PRO-FIT PHYSIOTHERAPY
PHYSIQUE | PATTERN | POSTURE | PAIN

PRO-FIT HEALTH DIGEST

Evidence-Based Physiotherapy • Exercise • Wellness • Prevention

Vol 5
SEPTEMBER 2026
World Physiotherapy Day
Special Edition

MOVE FOR YOUR HEART

World PT Day 2026
SEPTEMBER 8

Physical Activity for Prevention, Management & Rehabilitation of Cardiovascular Disease and Stroke

Every Step Counts. Every Beat Matters.

- Can 30 Minutes of Walking Really Save Your Heart?
- Stroke: Recognise It Early. Act FAST.
- Why Sitting Has Become the New Smoking
- Exercise – The World's Most Powerful Medicine
- Women's Heart Health: What Every Family Should Know
- The 10-Minute Heart Routine You Can Start Today

IN THIS ISSUE

- Understand Your Heart & Stroke
- Simple Exercises Anyone Can Do
- Heart-Healthy Food Choices Made Easy
- Lifestyle Tips for a Stronger, Healthier You
- Stories, Expert Advice & Much More!

FREE Heart Health Self-Assessment Inside!

Move Well. Live Well. Stay Independent. We Help You Move Better, Live Better.

FROM THE EDITOR'S DESK

Movement Is More Than Exercise—It Is Life

> Every heartbeat, every breath, every step you take is the result of thousands of muscles, joints, nerves, and organs working together in perfect harmony.
>
> We rarely notice this incredible coordination—until pain, injury, or illness interrupts it.

For many people, health is measured only by the absence of disease. But true health is much more than that. It is the ability to climb a flight of stairs without becoming breathless, to play with your children without discomfort, to walk confidently in your later years, and to enjoy life with energy and independence. In other words, **health is movement.**

This is why the theme for **World Physiotherapy Day 2026** is so important. Around the world, cardiovascular disease and stroke remain among the leading causes of illness and disability. Yet many of these conditions are strongly influenced by our daily habits—how much we move, how long we sit, what we eat, how well we sleep, and how we manage stress. The encouraging news is that positive changes, even small ones, can make a meaningful difference over time.

Physical activity is one of the most effective ways to reduce the risk of heart disease and stroke. It strengthens the heart, improves blood circulation, helps control blood pressure, supports healthy blood sugar levels, and enhances overall well-being. For people recovering from a cardiac event or a stroke, appropriately prescribed exercise is also a cornerstone of rehabilitation, helping restore function, confidence, and independence.

WHY MOVEMENT MATTERS

Many people associate physiotherapy only with back pain, sports injuries, or post-operative rehabilitation. While these are important, physiotherapy is fundamentally about helping people move better throughout every stage of life. We work with children developing motor skills, adults recovering from injuries, individuals managing chronic diseases, athletes striving for peak performance and older adults maintaining independence. At its core, physiotherapy is the science and art of **restoring and optimising movement.**

AT PRO-FIT, OUR PHILOSOPHY IS GUIDED BY THE FOUR PILLARS OF PHYSIOTHERAPY:

PAIN

Understanding the source of pain, relieving it through evidence-based treatment and preventing its recurrence.

We go beyond temporary relief. We identify the root cause, educate, and empower you with strategies to stay pain-free for the long term.

POSTURE

Promoting healthy alignment and body mechanics to reduce strain, improve efficiency, and support lifelong movement.

Good posture is the foundation of a healthy body. We help you move, sit, stand, and work in ways that protect your body every day.

PHYSIQUE

Developing strength, endurance, flexibility, and overall physical resilience—not for appearance, but for function and quality of life.

A strong, capable body helps you handle life's demands, prevent injuries, and enjoy the activities you love—now and in the future.

PATTERN OF MOVEMENT

Helping every individual rediscover natural, efficient, and confident movement.

We analyse how you move and retrain better movement patterns so you can return to sport, work, or everyday activities without difficulty.

Move Well. Live Well.

These four pillars form the foundation of everything we do. They remind us that successful rehabilitation is not measured solely by reduced pain, but by **restored confidence, renewed independence** and **the ability to participate fully in life.**

THE POWER OF MOVEMENT

- Improves heart health & circulation
- Helps control blood pressure & blood sugar
- Reduces stress, anxiety & improves mood
- Builds strength, boosts energy & confidence
- Supports independence at every age

Small steps today. Stronger, healthier tomorrow.

A REMINDER FOR ALL OF US

- Move a little every day.
- Sit less. Stand more.
- Eat smart. Sleep well.
- Manage stress.
- Seek help early—prevention and rehabilitation work best together.

Your body was made to move. Let's keep it that way!

FROM THE EDITOR'S DESK

It is with this vision that we introduce the very first issue of **PRO-FIT HEALTH DIGEST.** This magazine is more than a clinic newsletter. It is our commitment to bringing reliable, evidence-based health information to every family in a format that is practical, easy to understand, and enjoyable to read.

Each month, we will explore a different aspect of health through the lens of **movement**, **prevention**, and **physiotherapy**, providing simple strategies that you can apply in your daily life.

As you turn these pages, I encourage you not merely to **read—but to act.**

- Choose one new healthy habit.
- Walk a little farther.
- Sit a little less.
- Stretch a little more.
- Encourage a family member to be active.

Small, consistent actions often create the greatest transformations.

On this **World Physiotherapy Day,** let us celebrate not only the profession of physiotherapy but also the extraordinary ability of the human body to heal, adapt, and thrive through movement.

Remember,

"Movement is not just a part of life—it is the foundation of health."

Every step you take today is an investment in the life you will live tomorrow.

With warm regards,

Dr. Raja Guru (PT)
Founder & Consultant Physiotherapist
Pro-Fit Physiotherapy

Together, let's move well, live well, and inspire healthier communities.

