



# Being Fit Human

"Our body is our temple"



*Busting the  
Food  
myths*

*Did COVID-19 affect  
children to suffer a loss  
of interest in sports  
activities?*



*A Full-Body*

Rejuvenation Yoga pose-  
Downward Facing dog

Yoga:  
AdhoMukhaSvanasana

**Mangoes and  
Broccoli**


**AMAZING  
NATURE**

Health Benefits  
of eating

**Health Magazine**



"The deeper the self-realization of a man, the more he influences the whole inverse by his subtle spiritual vibrations."

A black and white portrait of Paramahansa Yogananda, a man with long, dark, wavy hair, wearing a dark robe. He is looking slightly to the right with a calm expression. The background is dark and textured.

The restless mind  
jumps  
at conclusions

Humbleness is the  
manifestation of an  
understanding  
heart,  
and sets an  
example of  
greatness for  
others to  
follow.

"Practice meditation.  
You'll find that you are  
carrying within your  
heart a portable paradise."

- Paramahansa Yogananda

**Publisher, Owner, Printer**  
**ANUJ GUPTA**

**Editor-in Chief**  
**Vasundhara Choudhary**

**Associate Editors**  
**Bhanu Rajput**  
**Seema Panickar**

**Honorary Advisors**  
**N K Sinha**  
(Child Pedagogy Expert)

**Akhilesh Chaturvedi**  
(Principal, Delhi Public School, Gurugram, Marutikunj)

**Rajeev Garg**  
(Principal, Dutta Meghe School, Thane)

**Rohit Dua**  
(Managing Director, Little Flower Public School, Delhi)

**Lokesh Kumar Singh**  
(Managing Director, Lucknow Public School, Lucknow)

**Dr. Shivam Dubey**  
MD, Psychiatry

**Pratibha Choudhary**  
Senior Nutritionist and Lifestyle Coach

(All editors are responsible for the authenticity of matter). All rights are reserved. Reproduction of any matter in any manner or in any context is prohibited.

All disputes are subject to the exclusive jurisdiction of competent court and forums in Delhi / New Delhi only.



## BEING FIT HUMAN

"Our body is our temple"

6



## A Full-Body Rejuvenation Yoga pose

### AdhoMukhaSvanasana

8



Broccoli is an incredibly healthful vegetable that belongs to the same family as cabbage, kale, and cauliflower. These are all cruciferous vegetables. Each cup of chopped and boiled broccoli contains:



- around 31 Calories
- the full daily requirement of vitamin K
- twice the daily recommended amount of vitamin C

Health Benefits of eating

*Broccoli*

9

Known as the "king of fruits," mangoes are an excellent source of potassium, folate, fiber, and vitamins A, C, B6, E, and K.

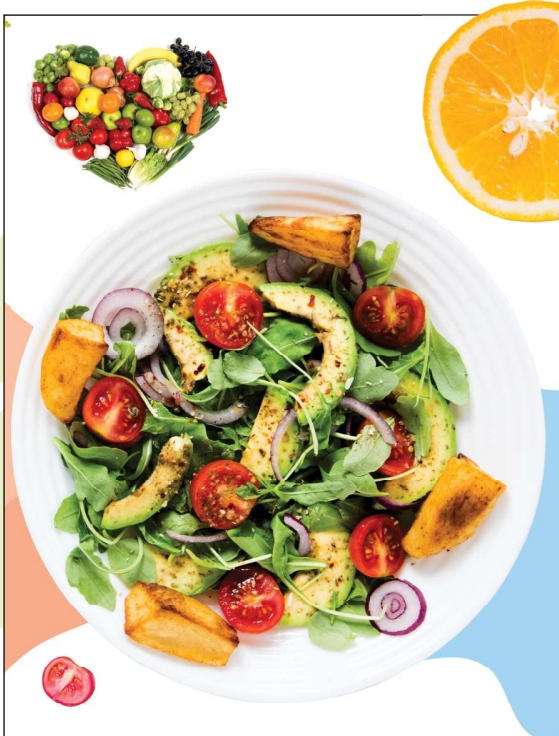


- around 31 Calories
- the full daily requirement of vitamin K
- twice the daily recommended amount of vitamin C

