

# SUNDAY

Your Companion for a Funday

## Do you wait for the weekend to workout? This article is for you

**W**eekend warriors are those who lead a relatively sedentary lifestyle during the week but enthusiastically engage in vigorous physical activities over the weekends. Whether it's participating in sports, outdoor adventures, or tackling home improvement projects, this burst of physical activity can be a great way to make the most of your free time. However, it's vital to take precautions to prevent injuries and ensure that you stay safe and healthy. In this article, we'll provide some essential tips for weekend warriors to make the most of their recreational activities while minimizing the risk of injury.

### Tips for weekend warriors

**Warm up:** Before diving into any strenuous activity, it's crucial to prepare your body with a proper warm-up. This involves 5-10 minutes of light cardio, followed by dynamic stretches. Warming up helps to increase blood flow to your muscles and reduce the risk of injury.

**Start slowly:** Gradually increase the intensity and duration of your activities. This gradual progression allows your body to adapt to the increased demands of exercise, reducing the risk of overuse injuries.

**Listen to your body:** Pay close attention to how your body is responding to the activity and don't hesitate to take breaks when needed. Avoid pushing yourself too hard, especially if you're not accustomed to regular physical activity.

**Use proper technique:** If you're engaging in sports or activities that require specific skills, it's crucial to learn and use proper technique. This can significantly reduce the risk of acute injuries.

**Eat a balanced diet:** Weekend warriors need to make sure they are eating a variety of foods from all food groups, including fruits, vegetables, whole grains, lean protein, and healthy fats. This will help them get the nutrients they need to fuel their workouts and recover properly.

**Stay hydrated:** It is important to stay hydrated before, during, and after workouts. Weekend warriors should drink plenty of water throughout the day, and they may also want to consider drinking a sports drink or electrolyte replacement drink during longer workouts.

### Potential injuries for weekend warriors

**Ligament tears:** Engaging in strenuous physical activities without proper warm-up or technique can increase the risk of ligament tears. Ligaments are the tough, fibrous tissues that connect bones to other bones and stabilize joints. A tear in a ligament, such as the anterior cruciate ligament (ACL) in the knee, can be a painful



injury, often requiring surgery and extensive rehabilitation to recover full function. **Muscle tears:** Overexertion or sudden, intense physical activity can lead to muscle tears or strains. These injuries can range from mild to severe and may result in pain, swelling, and reduced mobility. Proper warm-up and gradual progression of activity can help prevent muscle tears.

**Fractures:** Accidents and falls during weekend activities can sometimes result in fractures or broken bones. The risk of fractures can be reduced by using appropriate safety equipment and being cautious in uneven or challenging terrains.

### 10 best shoulder workouts for stamina and stability

**Sprains and strains:** Sprains involve the stretching or tearing of ligaments, while strains involve the stretching or tearing of muscles or tendons. Weekend warriors are susceptible to these injuries, particularly if they push their bodies too hard or engage in activities with quick, abrupt movements.

**Overuse injuries:** These are common among weekend warriors who engage in repetitive activities without proper conditioning. Overuse injuries can include conditions like tendinitis, stress fractures, and carpal tunnel syndrome. They often develop gradually and can be very painful.

**Dislocations:** Participating in sports or high-impact activities can occasionally lead to joint dislocations, where the ends of two connected bones are forced out of their normal positions. These injuries can be extremely painful and may require immediate medical attention.

**Contusions and bruises:** Sudden impacts, collisions, or falls can result in contusions, which are essentially bruises. While not usually serious, they can be painful and cause swelling.

### Injury prevention

**Be aware of surroundings:** When exercising outdoors, avoid uneven surfaces or areas with potential hazards that could lead to slips or falls.

**Lifting heavy objects:** If your weekend activities involve heavy lifting, use proper lifting techniques to avoid straining your back or other muscles. Avoid lifting objects that are too heavy for you.

**Don't push when tired or sick:** If you're feeling fatigued or unwell, it's best to skip strenuous activities for the day.

**Listen to pain and discomfort:** If you experience persistent pain or discomfort, it's a signal from your body that something is wrong. Don't ignore it; take breaks and seek medical attention if needed.

By following these tips, weekend warriors can continue to enjoy their favorite activities while minimizing the risk of injuries. It's essential to balance physical activity with safety and health measures to ensure long-term well-being and enjoyment of these activities. Remember, staying safe and healthy is key to being a successful and happy weekend warrior.

## Nutrients that are indispensable for your child's growth potential

**I**t can be challenging for families when their kid falls behind on the growth curve. When this happens, it's only natural for parents to want to see their child catch up on their weight and height. If you find yourself in this situation, don't lose hope. You can take action to help get your child back on track.

Childhood malnutrition, which is either a result of undernutrition or overnutrition, is detrimental to a child's overall development. It casts a long shadow over global health, affecting one in three individuals worldwide. A common form of malnutrition among kids is stunting, where they are below a healthy height for their age. Today, across the world, there are approximately 149 million stunted children below the age of five.

In fact, a report by the World Health Organization shows that India accounts for nearly one-third of the global childhood stunting burden with 40.6 million children stunted under the age of five.

