

# Being Fit Human



## *Foods to Avoid When Trying to Lose Weight*

*French fries and potato chips  
Sugary drinks, White bread  
Candy bars  
Some fruit juices  
Pastries, cookies and cakes  
Some types of alcohol  
Ice cream, Pizza  
High calorie coffee drinks*

## *What superstar foods are good for Diabetes?*

*Dark Green Leafy Vegetables  
Citrus Fruits  
Milk and Yogurt*



## *Myths about Mental Health*

*Separating fact from fiction*

## *Yoga asanas to improve Eye sight*

*Eye rotations  
Palming  
Blinking up down  
Movement*

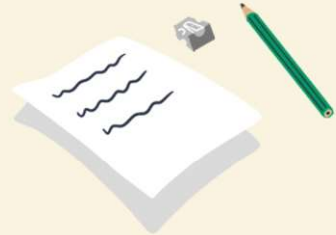
# Make your Mind feel Bit Better



take some  
deep breaths



listen to your  
favourite song



write out  
your thoughts



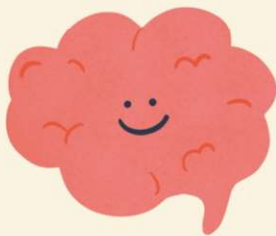
cook yourself a  
nourishing meal



go for a run  
outside



take a  
'Fabulous Moment'



try a guided  
meditation



put your phone on  
airplane mood



go for a walk  
in nature

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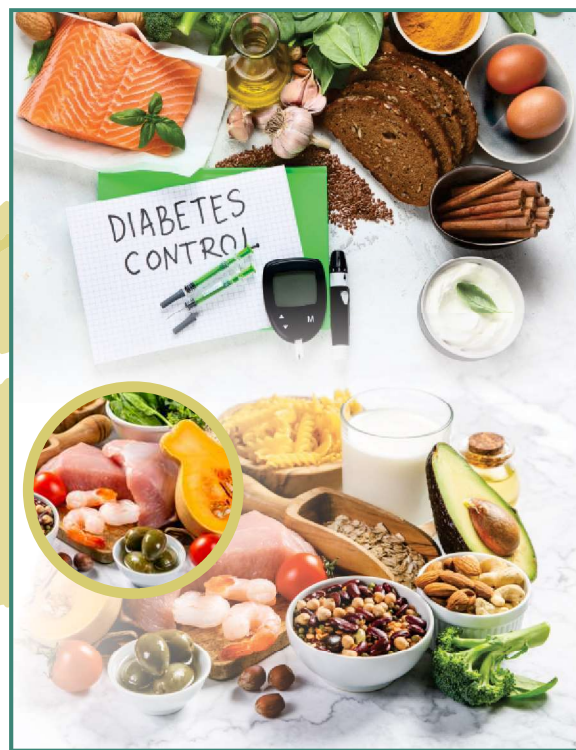
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### Brain Food

1. Walnuts
2. Avocados
3. Green Tea
4. Wild Salmon
5. Blueberries
6. Eggs
7. Pumpkin Seed
8. Dark Chocolate

### Best Foods For Brain Power!

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.'*

*– Vazundhara Choudhary*  
Editor-in-Chief



# Foods to Avoid When Trying to Lose Weight



*Certain foods are high in sugar, refined carbs and fat, yet low in important nutrients like protein and fiber. This can make weight loss more difficult and may have other negative effects on health. Most people focus solely on cutting calories to lose weight.*

However, it's also crucial to consider the types of foods that you're eating. Foods high in protein and fiber can keep you feeling fuller for longer, which may support weight loss. On the other hand, eating too many foods high in sugar, refined carbs, or fat can add extra calories to your diet, making weight loss more challenging. Here are 11 foods to limit when you're trying to lose weight.



## *French fries and Potato chips*

French fries and potato chips are often very high in calories and fats. In observational studies, consuming french fries and potato chips have been linked to weight gain and obesity. One 2011 study even found that potato chips may contribute to more weight gain per serving than any other food. What's more, baked, roasted or fried potatoes may contain substances called acrylamides, which have been linked to cancer. Therefore, it's best to enjoy these foods in moderation as part of a balanced diet.



# Sugary Drinks



*Sugary drinks can negatively affect your weight and general health. If weight loss is your goal, then limiting your intake of soda and similar drinks may have a big impact.*



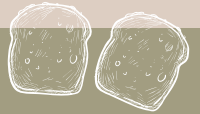
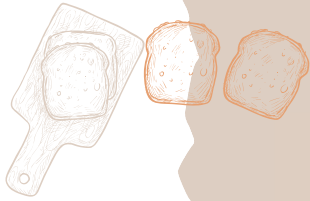
**Sugar sweetened beverages** like soda, are high in calories and added sugar.