Health Benefits of eating

*Mangoes*

10



**Busting Some Common  
Food Myths**

11



**Health News  
Update**

16





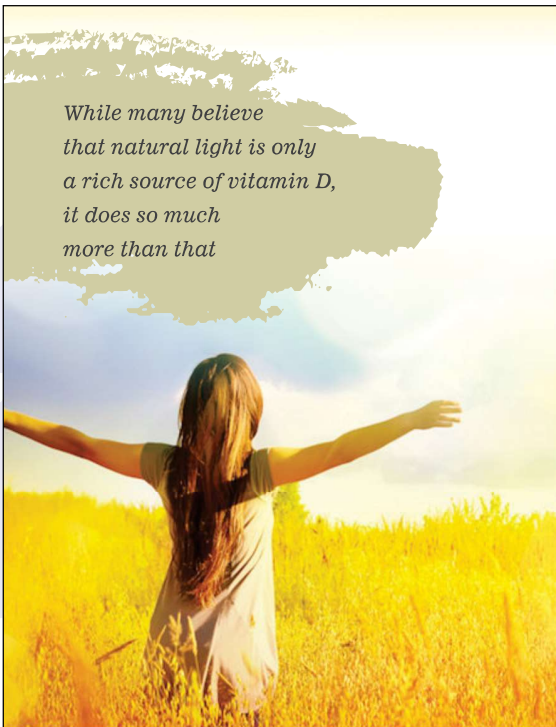
Did the COVID-19 affect children to suffer the loss of interest in sports activities?

17



Make a Difference  
(Lifestyle Changes)

21



*While many believe that natural light is only a rich source of vitamin D, it does so much more than that*

Why daily exposure to sunlight is good for your health

23

## Brain Food

BEST FOODS FOR BRAIN POWER!

1. Walnuts
2. Avocados
3. Green tea
4. Wild Salmon
5. Blueberries
6. Eggs
7. Pumpkin Seed
8. Dark Chocolate
9. Turmeric
10. Greek yogurt
11. Oats
12. Broccoli
13. Oranges
14. Coffee
15. Kale



# Publisher's Note



**ANUJ GUPTA**  
Managing Director

*The publication of 'Being Fit Human' has been made possible because of our team of dedicated professionals and authors, who selflessly agreed to contribute to our mission of providing accurate and empathetic health information to our readers.*

*Through our magazine and the articles published in it, we aim to connect better with the readers and support them towards adopting a healthier lifestyle. Consequently, providing them with in-depth analyses and views on healthy eating habits, nutrition facts, yoga, etc.*

*BFH further has chosen to help you get the best out of your life and body. So, let's celebrate the beginning or the continuation of a journey towards health and fitness.*

*Being Fit*  
**Human**

# From the Editor's Desk

Being Fit

# Human

*"Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open."*

– B.K.S Iyengar

*brings the focus on the state of health and wellness in the life of a '21st century man'. Although it is evident that both our mental*

*and physical well-being are directly impacted by our daily routine, we seldom seem to do anything to improve. Our hustling professional and personal lives have been so rigid that a minor change in our routine might immensely disturb our well-being.*

*Further, the outbreak of Covid-19 and other diseases in the past few years has made most of us apprehensive of the lives we've been leading for a long time now. Therefore, it becomes evident that we still have a long way to go for leading healthier versions of our lives. Despite the busy and hasty schedule, it's important to get some 'me-time'. Our magazine includes healthy and easy diet plans, introspective yoga and meditation practices based on experts' personalised experiences and thorough studies.*

*However, to allow such practices to blend with one's current lifestyle easily, 'self-stewardship' is necessary. It's not always about achieving a desired weight or socially acceptable body structure, but more about striving for 'personal harmony'.*

*Since habits tend to shape our existence and future, we hereby present you with some transformative methods that can help you lead a healthy, happy and balanced life.*

*Finally, we wish to remind you that 'life is not merely about being alive, but being well.'*

– Vasundhara Choudhary

Editor-in- Chief





# BEING FIT HUMAN

*"Our body is our temple"*

– Jyoti Mann



We go to temple to worship

our deity so as to get blessings, peace and happiness.

Similarly, this idea has to come from within so that we start treating our body as a temple and get the blessings in the form of the joys of a fit and healthy body. For everyone "Being fit means maintaining a healthy weight and uphold wellness." Being fit has become a huge aspiration for people. Being classified as physically fit upholds both social and personal value to people. . Fitness is a part of our historic legacy. That's why fitness is so popular around the world.