Move Well. Live Well.

Through movement, we build **stronger bodies, healthier minds,** and **happier lives**—for today and for generations to come.

THE POWER OF MOVEMENT

- Improves heart health & circulation
- Helps control blood pressure & blood sugar
- Reduces stress, anxiety & improves mood
- Builds strength, bones & boosts confidence
- Supports independence at every age

A REMINDER FOR ALL OF US

- Move a little every day.
- Sit less. Stand more.
- Eat smart. Sleep well.
- Manage stress.
- Seek help early—prevention and rehabilitation work best together.

Your body was made to move. Let's keep it that way!

Every step you take today is an investment in your tomorrow. Stay active. Stay healthy. Stay you.

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Your Guide to a Healthier, Happier You

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Every Section Matters.

Knowledge today, healthier you tomorrow.

Understand Your Heart | Move Better | Prevent Disease | Live Stronger | Inspire Others

Let's move well, live well, and inspire healthier communities.

Cover Story

Why This Theme Matters?

What is World Physiotherapy Day?

World Physiotherapy Day is celebrated every year on September 08th since 1996 by to mark the founding of the World Physiotherapy Organization on September 8, 1951. The theme of 2026 World Physiotherapy Day is Cardiovascular disease and stroke (highlighting prevention, management, and rehabilitation) which will be discussed in our magazine to bring about awareness in our population.

Objectives of the 2026 Day

- Raise awareness about exercise in preventing heart disease and strokes.
- Promote cardiac rehabilitation programs for recovery.
- Support global advocacy for better access to therapy services.

Why Heart Disease?

The focus on **cardiovascular disease (CVD) and stroke** for World Physiotherapy Day 2026 was chosen to address the **global crisis of noncommunicable diseases (NCDs)**. While heart health is traditionally associated with cardiology, it is inherently a **movement and lifestyle issue**—which is exactly where physiotherapists excel.

The primary reasons for choosing this theme include:

The Leading Cause of Global Mortality

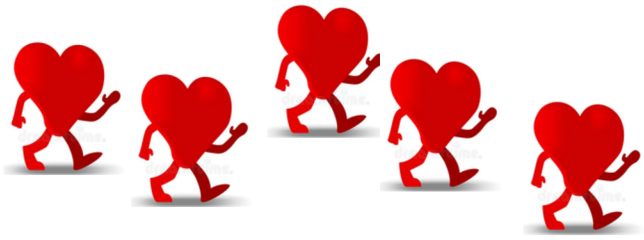
- **The Numbers:** Cardiovascular disease kills more than **20.5 million people every year**. This accounts for over 30% of all global deaths, making it the single largest killer in the world.

- **Socioeconomic Impact:** Over **75% of these deaths** occur in low- and middle-income countries, where access to complex surgical intervention is often limited but preventive movement therapy is highly accessible.

Movement is Medicine (Prevention)

- **Preventable Risks:** A vast majority of premature strokes and heart attacks are entirely preventable through lifestyle modifications.

The 25% Rule: Research highlighted by the World PT Day 2026 campaign shows that just **30 minutes of moderate exercise five times a week** can cut an individual's stroke risk by **25%**. As specialized exercise experts, physiotherapists are perfectly positioned to prescribe these safe activity regimens.



Bridging the Gap in Cardiac Rehabilitation

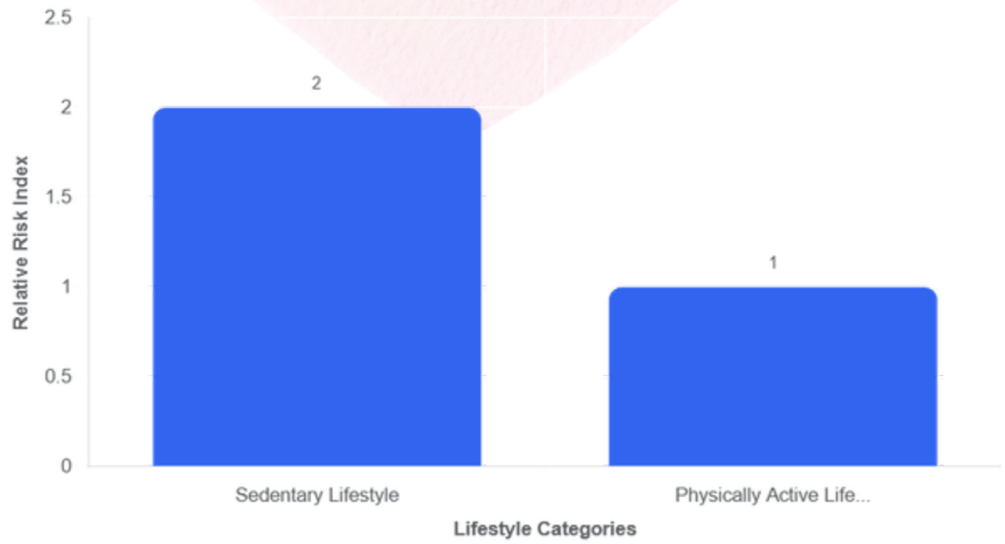
- Safe Progression: Surviving a heart attack or undergoing bypass surgery leaves patients fearful of exerting themselves. Physiotherapists design supervised, monitored cardiac rehab programs that safely rebuild heart muscle strength and exercise tolerance.

- Stroke Recovery: For those who survive a stroke, neuro-physiotherapy is the key to rewiring the brain (neuroplasticity), restoring balance, and helping patients regain independence in daily life.