They are strongly associated with weight gain and can have negative effects on health when consumed in excess.

Even though sugary drinks contain a lot of calories, your brain doesn't register them like solid food. Liquid sugar calories don't make you feel as full, meaning you won't eat less food to compensate. Instead, you may end up adding these calories on top of your normal intake.

If you are serious about losing weight, consider limiting your intake of sugar-sweetened beverages and opting for drinks like flavored water, kombucha, tea or coffee instead.

# White Bread



*White bread has a high glycemic index and has been linked to weight gain and obesity. It also contains gluten, which may not be suitable for people with celiac disease or a sensitivity to gluten.*

White bread is highly refined and often contains a lot of added sugar.

It is high on the glycemic index, meaning that it can lead to a rapid increase in blood sugar levels.

One 2014 study in 9,267 people found that eating two slices (120 grams) of white bread per day was linked to a 40% greater risk of weight gain and obesity.

Fortunately, there are many nutritious alternatives to conventional wheat bread, including Ezekiel bread, which is made from sprouted grains and legumes.


However, keep in mind that all wheat breads do contain gluten, which should be avoided by people with celiac disease or a gluten sensitivity.

Some other options for those following a gluten-free diet include oopsie bread, cornbread and almond flour bread.



# Candy bars

*Candy bars are high in sugar, refined flour, and added oils. They are also high in calories, but not very filling.*



Candy bars pack high amounts of added sugar, added oils and refined flour into a small package. Candy bars are also high in calories and low in nutrients. Many varieties of candy bars covered in chocolate contain around 200–300 calories and extra-large bars may contain even more. If you are craving something sweet, consider opting for a snack-sized candy bar or a few squares of dark chocolate and enjoy alongside other nutritious snacks, like fresh fruits, nuts or a yogurt parfait.

# Some Fruit Juices



*Fruit juice is high in calories and added sugar, but usually contains no fiber. It is best to stick to smaller portions or choose whole fruit.*



# Pastries Cookies and Cakes



Pastries, cookies and cakes are packed with calories and added sugar. These foods are also not very satisfying, meaning that you may become hungry very quickly after eating these high calorie foods. If you're trying to lose weight, try limiting your portion sizes of these foods and enjoy them from time to time as part of a well-rounded diet. Foods like dark chocolate, fruit, trail mix or chia pudding can also help satisfy your sweet tooth instead.

*Pastries, cookies and cakes are high in calories and added sugar but are not very filling. Limiting your portion sizes or opting for other sweet snacks may help with weight management.*



# Some *types* of Alcohol *(Especially Beer)*



*If you are trying to lose weight, you may want to consider cutting back on alcohol or enjoying drinks like wine in small amounts.*

Alcohol provides more calories than carbs and protein, or about 7 calories per gram. However, the evidence for alcohol and weight gain is not clear. Drinking alcohol in moderation seems to be fine and is actually linked to reduced weight gain. Heavy drinking, on the other hand, is associated with increased weight gain. The type of alcohol also matters. Beer can cause weight gain, but drinking wine in moderation may actually be beneficial.



# Ice Cream



*Store-bought ice cream is high in sugar and calories. Making your own frozen desserts at home using less sugar or sticking to smaller portion sizes of ice cream can be beneficial if you're trying to lose weight.*

*In* addition to being high in calories, most types of ice cream are also loaded with sugar.

A small portion of ice cream is fine every now and then, but the problem is that it's very easy to consume massive amounts in one sitting.

Be sure to serve yourself a small portion of ice cream instead of eating straight from the container so that you won't end up eating too much.

Alternatively, consider making your own frozen desserts using less sugar and more nutritious ingredients like full-fat yogurt and fruits.

# Pizza



Pizza is a very popular fast food. However, commercially made pizzas are often high in calories and made with ingredients like highly refined flour and processed meat.

If you want to enjoy a slice of pizza, try making your own at home using nutritious ingredients and toppings. If you order from a restaurant, stick to lower calorie toppings like grilled chicken, peppers, onions, spinach, mushrooms or garlic.

You can also choose thin crust pizza to reduce the calorie content or enjoy a slice or two alongside a salad or a side of steamed broccoli to round out your meal.

