

SUNDAY

Your Companion for a Funday

Tips to maintain healthy joints and bones as you age

Caring for your joints is like giving a special gift to your future self, especially if you're dealing with joint concerns or aiming to prevent them. Think of these tips as your personal guide to keeping your joints robust – a simple journey involving staying active, eating well, and being mindful of your movements. These practices aren't just general advice; they're particularly useful for those managing specific joint-related conditions. By following these tips, you're not merely looking after your joints; you're taking a positive stride toward a better quality of life with strong and resilient joints.

Our joints play a crucial role in how our body moves and functions. Keeping them healthy is vital for daily activities, physical well-being, and an overall good quality of life. As we gracefully age, prioritizing the well-being of our joints and bones becomes increasingly important.

These body parts provide the support, mobility, and stability needed for an active and fulfilling life. Although aging brings changes like shifts in bone density and joint flexibility, taking a proactive approach can help maintain strong and resilient joints well into our golden years. Here are some valuable tips to embrace vitality and ensure the well-being of these fundamental structures.

Stay Active: Exercise for Joint and Bone Health

Regular physical activity is a cornerstone of maintaining healthy joints and bones. Engage in exercises that promote flexibility, strength, and balance. Activities like walking, swimming, yoga, and strength training can help preserve joint function and bone density. Consult with your healthcare provider to tailor an exercise routine that suits your individual needs and limitations.

Prioritize a Balanced Diet: Nutrients for Bone Health

A well-balanced diet plays a crucial role in supporting joint and bone health. Ensure you are getting sufficient calcium and vitamin D, essential for bone strength. Dairy products, leafy greens, and fortified foods are excellent sources. Additionally, incorporate foods rich in omega-3 fatty acids, such as fatty fish and flaxseeds, as they have anti-inflammatory properties that benefit joint health.

Maintain a Healthy Weight: Less Strain on Joints

Carrying excess weight puts additional stress on your joints, particularly in weight-bearing areas like the knees and hips. Maintaining a healthy weight reduces the risk



of joint problems and promotes overall joint function. Adopting a nutritious diet and regular exercise can help you achieve and maintain a healthy weight.

Stay Hydrated: Water for Joint Lubrication

Adequate hydration is essential for joint health. Water helps maintain the synovial fluid that lubricates the joints, reducing friction and supporting smooth movement. Make a conscious effort to stay hydrated throughout the day, especially if you engage in physical activities.

Protect Your Joints: Mindful Movement and Ergonomics

Practice mindful movement and proper ergonomics to protect your joints from unnecessary stress. Avoid repetitive motions that strain your joints, and be mindful of your posture during daily activities. Consider using assistive devices or ergonomic tools to reduce joint strain, especially during tasks that involve prolonged sitting or standing.

Quit Smoking: Impact on Bone Health

Smoking has detrimental effects on bone health. It can decrease bone density and interfere with the absorption of calcium, essential for bone strength. Quitting smoking is a positive step towards preserving the health of your bones and joints. Seek support from healthcare professionals or support groups to aid in the quitting process.

Prioritize Joint-Friendly Supplements

Discuss with your healthcare provider whether supplements are appropriate for your joint and bone health. Vitamin and mineral supplements, such as calcium, vitamin D, and glucosamine, may be recommended based on individual needs and dietary habits. Always consult with a healthcare professional before adding supplements to your routine.

Taking proactive steps to maintain healthy joints and bones as you age is a gift to your future self. By incorporating regular exercise, a balanced diet, maintaining a healthy weight, and adopting joint-friendly habits, you can enhance your overall quality of life. Embrace these tips, stay mindful of your body's needs, and relish the journey of aging with strong, resilient joints and bones.

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5 winter outfit hacks that will keep you warm everyday

Cozy winters are a perfect time for one to showcase their styling skills. Your outfit should keep you warm and at the same time should speak about your choice of fashion. It solely depends upon which clothes you opt for and the hacks you are doing while layering up. It is the perfect time to bundle up your fashion skills and experiment with your cold-weather closet. Thus, we bring you five winter hacks that you can easily incorporate into your everyday life.

Add thermal layers

Layering is the key to escape the cold and provide your body with heat. Start with wearing a warm thermal layer which is designed for maximum warmth without looking bulky and then wear leggings or long-sleeved tops with oversized coats. In this manner, you will be shielded and thus will fashion scream on the streets.

Opt for fluffy fabrics

The warmest fabrics work by creating tiny air pockets that provide extra insulation. Therefore, sheepskin, fleece, and faux furs are in popular demand and you can opt for these types of fabrics when the mercury drops. One can prefer fleece-lined joggers and leggings, or sheepskin slippers, with faux fur-lined hats, which can provide you with maximum comfort, style, and heat-trapping capability.