The Impact of Physical Inactivity on Heart Health

Physical inactivity is recognized as a major, modifiable risk factor for cardiovascular disease. The data highlights how sedentary lifestyles place a massive burden on heart function:

Metric / Risk Factor	Active Lifestyle vs. Sedentary Lifestyle Impact
Relative Risk of CVD	Sedentary individuals have a **1.5 to 2.4 times higher risk** of developing heart disease.
Blood Pressure Control	Regular exercise reduces systolic blood pressure by an average of **4–9 mm Hg**, equivalent to some medications.
Cholesterol Optimization	Movement increases HDL ("good") cholesterol while actively lowering LDL ("bad") cholesterol and triglycerides.
Stroke Risk Reduction	Achieving just **150 minutes of moderate activity per week** lowers stroke risk by up to **25-30%**.

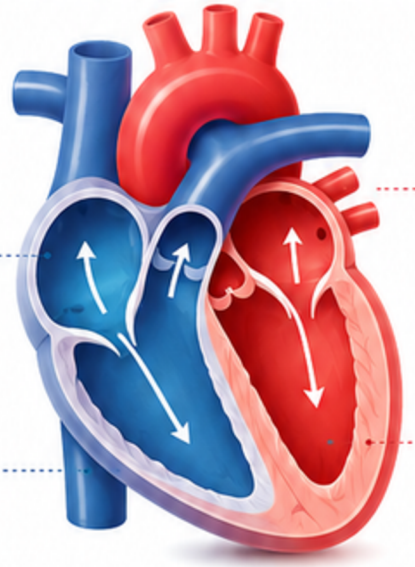


Meet Your Heart

Small in size. Mighty by nature.

Your heart is a powerful muscle, about the size of your clenched fist. It sits slightly to the left of the centre of your chest. Its job is simple but vital — to pump blood throughout your body, delivering oxygen and nutrients to every cell and removing waste.

THE HEART HAS 4 CHAMBERS



1 RIGHT ATRIUM

Upper chamber on the right side. Receives blood returning from the body that is low in oxygen.

2 RIGHT VENTRICLE

Lower chamber on the right side. Pumps this blood to the lungs, where it picks up fresh oxygen.

3 LEFT ATRIUM

Upper chamber on the left side. Receives oxygen-rich blood returning from the lungs.

4 LEFT VENTRICLE

Lower chamber on the left side. It is the heart's strongest chamber and pumps oxygen-rich blood to the entire body.

The heart has 4 valves that act like one-way doors, ensuring blood flows in the right direction.

HOW DOES BLOOD FLOW?

A simple cycle that keeps you alive!

BODY → RIGHT ATRIUM → RIGHT VENTRICLE → LUNGS → LEFT ATRIUM → LEFT VENTRICLE → BODY

This cycle repeats with every heartbeat.

FUN FACTS ABOUT YOUR HEART

- Your heart beats about **100,000** times a day.
- It pumps thousands of litres of blood through your body every day.
- The left ventricle has the thickest muscle because it pumps blood throughout the entire body.
- Your heart has its own electrical system that helps control your heartbeat.
- Even when you are resting, your heart is constantly working for you!

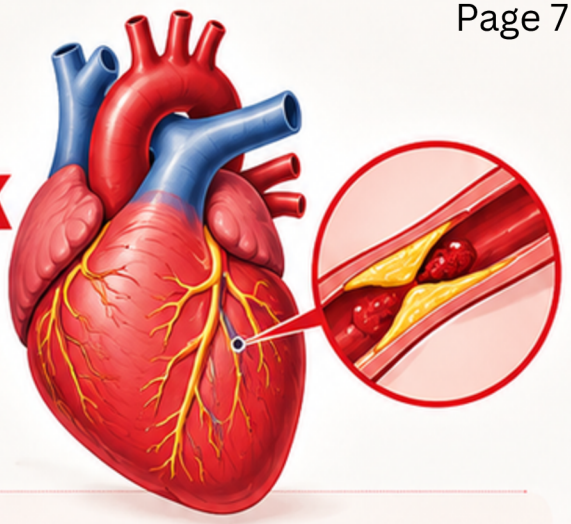
TAKE CARE OF YOUR HEART

- Stay Active
- Eat Healthy
- Maintain Healthy Weight
- Manage Stress
- Avoid Smoking
- Sleep Well
- Regular Check-ups

A strong heart today, a healthier tomorrow.

Your heart works for you 24/7. *Love it. Protect it. Keep it strong!*

What Happens During a Heart Attack



During a heart attack, also medically known as a myocardial infarction, a sudden blockage cuts off the blood supply to a portion of the heart muscle, initiating a race against the clock to prevent permanent damage.

1 BLOCKED ARTERY

Most heart attacks happen when a coronary artery becomes blocked, usually by a blood clot that forms over a fatty deposit (plaque) in the artery wall. When blood flow is blocked, the affected heart muscle does not receive enough oxygen. Without rapid treatment, the muscle can become permanently damaged.

2 SYMPTOMS

Heart attack symptoms can vary from person to person. Common warning signs include:

- Pressure, squeezing, heaviness or pain in the centre of the chest
- Pain or discomfort spreading to the arm, shoulder, back, neck or jaw
- Shortness of breath
- Cold sweating, nausea or vomiting
- Dizziness, unusual weakness or a feeling of being unwell

Some people—particularly women, older adults and people with diabetes—may have less typical symptoms.

3 EMERGENCY

A heart attack is a medical emergency.

If you think you or someone else may be having a heart attack, seek emergency medical help immediately.

- **Do not** wait for symptoms to disappear.
- **Do not** drive yourself to the hospital.

Getting treatment quickly can restore blood flow, limit heart muscle damage and improve the chances of recovery.

4 GOLDEN HOUR

Every minute matters. The sooner blood flow is restored, the more heart muscle can be saved.

The first hour after symptoms begin is especially important, but treatment can still be lifesaving even when more time has passed.

Remember:
Time is muscle.

Recognising the symptoms and getting emergency care quickly can make a life-saving difference.