*Commercial pizzas are often made from highly refined and processed ingredients. Making your own pizza at home or selecting lower calorie toppings can support weight management.*





*Plain, black coffee may help increase fat burning and boost your metabolism. However, many coffee drinks contain excessive amounts of cream and sugar, which can increase the total calorie content.*

# High Calorie Coffee Drinks



Coffee contains several biologically active substances, including caffeine. These chemicals can boost your metabolism and increase fat burning, at least in the short term. However, many coffee drinks contain excessive amounts of cream and sugar, which can significantly increase the total calorie content in each serving. If you're trying to lose weight, it's best to limit your consumption of these beverages or choose plain, black coffee sweetened with a bit of cream or milk.

Source- Healthline



# What superstar foods are good for Diabetes?





“Superfood” is a term used by many food and beverage companies as a way to promote a food thought to have health benefits; however, there is no official definition of the word by the Food and Drug Administration (FDA). The FDA regulates the health claims allowed on food labels to ensure there is scientific research to support the claims. The list of foods below are rich in vitamins, minerals, antioxidants and fiber that are good for overall health and may also help prevent the disease.

## Dark Green Leafy Vegetables

Spinach, collards and kale are dark green leafy vegetables packed with vitamins and minerals such as vitamin A, C, E and K, iron, calcium and potassium. These powerhouse foods are low in calories and carbohydrates too. Try adding dark green leafy vegetables to salads, soups and stews.



# Milk and Yogurt

You may have heard that milk and yogurt can help build strong bones and teeth. In addition to calcium, many milk and yogurt products are fortified to make them a good source of vitamin D. More research is emerging on the connection between vitamin D and good health.

Milk and yogurt do contain carbohydrates that will be a factor in meal planning when you have diabetes. Look for yogurt products that are lower in fat and added sugar.



## Citrus Fruits

Grapefruits, oranges, lemons and limes or pick your favorites to get part of your daily dose of fiber, vitamin C, folate and potassium.



Source: American Diabetes Association



# Yoga asanas to improve Eye Sight



*In* decades before, kids used to play in sand, stones and other outdoor activities during their leisure time but nowadays all category children are spending time in TV, mobile, tablet, laptop, play station, iPod. This leads to increased vision problems in early age. If you take adults, they are spending 60% of the time in mobile phones, TV, tablets and laptops not in the leisure time, they actually merge with this type of gadgets and that become essential now a days. This causes more stress to the eyes and its parts.

Your digitally strained eyes will thank you for these simple yoga exercises. Many of the yogic exercises are aimed at improving the functioning of specific organs of the body. Yoga provides a series of eye exercises that improve the functioning of the eyes and helps to overcome various eye related problems such as short sightedness and long sightedness. Yoga techniques for the eyes help to improve various disorders related to defects in the eye muscles such as myopia and hypermetropia.



# Here we have some list of simple exercises to enhance your sight.



## PALMING

- Sit quietly with eyes closed and take some deep breaths to relax yourself.
- Rub the palms of your hands vigorously until they become warm and place the palms over your eye lids.
- Feel the warmth of the palms being transferred from onto the eyes and eye muscles relaxing.
- Stay in this position until the heat from the hands has been completely absorbed by the eyes.
- Keeping the eyes closed, lower the hands.
- Once again rub the palms and repeat the process at least three times.