Capable of performing and enjoying daily activities with an utmost poise and balance. The doctors have observed that the root cause of many diseases is our unhealthy lifestyle. Many disorders and diseases can be overcome by making small changes in our lifestyle and regular physical exercise can also treat or at least can prevent many chronic health diseases and we know that prevention is always better than cure goal.



Government of India has also taken a very positive initiative in this direction and has launched '**Fit India Movement**' which aims at encouraging people to include physical activities and sports in their daily lives across the country. Only a fit human being can reshape the future of the nation. Because only a sound mind can exist in a healthy body.



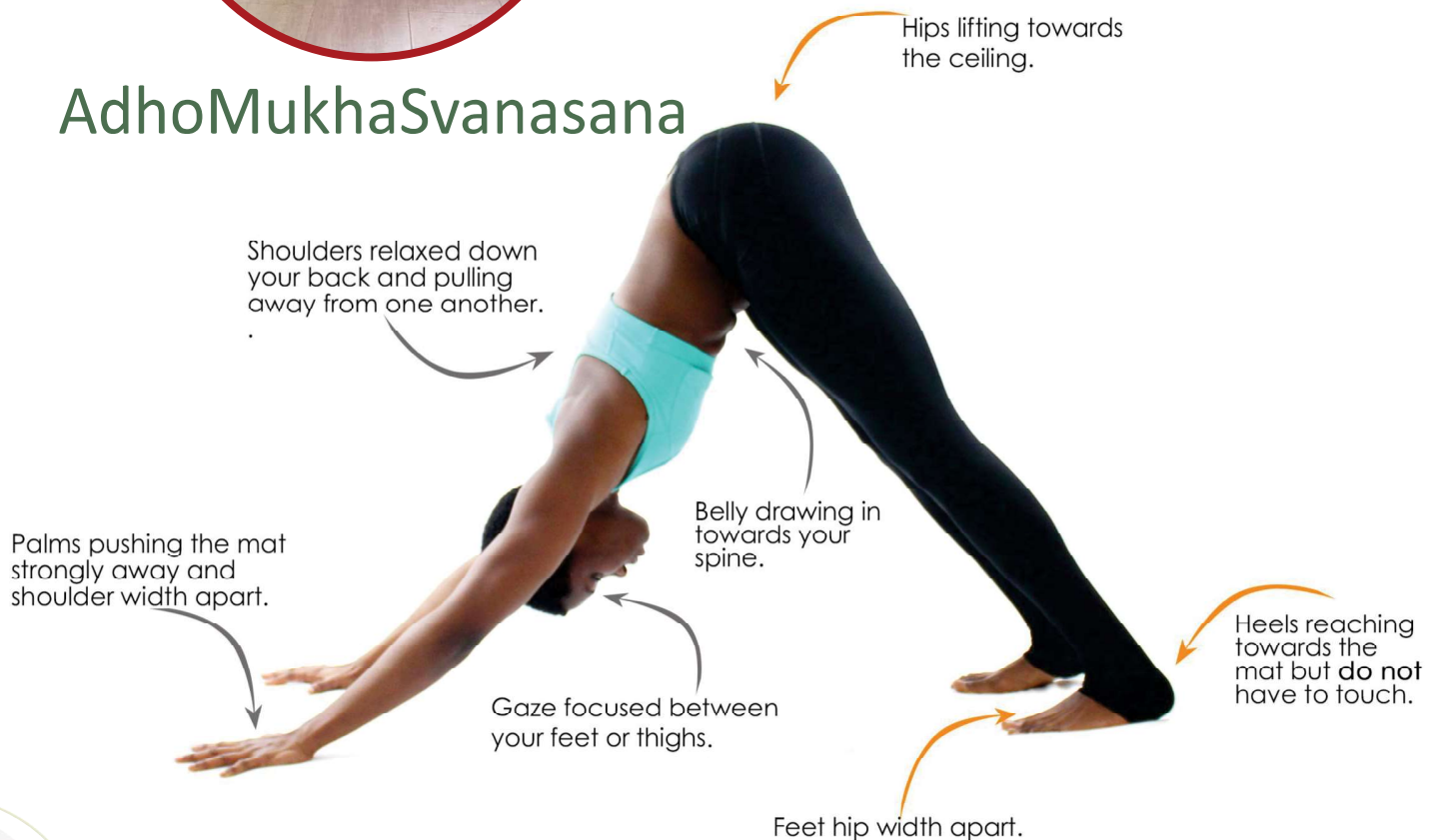
# A Full-Body Rejuvenation Yoga pose

*Downward facing dog pose gives a full-body stretch and awakening. Enter the pose from the plank position with palms spread. Next, lift the hips and lengthen the tailbone. Keep arms and legs firm with the head between the upper arms. This widely-recognized pose benefits the entire body by building stronger hands and wrists and relieving lower back pain. It also helps reduce symptoms of menstruation and menopause as well as helping prevent osteoporosis*



## How to do Downward Facing Dog Pose

### AdhoMukhaSvanasana





# Health Benefits of eating *Broccoli*

*Broccoli is an incredibly healthful vegetable that belongs to the same family as cabbage, kale, and cauliflower. These are all cruciferous vegetables. Each cup of chopped and boiled broccoli contains:*



- around 31 Calories
- the full daily requirement of vitamin K
- twice the daily recommended amount of vitamin C

## ***Nutrition facts***

One cup (91 grams) of raw broccoli provides 2.3 grams of fiber, which is about 5–10% of the Daily Value. According to the National Cancer Institute, animal research has found that certain chemicals, called indoles and isothiocyanates, in cruciferous vegetables may inhibit the development of cancer in several organs, including the bladder, breasts, liver, and stomach. These compounds may protect cells from DNA damage, inactivate cancer-causing agents, and have anti-inflammatory effects.

# Health Benefits of eating *Mangoes*



*Known as the “king of fruits,” mangoes are an excellent source of potassium, folate, fiber, and vitamins A, C, B6, E, and K.*

## ***Nutrition facts***

100 grams of mango contain 60 calories. This nutrient packed fruit contains 1.4 grams of protein, 24.7 grams of carbohydrates, 22.5 grams of sugar, and 2.6 grams of fiber. 67% of the daily value of vitamin C is found in mango. It also has a decent amount of copper, folate, thiamine, magnesium, niacin, potassium and riboflavin.