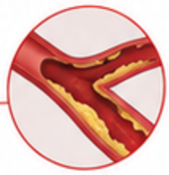
Know the signs. Act fast. Save a life.

STROKE

Every second counts when the brain is under attack.

A stroke happens when blood flow to part of the brain is suddenly interrupted—usually by a blocked blood vessel—or when a blood vessel in the brain bursts and bleeds.

When brain cells do not receive enough oxygen, they can become damaged within minutes.
Fast recognition and emergency treatment can save brain function and reduce disability.



BLOCKED BLOOD VESSEL
Blood flow to part of the brain is blocked.

BURST BLOOD VESSEL
A blood vessel in the brain bursts and bleeds.

FAST – KNOW THE SIGNS

F FACE
Ask the person to smile.

Does one side of the face droop or feel numb?

A ARMS
Ask the person to raise both arms.

Is one arm weak, numb, or drifting downward?

S SPEECH
Ask the person to repeat a simple sentence.

Is their speech slurred, confused, or difficult to understand?

T TIME
Time is critical.

If you notice any of these signs, seek emergency medical help IMMEDIATELY.

Note the time the symptoms started—or the last time the person was known to be well.

Even if the symptoms disappear, treat it as an emergency.

It could be a warning stroke called a TIA (transient ischaemic attack).

BRAIN – YOUR CONTROL CENTER

Your brain controls movement, speech, vision, memory, balance and many other functions.

Different parts of the brain control different abilities. That is why a stroke can cause very different symptoms depending on where it occurs.

A stroke may cause:

- Sudden weakness or numbness, especially on one side
- Difficulty speaking or understanding
- Sudden trouble seeing
- Loss of balance, dizziness or difficulty walking
- A sudden, severe headache—particularly with a bleeding stroke

A stroke is a brain emergency. Every minute matters.

RECOVERY – HOPE AND HEALING

Recovery from stroke is different for every person. Some people recover quickly, while others need months or longer.

Treatment and rehabilitation may include:

PHYSIOTHERAPY
To improve movement, strength and balance

OCCUPATIONAL THERAPY
To help with everyday activities

SPEECH AND LANGUAGE THERAPY
To help with communication and swallowing

MEDICAL CARE
To treat the stroke and reduce the risk of another one

With the right treatment, rehabilitation and support, the brain can adapt and recovery can continue over time.

EMERGENCY – DON'T WAIT. ACT FAST.

1. **RECOGNISE THE SIGNS.** Use FAST.
2. **CALL EMERGENCY MEDICAL SERVICES IMMEDIATELY.** Do not wait to see if symptoms improve.
3. **NOTE THE TIME.** Tell the medical team when symptoms began, or when the person was last known to be well.
4. **KEEP THE PERSON SAFE AND COMFORTABLE.** Do not give food, drink or medicines unless advised by medical professionals.

Remember:

Face. Arm. Speech. Time.

Spot a stroke. Act FAST. Save brain function.

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PRO-FIT PHYSIOTHERAPY

World Physiotherapy Day
Special Edition

PRO-FIT PHYSIOTHERAPY
Move Well. Live Well.

THE FOUR Ps
of Physiotherapy

A Holistic Approach to a Healthy Heart & Active Life

Our body works as a team. The Four Ps of Physiotherapy work together to keep your heart healthy and your body moving strong.

1 PAIN

Relieve. Recover. Prevent.

Pain and discomfort can limit your movement and reduce your activity. Managing pain helps you move more, exercise better and protect your heart.

How it helps your heart:

- Reduces stress and tension
- Improves sleep quality
- Encourages regular activity
- Prevents further complications

Tip: Do not ignore recurring pain in chest, shoulders, jaw, back or arms. Seek timely medical advice.

2 POSTURE

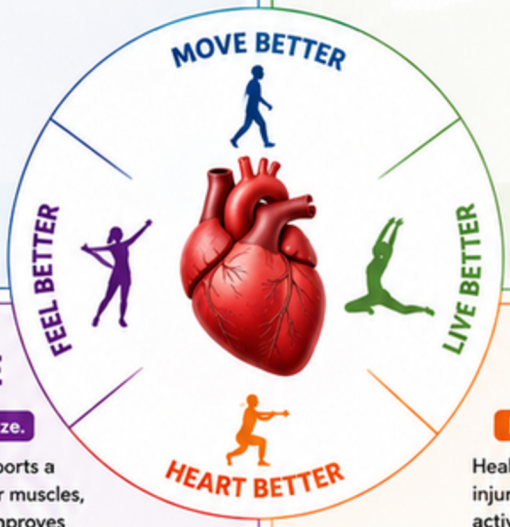
Align. Support. Protect.

Good posture allows your heart and lungs to work efficiently and reduces unnecessary strain on your muscles and joints while you move.

How it helps your heart:

- Improves breathing
- Enhances circulation
- Reduces muscle fatigue
- Supports comfortable movement

Tip: Sit tall, stand tall and move tall. Good posture = Better breathing, Better movement, Better heart health.



3 PHYSIQUE

Build. Strengthen. Energize.

A strong and fit body supports a strong heart. Building your muscles, stamina and endurance improves your overall fitness and quality of life.

How it helps your heart:

- Strengthens heart muscle
- Improves stamina and endurance
- Helps control weight
- Lowers risk of diabetes & BP

Tip: Include a mix of aerobic exercise, strength training and flexibility exercises in your weekly routine.

4 PATTERN OF MOVEMENT

Move Smart. Move Safe.

Healthy movement patterns reduce injury risk and make your daily activities easier and more efficient.

How it helps your heart:

- Improves efficiency of movement
- Promotes regular activity
- Reduces energy wastage
- Prevents falls and injuries

Tip: Walk regularly, take the stairs, stretch often and avoid sitting for long hours. Small movements, Big impact!