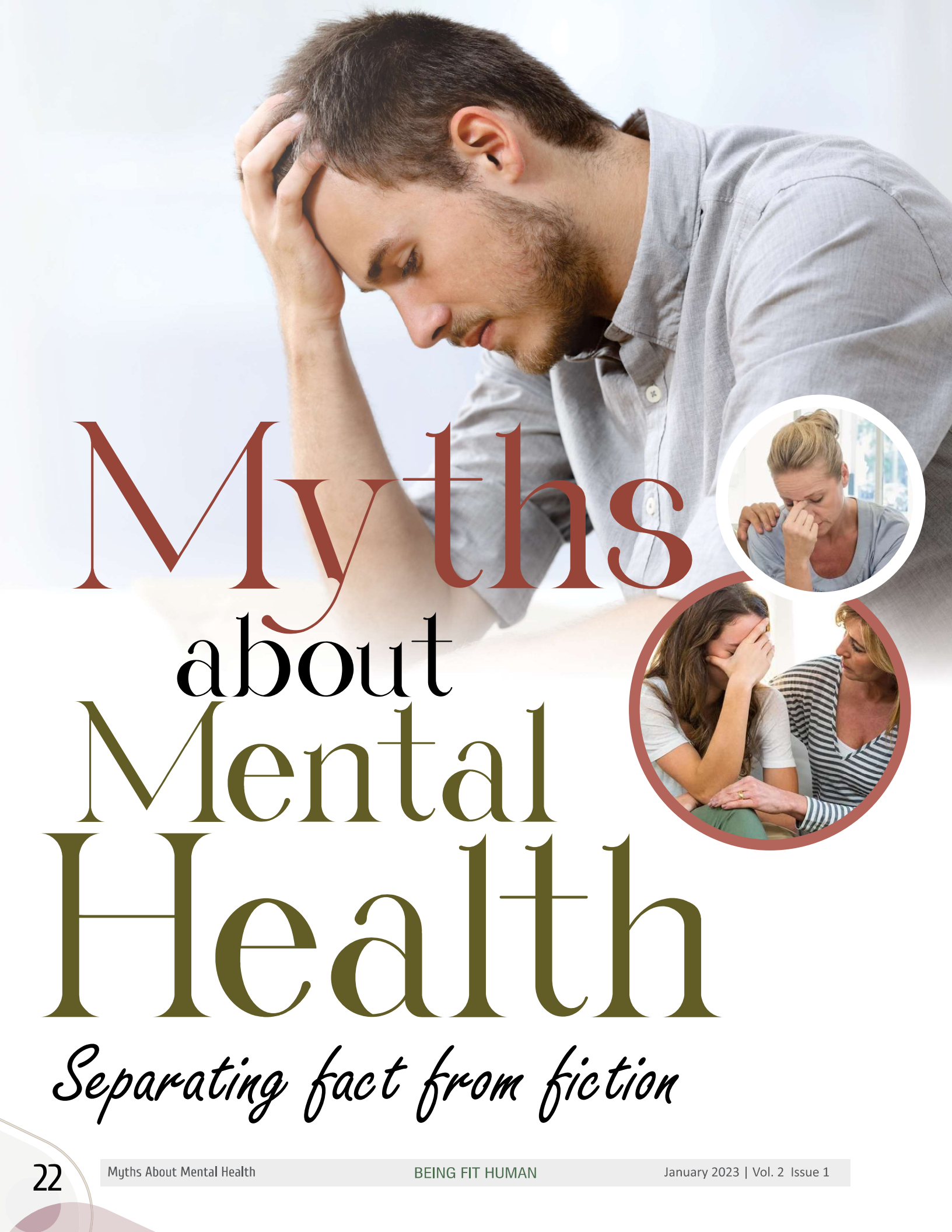
## BLINKING

- Sit comfortably and open your eyes.
- Blink for 10 times very quickly.
- Close your eyes and relax for 20 seconds. Concentrate on your breath.
- Repeat this about 5 times.

## EYE ROTATIONS

- Sit straight.
- Make yourself comfortable with spine straight.
- Keep your hands on your lap.
- Rotate your eyes clockwise and anti-clockwise direction for 5-10 minutes on each side.
- Do not move your head.

*Source: Chaitanya Wellness*



# Myths about Mental Health

*Separating fact from fiction*





*Dispelling myths about mental health can help break the stigma and create a culture that encourages people of any age to seek support when they need it. Here are some common misconceptions about mental health:*

1. **Myth:** If a person has a mental health condition, it means the person has low intelligence.  
**Fact:** Mental illness, like physical illness, can affect anyone regardless of intelligence, social class or income level.
2. **Myth:** You only need to take care of your mental health if you have a mental health condition.  
**Fact:** Everyone can benefit from taking active steps to promote their well-being and improve their mental health. Similarly, everyone can take active steps and engage in healthy habits to optimize their physical health.
3. **Myth:** Poor mental health is not a big issue for teenagers. They just have mood swings caused by hormonal fluctuations and act out due to a desire for attention.  
**Fact:** Teenagers often have mood swings, but that does not mean that adolescents may not also struggle with their mental health. Fourteen per cent of the world's adolescents experience mental-health problems. Globally, among those aged 10 –15, suicide is the fifth most prevalent cause of death, and for adolescents aged 15 –19, it is the fourth most common cause. Half of all mental health conditions start by the age of 14.





4. **Myth:** Nothing can be done to protect people from developing mental health conditions.

**Fact:** Many factors can protect people from developing mental health conditions, including strengthening social and emotional skills, seeking help and support early on, developing supportive, loving, warm family relationships, and having a positive school environment and healthy sleep patterns.

