. Our body follows the simple Rule "Use it or lose it" Thereby A body not doing physical activity is like a Car kept in a Garage and Thus won't be able to accomplish with efficiency the locomotive task assigned to them if it's without movement for too long.

The following activities can be beneficial :

1. Jogging /Running
2. Yoga / Meditation
3. Dance Activities
4. Weight Training
5. Group Classes

All these activities can be easily accomplished if you join a Health club nearby and are regular with your exercise routine, Remember the idea is to "Die young as late as possible"

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