HOW THE FOUR Ps PROTECT YOUR HEART

Less Pain Less Stress	+	Better Posture Better Breathing	+	Stronger Physique Stronger Heart	+	Better Movement Better Circulation	=	A Healthier Heart A Better Life

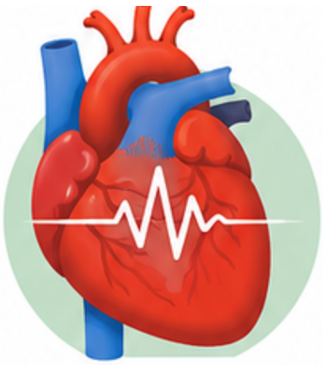
"Movement is Medicine. The Four Ps make it Personal."

YOUR HEART HEALTH PLEDGE

- I will move my body every day.
- I will sit less and stand more.
- I will eat heart-healthy food.
- I will manage stress and sleep well.
- I will listen to my body.
- I will follow the Four Ps for a stronger, healthier heart.

I Promise, My Heart Matters!

Remember: You don't have to be perfect. You just have to start. | Every Step. Every Stretch. Every Choice. Makes a Difference.



PHYSICAL ACTIVITY SAVES LIVES

Your heart. Your brain. Your life.

Regular physical activity can help prevent and manage cardiovascular disease, stroke and other chronic conditions. Even small amounts of movement are better than none.

WHY MOVEMENT MATTERS

Keep your heart healthy
Supports cardiovascular fitness and helps manage important risk factors.

Protect your brain
Regular activity can help reduce the risk of stroke.

Manage your health
Supports healthy blood pressure, blood sugar and body weight.

Stay strong & independent
Improves strength, mobility, balance and ability to do everyday activities.

Support recovery
Exercise and physiotherapy help recovery after heart events or stroke.

WHO RECOMMENDATIONS

ADULTS: 18–64 YEARS

150–300 MINUTES
of moderate-intensity aerobic activity per week

OR

75–150 MINUTES
of vigorous-intensity activity per week

+

MUSCLE STRENGTHENING
2 OR MORE DAYS A WEEK

For additional health benefits, adults can aim for more than 300 minutes of moderate activity per week, when appropriate.

OLDER ADULTS: 65+

Aim for the same aerobic activity targets, with activities that improve balance, coordination and strength—particularly if mobility is reduced.

CHILDREN & ADOLESCENTS: 5–17 YEARS

At least 60 minutes of moderate-to-vigorous physical activity every day.

MAKE 150 MINUTES ACHIEVABLE

A SIMPLE WEEKLY PLAN

30 min × 5 days = 150 min/week

MON	30 min brisk walk
TUE	Strength exercises
WED	30 min brisk walk
THU	Cycling / active exercise
FRI	30 min brisk walk
SAT	Active recreation
SUN	Easy movement & recovery

You don't have to do it all at once. Break activity into smaller sessions that fit your day.

MOVE MORE • SIT LESS

Physical activity doesn't only mean "exercise".

EVERYDAY MOVEMENT COUNTS:

- Walk instead of driving short distances
- Take the stairs when appropriate
- Do household activities
- Walk during breaks
- Cycle or walk for transport
- Stand up and move regularly during long periods of sitting
- Make active time a family habit

Limit sedentary time and replace sitting with physical activity of any intensity, including light activity.

PHYSIOTHERAPY MAKES A DIFFERENCE

PREVENT

- Identify physical activity needs and barriers
- Develop safe, personalised exercise programmes
- Encourage active lifestyles
- Support management of cardiovascular risk factors

MANAGE

- Improve fitness, strength and mobility
- Build confidence to become more active
- Support safe exercise with chronic health conditions
- Reduce the risk of further cardiovascular events

REHABILITATE

After cardiovascular events or stroke, physiotherapy can support:

Movement · Balance · Strength · Walking · Fitness · Independence · Quality of Life

Physiotherapy helps you move better, feel better and live better.

MOVE MORE. SIT LESS. LIVE BETTER.

Talk to a physiotherapist about finding the right activity

HOW MUCH EXERCISE DO I NEED?

MOVE MORE. STAY ACTIVE. PROTECT YOUR HEART.

Regular physical activity strengthens your heart, lowers blood pressure, improves cholesterol, controls weight and reduces the risk of heart disease and stroke.

ANY ACTIVITY IS BETTER THAN NONE!

HOW MUCH IS ENOUGH?

(WHO RECOMMENDATIONS FOR ADULTS 18–64 YEARS)

150–300 MINUTES of moderate-intensity aerobic activity per week

OR

75–150 MINUTES of vigorous-intensity aerobic activity per week

MUSCLE STRENGTHENING ACTIVITIES 2 OR MORE DAYS A WEEK

For additional health benefits, aim for more than 300 minutes of moderate-intensity activity per week, when appropriate.

TIPS TO REMEMBER

- You don't have to do it all at once. Break it into smaller sessions.
- Start where you are. Build gradually.
- Every step counts. Every minute counts.
- Make it enjoyable. Make it a habit.

INTENSITY GUIDE

How hard should you be working?

MODERATE INTENSITY

You can talk, but not sing while doing the activity. Breathing is faster.

Examples: Brisk walking, cycling at a comfortable pace, gardening, household work, climbing stairs.

VIGOROUS INTENSITY

You can't say more than a few words without pausing for breath.

Examples: Fast cycling, fast walking, uphill walking, strenuous gardening.

EVERYDAY ACTIVITIES THAT KEEP YOUR HEART HEALTHY

Choose activities you enjoy. Make them part of your daily life.

WALKING

A simple and powerful way to improve heart health.

Indian examples

- Morning walk in the park
- Walking to the market
- Walking to work or bus stop
- Evening walk with family

Aim for 30–45 minutes most days of the week.

CYCLING

Great for the heart, joints and muscles.