Mango is considered to be a good source of copper, folate and vitamin C. These elements boost immunity and are also helpful during pregnancy as they promote fetal growth. It also helps in fighting cancer. Mangoes contain antioxidants such as quercetin, fisetin, isoquercitrin, astragaloside, gallic acid and methyl gallate. All these properties protect our body against breast cancer, colon cancer, prostate cancer and leukaemia.



# Busting Some Common Food Myths

*"In 2019, more than 10 states had an obesity rate of 30 percent or greater, while an additional 12 states had an obesity rate of 25 percent or higher in India."*

Hippocrates (Greek Physician), the father of medicine, famously said, "Let food be the medicine and let medicine be the food."



*W*hile this premise may sound simple, most people may find it complex to apply in real life. Food and drink are the mixture of macronutrients-Carbohydrates, proteins, and fats-that contain the mixture of macronutrients and micronutrients to nourish our bodies. No doubt that everyone wants to remain fit and healthy. Food and Nutrition play a very vital role in our growth and development. The requirement of nutrition is essential for every individual. We believe in many Food Myths which are prevailing not only in India but all over the world. The most common food myths which are still frequent in our society are stated subsequently.





### MYTH:

**If you don't want to get a cold, load up on the vitamin C**

**Fact:** The negative calorie myth is a pervasive one that's been around for years, and it sounds like an easy fix for weight loss. However, if it sounds too good to be true, that's because it is. While it would be great if you could subsist solely on grapefruit or lettuce to lose weight, there is no scientific evidence supporting the idea that some foods have a negative calorie impact. Still, low calorie fresh fruits and vegetables tend to be high in fibre, so they are a great addition to a healthy diet.



### MYTH:

**You can burn more calories eating certain foods than those foods contain**

**Fact:** While evidence shows that vitamin C taken once you have a cold may help to shorten the duration and severity of a cold, taking it is a preventive doesn't work. Vitamin C is still good for you in many other ways, including as an antioxidant, so make sure to make foods rich in vitamin C, such as citrus fruits, a part of your daily diet.







### MYTH: Spicy food cause ulcers

**Fact:** Spicy foods may increase stomach issues such as ulcers or heartburn, but they don't cause ulcers. A large number of ulcers are caused by bacterial infections, and some are caused by lifestyle choices such as smoking, or certain medications.

