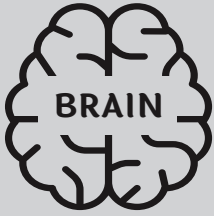

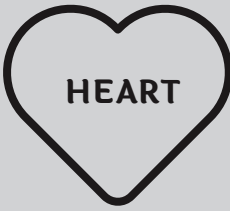




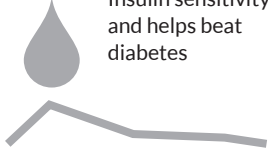








ALL ABOUT EXERCISE

It's not just important but crucial that we exercise

WHY? ABUNDANCE OF BENEFITS...

 <p>BRAIN</p>	 <p>BONES</p>	 <p>HEART</p>	 <p>HORMONES</p>
<p>Prevents</p>  <p>Forgetfulness, Alzheimer's disease</p>	<p>Assimilates Calcium</p> 	<p>Strengthens Heart</p> 	<p>Improves Insulin sensitivity and helps beat diabetes</p> 
<p>Fights Depression</p> 	<p>Improves bone mineral density and Prevents</p>  <p>Osteoporosis</p>	<p>Reduces Resting heart rate</p> 	<p>Regulates growth hormone (GH) for better skin and hair</p> 
<p>Improves Neurogenesis in dentate gyrus, the learning centre in the brain</p>		<p>Controls Blood pressure</p> 	<p>Regulates Cortisol for better quality sleep in the night and alertness in the day</p> 

HOW? BY FOLLOWING A PROPER STRUCTURE

RULES FOR EXERCISE PLANNING

Keep at least a 2 day gap between two weight training sessions

Schedule cardio a day after weight training

Build in recovery days to get the best out of exercise days

Yoga asanas are an excellent form of exercise, recovery and much more (And can be done daily)

Plan for at least 150 mins of total workout time in the week

WEEKLY EXERCISE CALENDAR*

* You can modify depending on your current exercise routine

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
						
Weight training	CARDIO Easy run/ swim/ cycling/ dance	Active rest/ Yoga asana	Weight training	Yoga asana/ Hobby	SPEED WORKOUTS Sprints/ jumps, etc.	Active rest

WHAT TO EAT?


EATING RIGHT IS CRUCIAL TO ENSURE THAT EXERCISE WORKS FOR YOU

Pre-workout meal



Have a fruit 15-20 mins before a workout or a main meal 60-90 mins before

4 R's of Post workout meal



Rehydrate
Drink enough water to quench your thirst and then have some more



Replenish
Replenish the glycogen stores with a fruit like banana



Repair
Drink a whey protein shake to help in the repair processes

Recover
Have anti-oxidants like Vit C, Vit E, Selenium, Zinc, etc., for quick recovery

Zinc
vitamin C
vitamin E
Selenium

TOP 5 FOODS TO IMPROVE EXERCISE PERFORMANCE

Hand pounded
Keeps the gut strong

Easy to digest
Local
Prebiotic
Single polished
Avoid brown rice

Good source of BCAA
(branch chain amino acids)

RICE

Rich in minerals
Sweet potato

Rich in fibre
Good for women

Sabudana
Arbi

Keeps our hormones balanced
For skin glow

TUBERS

Suran
Rich in vitamins

Rich in folic acid

Indian superfood

Rich in iron

ALIV

Garden Cress Seeds

Right ratio of essential to non essential amino acids

Useful for the older adults who are exercising routinely

Easy on the stomach

Speed up your recovery

WHEY PROTEIN

Strong fat burner

Consume tender, ripe, dry and the water

Wholesome meal

Regulates blood pressure
Strong immunity

COCONUT

Rujuta Divekar