The ability to overcome adversity relies on a combination of protective factors and neither environmental nor individual stressors alone will necessarily result in mental health problems. Children and adolescents who do well in the face of adversity typically have biological resistance as well as strong, supportive relationships with family, friends and adults around them, resulting in a combination of protective factors to support well-being.

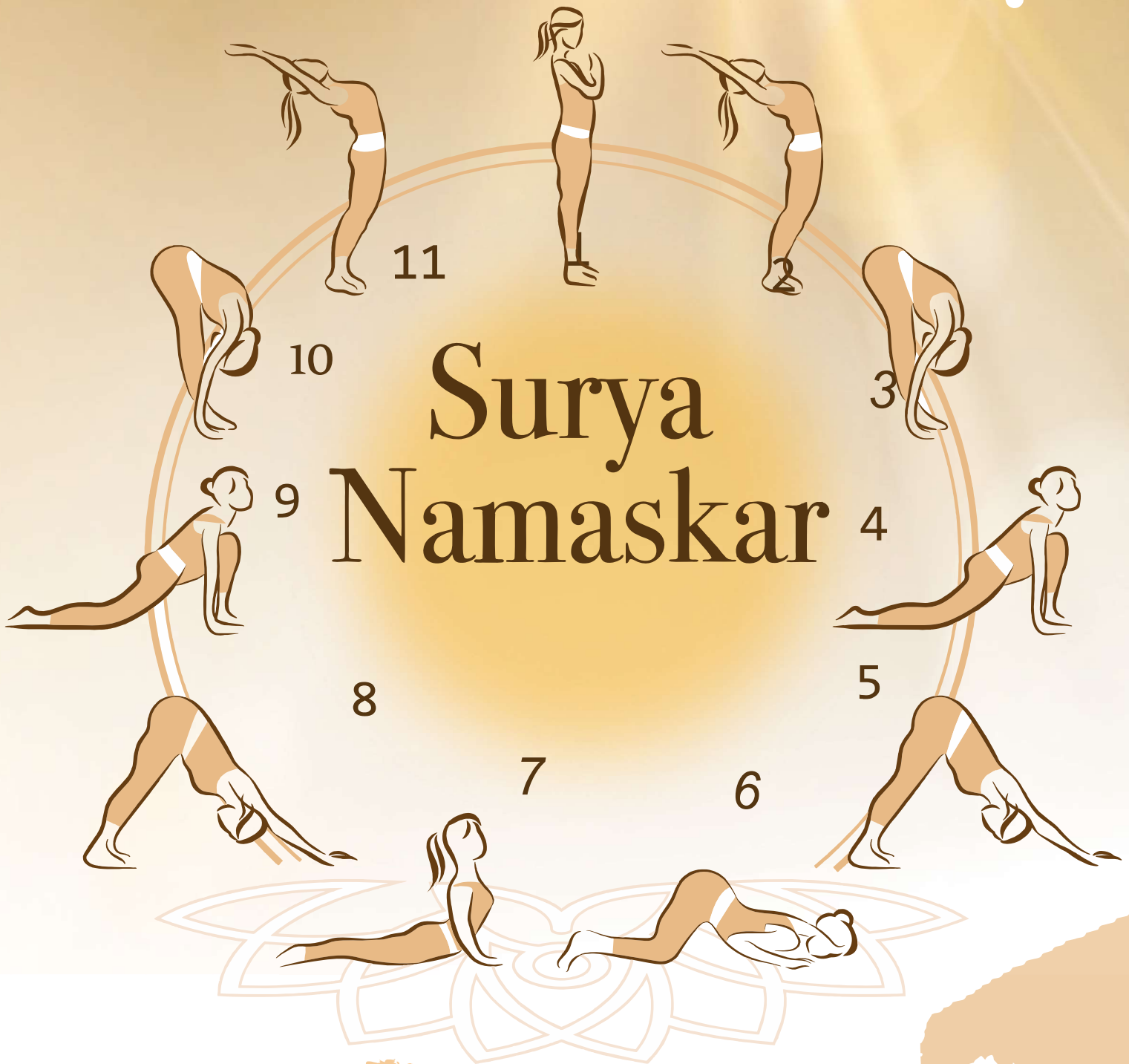
5. **Myth:** A mental health condition is a sign of weakness; if the person were stronger, they would not have this condition.

**Fact:** A mental health condition has nothing to do with being weak or lacking willpower. It is not a condition people choose to have or not have. In fact, recognizing the need to accept help for a mental health condition requires great strength and courage. Anyone can develop a mental health condition.

Source: UNICEF



# Surya Namaskar





# *The* Groundwork *of all* Happiness *is good* Health

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