### MYTH: Omega-6 fatty acids are bad for you.

**Fact:** Both Omega-6 and Omega-3 fatty acids are essential for the body. Body needs the ratio of 1:1 and 2:1. The problem is that the standard Indian diet, which is full of processed foods, is too high in omega-6 fatty acids, creating a ratio of 16:1. This imbalance promotes inflammation.







**MYTH: Calories are all the matter for weight loss**

**Fact:** Calories do matter, but they aren't the only factor in weight loss and gain. According to research, weight loss and gain is far more complex than a simple calories in- calories out formula. When it's important to strive to control portions sizes and not overeat, a balanced diet for a healthy adult is about 2000 calories per day.

**MYTH: When you have the option, always choose the low-fat or fat-free versions of foods**

**Fact:** While lowering fat may be beneficial for saving calories, these foods may be higher in sugar, which comes with its own set of problems. Because fat adds so much flavour to foods, many food manufacturers replace it with sugar when they take out the fat. Sugar increases blood glucose, which causes your body to release insulin. Insulin serves as a fat storage hormone, keeping fat trapped in fat cells and transferring new energy to fat cells for later use.







### MYTH: Raw vegetables are always healthier than cooked veggies

**Fact:** It's actually a wash between cooked and raw vegetables. While some vegetables may have higher levels of certain vitamins and nutrients when raw, others have higher levels of certain antioxidants when cooked. To preserve nutrients in vegetables when cook them, microwave or steam them.



### MYTH: Alcohol will help you sleep better

**Fact:** Alcohol is a central nervous system depressant, so it may help you fall asleep more quickly and sleep pretty deeply for an hour or two, but you won't stay asleep for long. If you do, it won't be a very restful sleep. After few hours, alcohol can induce sleep disturbances that disrupt REM, the most important stage of sleep.



Source; TOI E Times



Consuming raw  
fruit, veggies boosts  
mental health:  
Study



A new study has found that eating raw fruit and vegetables such as kiwis, bananas, apples and dark leafy greens may lower symptoms of depression and improve mental health, more than cooked, canned and processed food.

# Health News Update

Intermittent  
Fasting Reduces  
Fertility Boosting  
Hormone: Study



Intermittent fasting, or time-restricted eating (TRE), impacts the DHEA hormone in pre and post-menopausal women. The popular dieting pattern causes decreases in the production of the hormone, which is recommended for enhanced egg quality and ovarian function, a study has revealed.

*"It is health that is real wealth and not  
pieces of gold and silver."*

*— Mahatma Gandhi*

— Manisha Dharmi Source; *OUTLOOK*





Did the COVID-19 affect children to suffer the loss of interest in sports activities?







*As we saw 2020 is awfully tough for many people. There is no other way to put it. Every sector was forced to close against their will, people were detained for exercising their freedoms and rights, and students were forced into virtual learning for at least some of the year. As if kids these days aren't getting enough exercise as it is, the whole stay-at-home order and social distancing further pushed children into a inactive lifestyle - leaving many student-athletes wondering what to do now.*

## Will Kids Return to Playing Sports?

Childhood obesity is on the rise and the unhealthy diet (Junk food) assist to obese, and the pandemic didn't help things when our government and politicians tell everyone to stay at home, indoors, and don't congregate with others. What this led to was kids staying indoors in front of the television, Phone and other electronics. At a time where kids would rather be kids and be out playing, they are told to keep their distance from their friends and stay at home.

A photograph of two young girls playing on a yellow slide. The girl in the foreground is wearing a pink shirt and has her arms raised in excitement. The girl behind her is wearing a black shirt and also has her arms raised. They are both smiling and looking up.

# This will further raise Childhood Obesity Rates

In fact, as we observed or we get the information from media that kids will spend 2.5 to 3.5 times more hours in front of electronics during the pandemic for their online classes or schoolwork, which lowers the total amount of exercise and activity they get each day.

According to Harvard, just in the US, alone, 1 in 3 kids are overweight or obese. That's a terrifying statistic! And the fact that kids are not out playing sports could cause those numbers to increase rapidly even further.



