



“ Healtiful is designed to inspire people to live their healthiest lives, every day, through medically reviewed information and expert health resource. It has comprehensive health information that covers all aspects of a healthy lifestyle like healthy habits, health concerns, preventative care, medical care, seasonal health tips and expert advice. We hope our humble attempt empowers our readers to take up (stay on) a proactive path towards a healthy life. It is a bi-monthly magazine, so stay tuned for informative & interesting articles, practical tips that will inspire you to prioritize your health and take control of your health. ”

This World Health Day

## Let's Celebrate Health

### Good health starts with you!

Kick start your journey towards health... not tomorrow, but TODAY. Why? Because today marks a special occasion where we are reminded of the importance of health and what we can do to improve our ever-decreasing health.

Every year on April 7, we celebrate World Health Day! A reminder that there is nothing more important than our health, and keeping ourselves safe & fit is not just a responsibility, it's a necessity for our well-being. When you take care of your health you are not only taking care of yourself but also those around you.

As comfort and conveniences increased it has become easy to fall into a sedentary routine which can invite a lot of new and chronic lifestyle diseases, disabilities and even death. Problems like metabolic diseases, joint and skeletal problems, cardiovascular diseases, hypertension, overweight, and violence have become common occurrences because of our not-so-optimal lifestyle.

Today we are calling our brothers and sisters to leave behind their unhealthy cushy lifestyle and pledge to start a healthy and active one today.



“ There is no better time than **NOW** to start living healthy ”

# Starting Your Health Journey

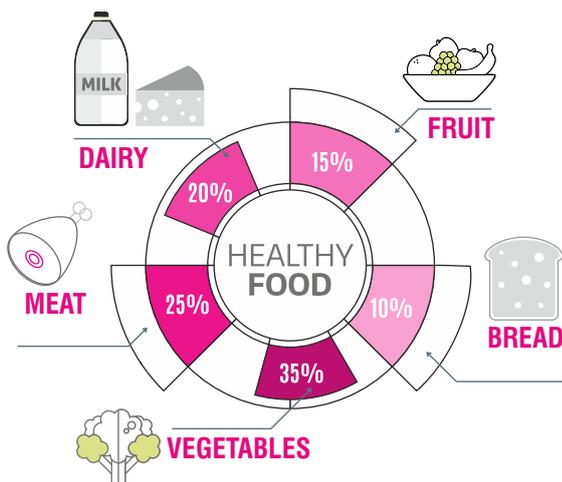
The transformation towards a Healthy lifestyle is not a short process it is a journey that takes informed decisions and consistent actions. It takes learning, evolving and growing as we navigate our physical, mental and emotional well-being. Consider it as a journey rather than a short stop and start incorporating these small, sustainable changes into our everyday activities.

## Know Your Present Health Condition

That means keeping an eye out for your current physical and mental health, identifying areas that needs improvement, and setting a start-line from which your progress can be measured.

Calculating Body Mass Index (BMI) is crucial as it's an indicator of your body fat percentage and overall health. Calculate your BMI and consult your doctor to determine if you are in a healthy range and set appropriate weight management goals. Don't forget about Mental health it is as important as your physical health, you can speak with a mental health professional to assess your emotional well-being and ways to manage stress, anxiety, or other issues.

Once you have a firm grasp over your current health status, it's time to set some realistic and achievable health goals to guide your journey that can help you stay focused and motivated.



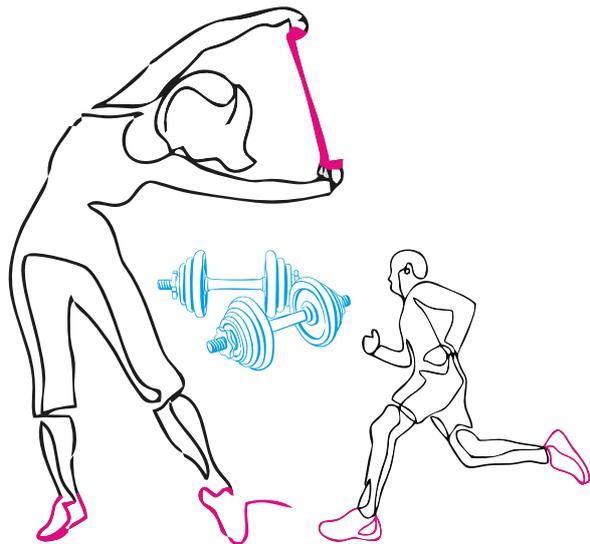
## Steps for a Successful Health Journey

**A Balanced Diet:** Adopting a balanced diet is the start of your health journey. For optimal health, a balanced diet is critical, it provides our bodies with the nutrients needed to function effectively. A proper balanced diet includes a variety of nutrient-dense foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats, while emphasizing on moderation, portion control, and mindful eating.