Indian examples

- Cycling to office or school
- Weekend cycling with friends or family
- Using a cycle for short daily errands

Aim for 30–45 minutes most days of the week.

GARDENING

Improves flexibility, strength and mental well-being.

Indian examples

- Watering plants
- Sweeping leaves
- Kitchen gardening
- Growing vegetables in home garden

Aim for 30–60 minutes most days of the week.

HOUSEHOLD WORK

Keeps you active while keeping your home clean.

Indian examples

- Mopping, sweeping
- Washing clothes
- Dusting, cleaning
- Cooking and meal prep

Aim for 30–60 minutes daily.

STAIR CLIMBING

Strengthens legs and improves heart fitness.

Indian examples

- Use stairs at home, office or public places
- Climb temple steps
- Take stairs instead of lift

Aim for 5–10 minutes several times a day.

BE ACTIVE IN YOUR WAY

Any movement counts. Do what fits your life.

Indian examples

- Playing with kids
- Yoga or pranayama
- Dancing
- Traditional games

Move more throughout the day.

SIMPLE STEPS TODAY. A HEALTHIER HEART TOMORROW.

- Eat healthy, stay active.
- Maintain healthy weight.
- Avoid tobacco and excess alcohol.
- Manage stress. Practice yoga or relaxation.
- Regular health check-ups. Know your numbers.

MOVE MORE. SIT LESS. LIVE BETTER.

WHY SIT LESS?

- ✓ Too much sitting increases the risk of heart disease, diabetes and early death.
- ✓ Break up long sitting time. Stand up, stretch, and move every 30–60 minutes.

REMEMBER:

Every step counts.
Every minute counts.
Small changes lead to big results!

SITTING DISEASE

A SILENT THREAT TO YOUR HEART

Too much sitting can harm your heart, blood vessels and overall health.

MOVE MORE. SIT LESS. PROTECT YOUR HEART.

WHAT IS "SITTING DISEASE"?

Sitting disease refers to the health risks caused by spending too much time sitting or being inactive — even if you exercise sometimes.

HOW TOO MUCH SITTING HARMS YOUR CARDIOVASCULAR HEALTH

- Raises blood pressure and heart rate
- Increases bad cholesterol (LDL) and triglycerides
- Reduces the body's ability to control blood sugar
- Promotes weight gain, especially belly fat
- Slows blood circulation and damages blood vessels
- Increases risk of heart attack, stroke and heart disease

WHO IS MOST AT RISK?

- IT professionals and office workers
- People with desk-based or long sitting jobs
- People who spend long hours on computers, TV or mobile devices
- Those who sit for long periods while commuting
- Students and exam aspirants
- People of all ages — including young adults

WARNING SIGNS

You may be sitting too much if you:

- Sit for more than 6–8 hours a day
- Have little or no physical activity
- Feel stiff, tired or low on energy by the end of the day
- Are putting on weight, especially around the waist
- Have raised blood pressure, high cholesterol or blood sugar
- Find it hard to get up and move without discomfort

HOW TO BREAK UP PROLONGED SITTING

Small changes make a big difference for your heart!

- 30 min — Stand up and move for 2–5 minutes every 30 minutes.
- Aim for at least 30 minutes of brisk walking most days.
- Choose stairs instead of lifts whenever possible.
- Do simple stretches at your desk or workstation.
- Use a sit-stand desk if available, or take regular standing breaks.
- Drink water regularly — it helps you get up and move more often.

GET ENOUGH DAILY MOVEMENT

(WHO recommendations for adults 18–64 years)

150–300 minutes of moderate-intensity aerobic activity per week

OR

75–150 minutes of vigorous-intensity activity per week

PLUS muscle strengthening activities 2 or more days a week

THE REWARDS FOR YOUR HEART

- Lower blood pressure
- Healthier cholesterol and blood sugar levels
- Healthy body weight
- Stronger heart and blood vessels
- Lower risk of heart attack and stroke
- More energy, better mood and quality of life

MOVE MORE. SIT LESS. LIVE BETTER.

Break up sitting time today — your heart will thank you!

EXERCISE MYTH VS FACTS

THE TRUTH ABOUT EXERCISE & YOUR HEART

Don't let myths keep you from a healthier heart.
MOVE MORE. STAY ACTIVE. PROTECT YOUR HEART.

REGULAR EXERCISE STRENGTHENS YOUR HEART, BODY AND MIND.

MYTH	FACT
1. I DON'T HAVE TIME TO EXERCISE. I need at least 1 hour every day.	1. SMALL AMOUNTS COUNT. Even 10–15 minutes at a time adds up and improves heart health. Aim for 150 minutes per week.
2. I HAVE A HEART CONDITION, SO EXERCISE IS NOT SAFE FOR ME. Exercise may be risky.	2. EXERCISE IS OFTEN SAFE AND BENEFICIAL. With medical advice, exercise strengthens your heart and helps manage your condition better.
3. ONLY GYM WORKOUTS IMPROVE HEART HEALTH. I need expensive equipment or a gym membership.	3. ANY ACTIVITY COUNTS. Walking, cycling, dancing, gardening or climbing stairs – all improve heart health.
4. I'M TOO OLD TO START EXERCISING. Exercise is only for young people.	4. IT'S NEVER TOO LATE. Exercise improves strength, balance, energy and heart health at any age.
5. EXERCISE IS ONLY FOR WEIGHT LOSS. If I'm not overweight, I don't need it.	5. HEART BENEFITS GO BEYOND WEIGHT. Exercise lowers blood pressure, improves cholesterol, reduces stress and protects your heart.
6. I GET SORE, SO I MUST BE DOING IT WRONG. No pain, no gain.	6. DISCOMFORT IS NORMAL, PAIN IS NOT. Mild soreness is okay, but pain is a warning sign. Listen to your body.
7. SITTING IS FINE AS LONG AS I EXERCISE SOMETIMES. I exercise on weekends, that's enough.	7. LESS SITTING, MORE MOVING – EVERY DAY. Too much sitting increases heart risk. Break up sitting time and move more throughout the day.