*As the pandemic made its way across the globe, the WHO reported that there are 340+ million kids who are overweight or obese.*





*We all need to understand the harsh reality of what's going on in our children's heads. His or her world has been flipped upside down. When I was a child, I could not imagine someone saying sports were cancelled and that I couldn't go out and play with my friends. I can't wrap my head around everything that is going on, let alone what must be going through the minds of our youth. As a guardian, we need to be on top of our game and make these times less unsettling.*

*How can we do this? By trying to make things seem as normal as possible. I believe in the long run; it will be good for not only your kids but for you as well. Try to get outside for some activity or engage in playing sports with your kids in the backyard. Merely being out playing basketball or tossing the football with your kids can bring a sense of normalcy and hopefully a few smiles on everyone's faces too. Perhaps you make it a new family tradition that the entire family goes for a walk outside around the neighbourhood to talk about their day, get some exercise, and take in some fresh air after dinner.*

*And more than anything, I feel that we all need to sit down with our kids and ask them how they are doing with everything. Some kids keep their feelings inside, and you may only see a few cues giving away that anything is bothering them. Sit down and ask them if they have any questions about things that are going on. Allow them to voice their concerns or even worries. Try to make these times as normal as possible, and if that means heading outside and playing sports with them (if sports are their passion), then try to go out and run drills, play some one-on-one, or toss/kick some balls around the yard.*

*At some point, everything will return to normal, including athletics and playing sports.*



*If your kids can stay involved during these challenging times, they can have a leg up on the other athletes when seasons resume. In addition, it will help improve their health and prevent the further increase in childhood obesity rates.*





# Make a Difference

– Namrita Chauhan

*I went from being a sedantary human to a fit human by believing that being fit is one of the most important factor for the entire world.*



### Why so?

Pandemics, Increase number of heart patients, obesity level, psychological stress, and many more reasons are just more than enough to realize the importance of 'Being Fit Human'.

Do you know that only one in three child are physically active, less than 5% of adults participate in 30 minutes physical activity and more than 80% of people are below the par line of aerobic and strengthening scale. Keeping in mind the importance of fitness the 'Harbour Press International' is going to launch its innovative magazine soon named as "Being Fit Human" for the welfare of health and physical education department.

*"The motivation comes from within, the most important aspect to combine and use body and mind, in the most effective manner is to relate your enthusiasm with the Health Trainers"*

From the great personalities like Amitabh Bachchan to the richest person in India and to the government of India realizing the dominance of fitness by making sports and physical education requisite. Everyone is believing in fitness as well as the importance of Physical Educationist, Coaches, Health Consultant, Dieticians and Trainers of health. The uplifting of these professions is as much important as doing the fitness for help.





# Why daily exposure to sunlight is good for your health

*While many believe that natural light is only a rich source of vitamin D, it does so much more than that*

Amidst our hectic schedules, we end up spending a large part of our days in front of the computer, inside our homes and offices. While staying indoors is comforting, we often miss out on one essential ingredient to living a healthy and happy life — sunlight! Did you know that daily exposure to sunlight is quintessential to keeping a host of illnesses at bay? In an Instagram post, Dr Dixa Bhavsar, an Ayurveda expert, wrote, “25-30 minutes of sun exposure in the morning (right after sunrise and before 8 am) and evening (at the time of sunset) can do wonders to your health.”

While many believe that natural light is only a rich source of Vitamin D, it does so much more than that. “Vitamin D is an immune and energy boosting hormone which has a profound effect on our health,” she wrote, sharing the other health benefits. Take a look.

By: Lifestyle Desk; Source; THE INDIAN EXPRESS



**UVA present in sunlight:** Dr Bhavsar explained that it helps increase nitric oxide which is a vasodilator. This, in turn, “improves blood flow, improves oxygenation, lowers the respiratory rate and lowers **blood glucose levels**”.

**Red visible spectrum:** It is always present during the day and touches **on mitochondria** \_ function, increasing our energy and boosting overall health, she said.

**Neurotransmitters:** Basking in some sunlight every day can make you feel happier, too. “From natural light, we also make the neurotransmitters serotonin, **melatonin** and dopamine which are critical for mental health including reducing **anxiety**, depression etc,” Dr Bhavsar explained.