Double up socks

Many people have extra cold feet in winter. Therefore, when the temperature drops, one must keep the core and vital organs warm. To counteract the effect one can wear two pairs of socks making sure that there's no gap between the ankle and your legs. Therefore, one can opt for a plain warm but slim pair of socks and then can wear a woolen pair which will keep one warm and can be easily fitted into shoes or boots.

Opt for a Blanket

A blanket with sleeves is a blanket that takes the loungewear to the next level. It is a great idea to snuggle up on a sofa in the evening or for work from home, where you will be comfortable and cozy inside a blanket material loungewear that would also provide you with warmth. One can wear fleece leggings and socks, and you are good to go for the day, with no layering.

Fingerless gloves

If you constantly have cold hands but need your fingers free for typing or other activities, then fingerless gloves can be a nice hack for you to keep you warm and stylish at the same time. Opt for extra long sleeves or sporty sweatshirts that have a thumb loop and you can also wear them to keep your fingers free, but your palm will remain warm.



Expert-recommended SEEDS method to handle teen mental health

Just like a gardener puts in the seeds in the soil and nurtures the plant during the process of growth, it is the responsibility of parents to plant seeds in the children and care for them so that they can flourish. A seed could stand in for a principle or a moral that a parent might want to inculcate in the child.

Therefore, a parent must make sure that the value given is supported, fostered, and modelled, in the same way as a gardener makes sure a seed planted receives enough water and sunlight. In order for the kids to start caring for those seeds, it's essential for parents to offer them their own tools.

SEEDS here stands for sleep, exercise, education, diet, and self-care.

Prevalence of mental health in teens

The mental well-being of pre-teens and teens is continuously declining. According to the most recent CDC poll, 19.9% of all teenagers reported having seriously thought about trying to commit suicide. Fifty-five percent of respondents experienced emotional abuse.

There's a lot of things teens worry about- grades, friends, the future. More than one in three high school students report having chronic depressive or dismal sentiments, and one in six young people said they had considered suicide in the previous year. One of the finest things' parents can do, according to experts, is to talk to their teens about their emotions.

How can parents support their children?

There are simple things that a parent could say to a child to make a child feel better and to open them or develop a friendly relationship with them.

One can simply start with "I just wanted to talk to you about how things are going." Or even the new school year can be another great opportunity to say, "you know, I just want to check in." Parents may also increase positive emotions and manage negative feelings by encouraging their children to follow SEEDS, which stands for sleep, exercise, education, diet, and self-care.

It's always a great idea to honor a child's efforts and their accomplishments. Showing respect towards a child's viewpoints, thoughts and making it clear that you are interested in what your youngster is doing can help boost their confidence.

Planting the 'SEEDS'

When it seems like a seed is not growing, parents frequently



experience irritation or disappointment. When that occurs, it may be crucial to consider these three points.

One: Have you taken care of and nurtured the seed? In other words, have you kept giving your child the aid, direction, and resources needed to nurture the seed?

Two: Are you providing your seed the right care? Are you, in other words, allowing your child enough room to develop?

Three: Are you keeping in mind that some seeds take a longer time to grow?

As a parent, it might be simple to get impatient when growth or change is not happening because all want to see the results of the labour on schedule. The maturation and growth of some seeds, however, takes longer. Additionally, the environment may occasionally be characterised by additional elements that

hinder growth.

Practicing elements of SEEDS, such as self-care, which focuses on hygiene, can increase confidence, boost self-esteem, and reduce feelings of sadness.

It is crucial for parents to help their children create a timetable for everything and instill habits in them that will lead them to a great future. Focusing on the below mentioned 5 things can help a child or for that matter anyone keep away from extreme sadness and anxiety. It might develop a healthy mind and help a child put their energy to better things

Adequate sleep

Sleep plays an essential role in maintaining mental well-being. The brain's ability to interpret emotional information is facilitated by getting enough sleep, particularly REM sleep. The brain works to analyse and retain thoughts and memories when we sleep, and it appears that lack of sleep is particularly detrimental to the consolidation of emotionally positive information.

Mental health and sleep are intimately related. Your mental health and psychological status are impacted by sleep deprivation. In addition, persons who struggle with mental health issues are more susceptible to insomnia and other sleep disorders.

Regular exercise

According to research, those who frequently exercise have higher mental and emotional well-being, as well as lower rates of mental disease. Exercise appears to lower the likelihood of acquiring mental disease. Additionally, it appears to be effective in treating some mental health issues like anxiety and depression.

Quality education

Education enhances cognitive ability, cultivates useful habits, and improves literacy skills. Children that obtain quality education will not only have better lifestyle choices, skills, and self-advocacy, but also more accurate health attitudes and information.

Healthy diet

Eating healthfully lowers the risk of physical health issues might be disturbing the mental well-being. It also benefits general health, energy levels, and sleeping habits. One may have observed that the mood frequently influences the food choices as well as the amount of food one consumes.