### Nutrition Matters: Unlocking the potential of child growth

It all starts with nutrition. Proper nutrition provides the essential building blocks to help children grow, learn, thrive, and meet important milestones. Undernutrition can be caused by inadequate dietary intake, poor nutrient absorption and/or poor nutrient utilization. It can have serious consequences for kids, a risk of immune deficiencies, compromised cognitive function, behavioral problems, diminished bone health, and decreased muscle mass.

Hence, addressing nutrient deficiencies early helps them reach their full growth potential. Complete, balanced nutrition is essential for growth, cognitive development, and immune function. The solution can be simple – finding ways to incorporate good nutrition in children's diets can go a long way.

Dr. Ganesh Kadhe, Director, Medical and Scientific Affairs at Abbott's Nutrition business says, "Parents and caregivers should continually assess their child's growth and speak with a healthcare professional if they believe their child is falling behind. Sometimes, nutritional supplement drinks can help bridge nutritional gaps and enhance the absorption of essential vitamins and minerals from foods. Parents and caregivers should consult their child's doctor to determine the suitability of a nutri-



tional supplement drink."

### Key nutrients that play a role in child's growth

**Calcium:** Acts as a foundation for bone and dental health, and is needed by the body for muscle contraction, blood circulation, and nerve communication. Foods high in calcium include dairy products such as milk, yogurt, and cheese. For those who are lactose intolerant, alternatives like fortified plant-based milk (soy milk, almond milk) can be considered. Green leafy vegetables like spinach and fenugreek (methi) are also good sources. Additionally, Vitamin K2 promotes calcium absorption and utilization in bones.

**Vitamin D:** Referred to as the "sunshine vitamin", this is a unique nutrient synthesized by our bodies through sunlight exposure. Vitamin D levels are necessary to increase the efficiency of calcium absorption. Apart from its collaborative role with calcium in fortifying bones, Vitamin D also contributes to bolstering children's immune systems. Some dietary sources of vitamin D include fatty fish like salmon, mackerel, and sardines. Fortified dairy products like milk and cereals can contribute as well.

**Zinc:** Supports immune cells and plays a pivotal role in proper growth, especially during childhood. Foods rich in zinc include legumes like lentils and chickpeas, nuts (especially cashews and almonds), whole grains like wheat and rice, and dairy products.

**Vitamin A:** Ensures healthy skin, mouth, and lungs, crucial for fighting infections and maintaining vision. Foods high in vitamin A include orange and yellow fruits and vegetables like carrots, sweet potatoes, and mangoes.

**Protein:** Building blocks for cells, muscles, and hormones, aiding muscle development and satiety. Good protein sources include lentils, beans, chickpeas, tofu, paneer (Indian cottage cheese), lean meats like chicken, and dairy products.

**Fluids and Electrolytes:** Vital for lubricating joints, removing waste, and temperature regulation. Along with water, coconut water is a natural source of electrolytes. Traditional Indian beverages like buttermilk (chaas) and lemonade can also help with hydration and electrolyte balance.

## 7 simple ways to stay happy and positive

**G**ood health is much more than physical well-being. It also includes social and mental health, which are prime elements for overall wellness. When a person is mentally and physically healthy, they can effectively cope with the stresses of life, realize their abilities, learn and work well, and, therefore, effectively contribute to their community.

Ahead are some easy tips and techniques you can implement this year to focus on and prioritize your mental health.

### Prioritize spirituality

There's no doubt that spirituality offers many mental health benefits. It helps in strengthening our adaptive capacity and coping resources. The emotional calmness achieved through meditation, yoga, and prayer can help sail through challenging situations.

### Social connectivity

Human beings are not supposed to live in isolation. While being away from people can help recharge your batteries and creative pursuits, it is also essential to be social. Having a good and thriving social life can help individuals build a network of connections, which can help them in crises. This group of people, whether they are family or friends, can be a great source of comfort in times of distress and, at the same time, also help to celebrate the big wins in life.

### Exercise gratitude

Dr. Sanjay Kumavat, Consultant Psychiatrist & Sexologist, Fortis Hospital, Mulund advises, "Every day, set aside some time to thank God and consider the good things in your life. Writing in a journal, listing your blessings, or showing appreciation to others are some ways to accomplish this. You may improve your general sense of well-being and change your perspective by concentrating on the positive aspects of your life."

### Limited use of social media

In the current age, being completely disconnected from digital media is nearly impossible. However, it is essential to draw the line between social media consumption and overconsumption, so that it does not encroach into everyday functioning. To do this, it is crucial to judiciously use social media so that it helps us create a network of good friends, increase our knowledge base, and empower us in the right way.

### Live in the present

Refrain from obsessing over previous transgressions or overly anticipating the future. Accept the experiences that the present moment offers and live in the now. By keeping you present and grounded, mindfulness practices can lower stress and foster a positive mindset.

### Saying no to substance abuse

Substance abuse and being in a social circle where there is the promotion of such behavior hinders our growth and weakens our defenses against substance abuse. Besides creating a lot of physical and mental problems, it can have long-term repercussions as well. This is especially true for adolescents and young people, which is why staying away from drugs of any kind is highly important.

### Inculcating good lifestyle practices

This can include various lifestyle habits vital for overall wellness. Some of them are focusing on having a well-balanced diet, getting quality sleep of eight hours every night, and regular exercises, all of which contribute to helping you stay and be emotionally and physically strong, especially when things are stressful.