REGULAR EXERCISE CAN HELP PREVENT AND REDUCE RISK OF:

HEART DISEASE · HIGH BLOOD PRESSURE · DIABETES · HIGH CHOLESTEROL · STROKE · OBESITY · STRESS, ANXIETY & DEPRESSION

THE BEST EXERCISE IS THE ONE YOU WILL DO.
START SMALL. STAY CONSISTENT.
A STRONG HEART BEGINS WITH YOU!

Be consistent. Make it a habit.
Find activities you enjoy.
Move more. Sit less. Live better.

EVERY STEP COUNTS. EVERY MINUTE MATTERS. YOUR HEART WILL THANK YOU FOR IT!

HEART HEALTHY FOOD
INDIAN PLATE

EAT RIGHT. STAY ACTIVE. PROTECT YOUR HEART.

GOOD FOOD TODAY, STRONG HEART TOMORROW

EAT RIGHT | STAY ACTIVE | MANAGE STRESS | SLEEP WELL

CARDIOVASCULAR DISEASES CAN BE PREVENTED.
YOUR DAILY CHOICES MAKE THE BIGGEST DIFFERENCE.

THE INDIAN PLATE FOR A HEALTHY HEART

Balance is the key. Fill your plate with a variety of whole, minimally processed foods, cooked with less oil and salt.

½ PLATE – VEGETABLES
Eat a variety of vegetables (especially green, orange, yellow, and leafy). Raw salads every day.

¼ PLATE – WHOLE GRAINS
Choose whole grains like brown rice, millets (ragi, jowar, bajra), whole wheat roti.

¼ PLATE – PROTEIN RICH FOODS
Include dals, rajma, chana, soyabean, chole, paneer, tofu, fish, egg (preferably boiled or grilled), and skinless chicken.

1 BOWL – LOW FAT DAIRY
Choose low fat milk, curd, buttermilk, paneer.

1 FRUIT A DAY
Prefer whole fruits over fruit juice.

EXTRA GOODNESS

- A handful of nuts (almonds, walnuts) or seeds (flax, pumpkin, chia).
- Drink plenty of water. Avoid sugary drinks.
- Use herbs & spices (turmeric, garlic, ginger, methi, cinnamon).

SALT – LESS IS BEST

Too much salt increases blood pressure and the risk of heart disease and stroke.

- Limit salt to less than **1 teaspoon (5 g)** per day (WHO recommendation).
- Avoid adding extra salt at the table, in chaats, pickles, papad, and processed snacks.
- Use spices, lemon, herbs, and roasted cumin to add flavour.

Less salt today, lower BP tomorrow!

SUGAR – CUT DOWN

Too much sugar can lead to weight gain, diabetes, fatty liver and heart disease.

- Avoid sugary drinks, packaged juices, and energy drinks.
- Limit sweets, desserts, bakery items, and chocolates.
- Choose natural sweetness – whole fruits over sweets.

Less sugar, more energy, stronger heart!

OIL – CHOOSE WISELY, USE LESS

Too much oil increases weight, cholesterol and heart risk.

Use only 3–4 teaspoons of oil per day per person for cooking (about 15–20 ml).

- Prefer healthy oils: mustard oil, groundnut oil, rice bran oil, sesame oil, or extra virgin olive oil.
- Avoid deep frying. Choose grilling, steaming, boiling, roasting, or sautéing.
- Limit high-fat foods like pakoras, samosas, kachoris, chips, namkeen.

Less oil, better heart. Cook smart, live long!

LABELS – READ & CHOOSE SMART

Reading food labels helps you make heart-healthy choices.

Nutrition Information*	Per 100 g (Approx.)
Energy (kcal)	450
Total Fat (g)	18
Saturated Fat (g)	6
Trans Fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	680
Total Carbohydrate (g)	62
Total Sugar (g)	12
Added Sugar (g)	6
Protein (g)	10
Dietary Fibre (g)	6

*Values are approximate

- Check **TOTAL FAT** – Choose lower fat options.
- Check **SATURATED FAT & TRANS FAT** – Choose products with lower values.
- Check **SODIUM (SALT)** – Choose lower sodium (<120 mg per 100 g is better).
- Check **ADDED SUGAR** – Choose products with less added sugar.
- Choose more **FIBRE & PROTEIN** – They keep you full and support heart health.

Read labels. Make informed choices. Protect your heart.

DAILY TIPS FOR A HEALTHY HEART

- Eat home-cooked meals more often.
- Be active at least 30 minutes every day.
- Maintain a healthy weight.
- Avoid tobacco in any form.
- Manage stress with yoga, meditation, and deep breathing.
- Sleep 7–8 hours every night.
- Get regular health check-ups. Know your BP, sugar and cholesterol.

SMALL CHOICES EVERY DAY, BIG PROTECTION FOR LIFE. A Healthy Heart, A Happy Life.

HEALTHY SHOPPING

SMART CHOICES, STRONG HEART

What you buy today, shapes your heart health tomorrow.

SHOP SMART. EAT SMART. PROTECT YOUR HEART.

GOOD FOR YOUR HEART

- CHOOSE WISELY
- READ LABELS
- LIMIT THE BAD
- STAY ACTIVE

1. SUPERMARKET SMART TIPS

PLAN AHEAD
Make a list and stick to it.
Avoid impulse buys.

SHOP THE PERIMETER
Fresh fruits, vegetables, milk, dahi, eggs, whole grains and pulses are usually on the shelves around the store.

CHOOSE WHOLE, MINIMALLY PROCESSED FOODS
Fewer ingredients, more nutrition.