**Always Avoid:** Processed foods, untimely eating, overeating; eating too much sodium as it contributes to weight gain and other health issues.

**Exercise Regularly:** Regular physical activity benefits us both the physically and mentally. It not only supports a healthy weight but also helps reduces your risk of developing certain serious chronic conditions and illnesses. To start, try taking up workouts with low intensity and gradually increase the intensity. The aim should be to commit yourself wholeheartedly and making sure it forms your daily routine.

Try a mix of cardio activities (walking or swimming), strength training and flexibility exercises (yoga or stretching) to keep your workouts engaging and well-rounded. You can also consider working with a personal trainer, who can provide a tailored exercise routine to meet your health and fitness goals.



**Give Importance to Mental Health:** To help you manage stress, improve focus, and foster emotional well-being, set aside a few minutes each day to engage in mindful activities, like deep breathing or guided meditation. Quality sleep is also critical in maintaining mental health, it helps regulate mood, improve cognitive function, and support overall well-being. Aim for at least 7 to 9 hours of sleep per night and establish a consistent sleep schedule.



**Quitting Unhealthy Habits:** Unhealthy habits have serious consequences on our health and well-being if left unchecked. A major contributor to many health issues, including heart disease, stroke, and cancer is smoking. Quit smoking as soon as you can, it helps you reduce your risk of developing these conditions and improve your overall health. Alcohol abuse. Drinking too much alcohol can damage organs, impair judgment, increase the risk for certain cancers, and even lead to death in extreme cases.

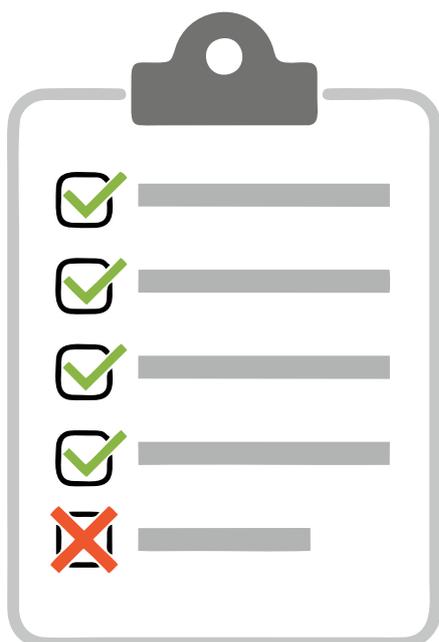
**PREVENTION  
IS BETTER THAN  
CURE**



# Checklist for a Healthy Life

**Start small:** It's important keep everything in moderation, rather than making too many changes that can be overwhelming and difficult to maintain, go for smaller changes. Once you've gotten used to it, you can try adding to it.

**Be patient:** Making lasting health changes takes time, you won't be seeing results overnight. Trust the process, the results will come as long as you are steadfast and consistent in your efforts.



**Set realistic goals:** It's crucial to set realistic health goals for yourself. If you're trying to lose weight, for instance, don't try to lose 25 kilos in a month as this is probably not going to happen & will only leave you feeling discouraged.

**Find support:** It's important to find support when starting your health journey, it could be from your family, friends, or even a close colleague. Let them know what you're doing and why, don't hesitate to ask for their help when you need it.

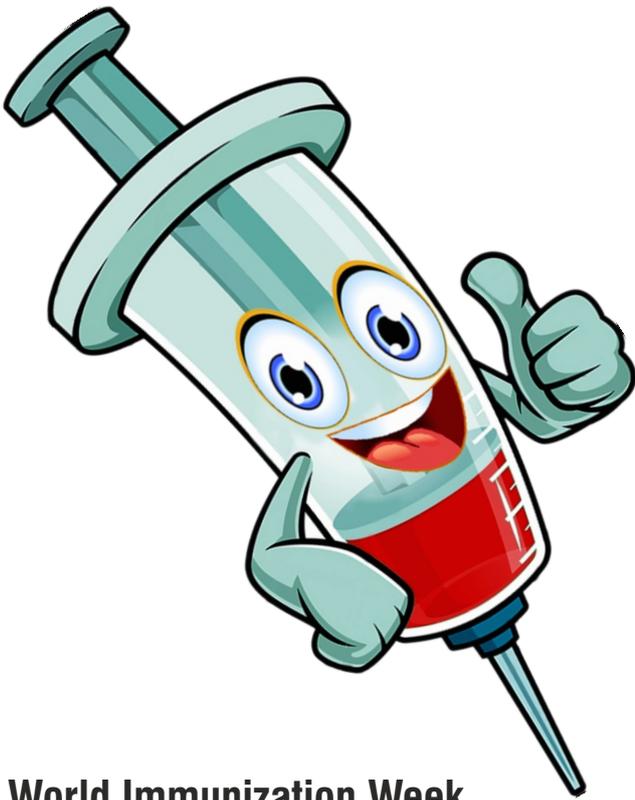
**Be consistent:** Creating new habits can be a hurdle, but staying consistent in your efforts can make it easier. Once you break the chain of consistency, it's harder to get back on track.

