

SUNDAY

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Why are physically fit people getting a heart attack?

When we talk about fitness, we fixate our mind on looks, attractiveness, well built, beauty and even sometimes status. Fitness, an ideal body condition, is never understood in a wholesome manner; the idea about fitness is vague, distorted, illusioned and hypothetical. The ambiguity around fitness mostly stems from what influences us or from what we draw our motivation from.

Increasing cases of heart attacks in celebs during workouts

A number of celebrities who died recently were either at gyms or seemed to us as physically robust. Untimely deaths of young actors like Sidharth Shukla, Siddhaanth Vir Surryavanshi, Amit Mistry sent a wave of shock around the entire country. "They were so fit!" many people said then. These actors, all in their prime, were regularly hitting the gyms, working out, had good and clean diets and were always passionate about their work. Recently after Sushmita Sen opened up on surviving a heart attack, it again made us think she looks so fit on screen! We have seen the former Miss Universe being a fitness icon through the years. Then, what went wrong?

Fitness needs to be redefined

Fitness is the condition of the body where the mental and physical health is sound. It includes body composition, and biological functions and not just appearances. Here are 7 things we need to include whenever we think or talk about fitness:

Sleep

Sleep deprivation is common these days. Nobody cares to give the body the amount of rest it needs. An adult human body needs 7-8 hours of sleep on a daily basis. Less sleep might not make you feel lethargic in the beginning but it is sure that depriving the body of sleep you are throwing it towards serious damage. Our body needs to regulate the stress hormones. Lack of sleep poses a greater risk for cardiovascular health.

Diet



Just as sleep less is talked about diet. There are two sides of an imbalanced diet pattern: one is not consuming the right amount of nutrition and filling the stomach just to suppress the appetite; the second one is putting the body through different kinds of diets, without consulting any physician beforehand. These days foods are being delivered with the blink of an eye.

This fast food delivery system fills the gap of buying groceries and cooking. Huge dependency on processed foods is the reason why our body does not get sufficient nutrients. Information is easily available these days. A diet trend that worked for some big influencer or a celebrity gets amplified within no time. This tempts people to try this fad. Without even understanding the pros and cons of the diet, people simply indulge in it.

Exercise

Fitness does not mean just going on and on with your gym sessions. Fitness means to give the body the right kind of training, not overtrain it. Every workout session ideally has a resting period. This gives the muscles of the body to rest and heal properly before starting the next round of workouts. Not giving the body enough rest and exerting it again and again is detrimental to health.

Other health conditions

The whole idea of fitness is to ensure an overall healthy body and mind, but without ignoring the other health conditions. For example, after you recover from a severe infection it is medically recommended to rest properly before doing any heavy work. However, many people immediately hit the gyms after recovering from an infection.

Medications

Having over the counter medications to help in fitness is not fitness per se. Such medications are easily available and many times it does not require a doctor's prescription. Avoid taking medications and steroids that affect your body but lure you by giving an illusion of fitness.

5 ways being an overprotective parent can affect your child

There is no wrong in trying to protect your child from dangers, to keep them safe and provide them with all the love and affection in the world. That's what all parents do. However, there is a very thin line between being protective and being overprotective. It all comes down to your actions and how you manage (micromanage) your child.

Some of the signs of overprotective parenting include cleaning up your child's mess, taking over their projects, making their problem yours, overlooking their mistakes, leaving no room for failure and shielding them from every danger. If you find yourself doing all of these things, then it is time to reconsider your parenting style or else it can affect your child in different ways.

Insufficient coping skills

When your child is exposed to certain challenges, it gives them the opportunity to learn problem-solving strategies. In their attempt to overcome the problems, they self-teach themselves to cope with different situations. But if you're an overprotective parent, you might not allow them to get that kind of exposure, which hampers their coping skills. Because they're so well-guarded and shielded, they become dependent on their parents, which in turn limits their growth.

Lack of confidence and self-esteem

One of the side effects of being an overprotective parent is that you go on to raise a child who is low in confidence and self-esteem. This is because children of overprotective parents hardly get to taste failure. Their parents are always there to clear up



their mess, which is why they do not get to make mistakes and so are fearful of making mistakes or failing. This limits them from exploring opportunities. They're never

up for any adventure or challenge and become less competent.

Indecisive

Kids of overprotective parents can also be indecisive, meaning they find it difficult to determine what they want. This is mainly because most of the time, their parents are the sole decision-makers. They're the ones who make the choices for them and because they're so dependent on them, they have no other alternative than to adhere to them.

Risk of anxiety

Overprotective parents often pass on their own stress and worries to their children. Because of their own perception of reality, which is usually clouded with dangers, they tend to become over-careful and protective. Children can sense this level of anxiety and over time, can become so used to it that they themselves begin displaying symptoms of anxiety. Additionally, parents often tend to give their children the impression that the world is dangerous, which is why children tend to develop an avoidant behavior and distance themselves from social situations.

Narcissism and arrogance

One of the worst traits of children of overprotective parents is that they develop narcissistic or arrogant behavior. They're so protected, well-guarded and receive so much help from their parents that they tend to take everything for granted. Children may even fail to see their entitlement and privilege, blinding them to the real problems of the world.

Steps to strengthen your bond with your teen



From raising an infant to looking after a teen, parenting comes with varied experiences and challenges. While it may seem difficult and overwhelming at times, it can also make for some of the best moments in your life. But keeping all of it aside, raising a teen and attending to their needs and wants can sometimes seem highly toilsome and tiring. Unlike a toddler, they may not cry and throw a tantrum, but their attitude and approach to handling life may seem troublesome and more complicated.

In such a case, as a parent, you must learn to adapt and listen to what your teenage kid has to say. Instead of neglecting and ignoring their pleas and demands, try to reason out with them and help them see the bigger picture.

That said, if you're really struggling with your teen, here are some of the ways you can enhance and strengthen your relationship with them.

Listen to them

First and foremost, it is crucial that you listen to your teen. At such a point in their lives, they are dealing with a lot of things. From trying to excel in their academics to

making an effort to fit in -whether in their circle of friends or in general - their life is full of turmoil. That said, as a parent, you must give them the upper hand here and must give them a chance to express their trials and tribulations.

Be a friend rather than just a parent

If your child tries and expresses their concerns to you, do not act as a parent and start criticizing and judging them.

Instead, be a friend and try and show them the right path. Help them reason it out and make decisions on the basis of what's right.

Comfort them in times of need

While your teen may have grown up, but they're still kids. They may pretend like they can handle their problems, but they still seek your support and guidance. So, when they come to you for advice, do not play the 'I-told-you-so' game. Instead, comfort them and make them feel at home.

Do not invade their space

When it comes to parenting, setting boundaries and respecting your child's space

is of utmost importance. Like everyone else, your teen may have some thoughts and concerns that he or she would like to keep to themselves.

By pushing them to express their concerns to you, you're just distancing them away from yourself. Let them open themselves to you on their own.

Communicate more

Never ignore or neglect your child's silent pleas. They may not express everything to you. But learn to pick up the subtle signs and try and reach out to them. However, you must not overwhelm them or force them to share their problems with you. Communicate but do not coerce.

Do not reject, instead redirect

Most teens have a lot of demands. Some of them may seem irrational and unnecessary to you.

But if you directly reject them, then it may cause a rift in your relationship. Instead, you must help them understand the difference between 'need' and 'want'. Help them prioritize and guide them to decide reasonably.