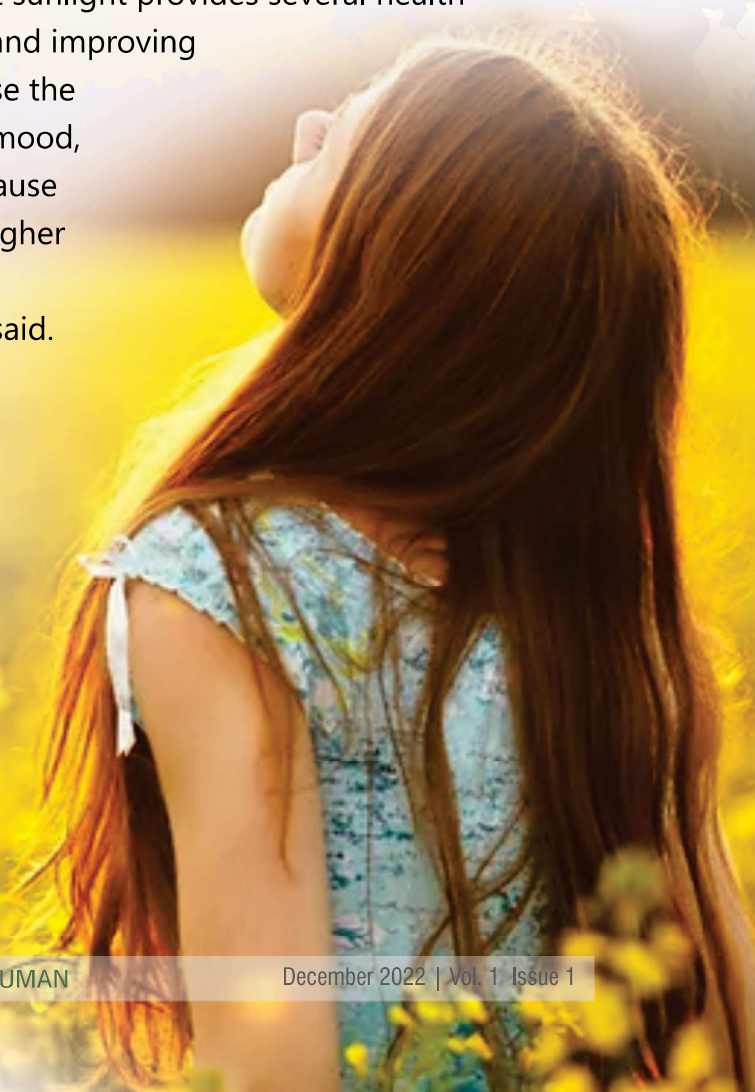
**Sleep quality:** For those struggling to catch some shuteye, sunlight may help **boost your sleep quality**. “Being outdoor has shown to improve our sleep quality and fine-tune our daily circadian rhythm,” the expert said, explaining that this is because we make melatonin from daylight and “then excrete melatonin after an absence of **blue light** for 2+ hours”.

Despite the numerous benefits, it's not advised to recklessly go overboard with direct sunlight. Instead, follow these effective ways, as suggested by Dr Bhavsar.

**R**emember, natural daylight is so much more than vitamin D. “So, don't think supplementing with vitamin D on its own will fix your health issues.”

Aman Puri, Founder, Steadfast Nutrition, added that sunlight provides several health benefits like strengthening bones, uplifting mood, and improving sleep quality. “Exposure to sun rays can help increase the production of serotonin, a hormone that stabilises mood, making one calm and happy. Lack of sunlight can cause serotonin levels to dip, which is associated with a higher risk of seasonal affective disorder — a form of depression that occurs with changing seasons,” he said.

Agreeing, functional nutritionist Mugdha Pradhan, CEO and Founder, iThrive said that sunlight acts as a modulator of our entire physiological functioning. “Full-spectrum white light from the sun during the day corrects our circadian rhythm and has a strong positive effect on our hormones and neurotransmitters. Sunlight is a natural antidepressant, boosting our cortisol and serotonin during the day and helping us sleep later at night,” she said.



“Mental illness is nothing to be ashamed of, but stigma and bias shame us all.”



"Your mental health is everything - prioritize it. Make the time like your life depends on it, because it does."  
- Mel Robbins

**If you know someone with a mental illness.....**

Please don't make them feel like they have to prove how unwell they are. They're fighting a misunderstood, Invisible illness that is life threatening.



**Fitness is not about  
being better than someone  
else. It's about being  
better than you used to be.**