**Maintain a healthy mindset:** It's a lifestyle change process. It is for the long term, not a short period of time. Don't beat yourself up if for a bad day or mistake made - we all do. Just get back on track and keep going.

**Enjoy the process:** It's an opportunity to learn more about yourself and how you operate. So, make sure you enjoy it while analyzing and improving your ways for a healthier and happier you.

Stop comparing yourself to others. Everyone's journey is different especially their health journey, you're on your own path. So, don't compare your progress to someone else's - it's not a competition.





## World Immunization Week

# STAY IMMUNED GET VACCINATED

World Immunization Week is observed from April 24th to 30th, an initiative aimed at raising awareness and importance of vaccination in eradicating preventable diseases and safeguarding lives.

Do not reject vaccinated due to controversies and unconfirmed myths, as immunity vaccination plays an important role in health and eradicating disease outbreaks. Here is how taking proper immunization vaccines for kids and adults, can transform the collective health of a society.

### **Pediatric Immunizations:**

**Building a Strong Foundation:** Childhood immunizations protect children from serious, potentially life-threatening diseases like measles, mumps, rubella, polio, and diphtheria.

**Herd Immunity:** Higher childhood vaccination rates create herd immunity, which indirectly protects those with medical conditions who cannot be vaccinated (vulnerable newborns and immuno-compromised).

**Lifelong Protection:** Early vaccinations provide a strong foundation for lifelong immunity. Booster shots throughout childhood ensure continued protection.



**Get immunized today!**

### **Adult Immunizations:**

**Waning Immunity:** Immunity from childhood vaccinations can weaken over time. Adults need booster shots to maintain protection against certain diseases.

**New Threats:** Adults are susceptible to diseases they may not have encountered as children, like shingles or pneumococcal pneumonia.

**Immunizations creates a comprehensive approach to health:**

**Lowers Healthcare Costs:** Vaccination is a cost-effective way to prevent serious illnesses and hospitalizations.

**Improves Lives:** Healthy individuals can live longer, more productive lives.

This World Immunization Week, let's reaffirm our commitment to vaccination, one of the most effective tools for good health. By promoting vaccine acceptance, awareness and confidence,

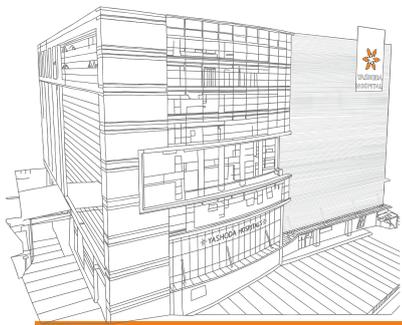
**Alert!**

If you miss, delay or skip your child's or your immunization, your child or you will be exposed to vaccine preventable diseases

We are embracing health and the benefits it brings to us and our loved ones. Let us seize the opportunity to prioritize our well-being, promote immunization, and work towards a healthier



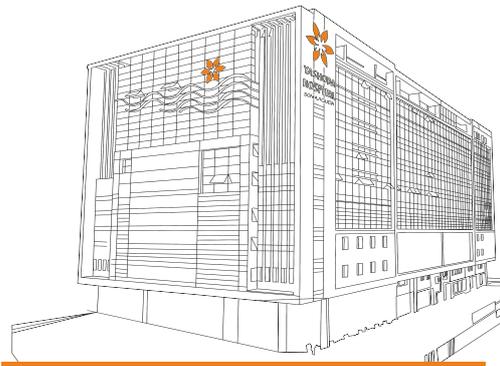
MANA YASHODA  
**30+**  
YEARS OF TRUST



SECUNDERABAD



MALAKPET



SOMAJIGUDA



HITEC CITY

*Your Partner in Health*