FILL YOUR CART WITH COLOUR
Eat a variety of fruits and vegetables every day.

SAY NO TO HIGHLY PROCESSED FOODS
They are often high in salt, sugar, unhealthy fats and additives.

A full cart of real food today means a stronger heart tomorrow!

2. READING LABELS – 5 THINGS TO CHECK

Nutrition Information (Per 100 g / Per serve)	
Energy (kcal)	120
Total Fat (g)	5
Saturated Fat (g)	2.0
Trans Fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	450
Total Carbohydrate (g)	18
Total Sugar (g)	8
Protein (g)	4
Dietary Fibre (g)	2

TOTAL FAT
Choose lower fat options.

SATURATED FAT & TRANS FAT
Go for lower values.
Avoid trans fat.

SODIUM (SALT)
Choose low sodium options.
Less than 120 mg per 100 g is better.

ADDED SUGAR
Choose products with less added sugar.

FIBRE & PROTEIN
Choose more fibre and protein for a healthy heart.

LOWER IS BETTER:
Lower salt, sugar, bad fat.
Higher fibre, protein, good fat.

3. OIL – CHOOSE HEART HEALTHY OILS

CHOOSE THESE

- ✓ Mustard oil
- ✓ Groundnut oil
- ✓ Rice bran oil
- ✓ Sunflower oil
- ✓ Soybean oil
- ✓ Olive oil

USE WISELY

- Use only 3–4 teaspoons (15–20 ml) of oil per person per day.
- Avoid deep frying. Choose steaming, grilling, roasting or sautéing.
- Limit vanaspati and coconut oil. Avoid hydrogenated fats.

LESS OIL, BETTER HEART

4. BISCUITS – PICK BETTER OPTIONS

CHOOSE THESE

- ✓ High fibre biscuits
- ✓ Multigrain / oats
- ✓ Low sugar
- ✓ Less saturated fat
- ✓ No trans fat

AVOID THESE

- ✗ Cream-filled biscuits
- ✗ Chocolate-coated biscuits
- ✗ High in sugar, maida (refined flour)
- ✗ Hydrogenated fats (contains trans fat)

Enjoy in moderation. Read the label!

5. SOFT DRINKS – THINK BEFORE YOU DRINK

AVOID

- ✗ Cola and carbonated drinks
- ✗ Packaged juices (high sugar)
- ✗ Energy drinks
- ✗ Sweetened flavoured drinks

BETTER CHOICES

- ✓ Water
- ✓ Nimbu pani (less sugar or no sugar)
- ✓ Buttermilk / chaas
- ✓ Coconut water
- ✓ Fresh fruit (instead of juice)

CHOOSE BETTER. HYDRATE SMART.

6. READY-TO-EAT FOODS – CHECK BEFORE YOU BUY

OFTEN HIGH IN

- Salt (sodium)
- Unhealthy fats
- Added sugar
- Preservatives

CHOOSE WISELY

- ✓ Check nutrition label
- ✓ Choose low salt options
- ✓ Avoid products with long ingredient lists
- ✓ Prefer home-cooked whenever possible
- ✓ Look for higher fibre and protein

BETTER ALTERNATIVES

- Home-cooked meals
- Fresh / frozen vegetables
- Whole grains like brown rice, millets
- Dal, rajma, chana, whole foods

Fresh is best. Less processed, more progress!

DAILY CHECKLIST FOR A HEALTHY HEART

- Shop with a plan
- Read labels
- Choose whole, real foods
- Limit salt, sugar and unhealthy fats
- Cook more at home, eat together
- Stay active every day.

YOUR HEART THANKS YOU FOR EVERY SMART CHOICE!

Small choices every day,
Big protection for life.

SHOP SMART. EAT SMART. LIVE LONG. PROTECT YOUR HEART, TODAY AND ALWAYS.

STRONG HEARTS, HEALTHY LIVES

Every Woman. Every Age. Every Beat Matters.

Cardiovascular diseases (CVD) are the #1 cause of death among women in India.

AWARENESS. PREVENTION. ACTION. FOR A HEALTHIER TOMORROW.

HEALTHY WOMEN
STRONG FAMILIES
STRONGER INDIA

WOMEN OF ALL AGES

WHY WOMEN ARE MORE PRONE TO CARDIAC ISSUES

Hormonal Changes
Fluctuations during puberty, pregnancy, postpartum and menopause affect heart health.

Pregnancy Complications
Gestational diabetes, high BP, preeclampsia increase future heart risk.

Higher Stress Levels
Work pressure, multitasking, family responsibilities and mental load.

Hidden Risk Factors
Anaemia, thyroid disorders, PCOS, diabetes, high BP and high cholesterol often go undiagnosed.

Atypical Symptoms
Women may have subtle symptoms like fatigue, breathlessness, nausea, back or jaw pain. Often ignored or misdiagnosed.

Sedentary Lifestyle
Long hours of sitting, less physical activity and poor sleep.

SOLUTIONS – FOR A HEALTHY HEART

- **Know Your Numbers:** Check BP, sugar, cholesterol, weight regularly.
- **Eat Heart-Healthy Indian Food:** More vegetables, fruits, whole grains, dal, nuts, seeds. Limit salt, sugar, fried & processed foods.
- **Stay Active Daily:** 30–45 minutes of brisk walking, yoga, dance or any activity you enjoy.
- **Manage Stress:** Practice breathing exercises, meditation, journaling, or spend time with loved ones.
- **Prioritise Sleep:** 7–8 hours of quality sleep is essential.
- **Don't Ignore Symptoms:** Seek medical help early. Early detection saves lives.
- **Put Yourself on the List:** Your health is your family's strength.

STRONG WOMEN, STRONG HEARTS, STRONGER INDIA.

ELDERLY ABOVE 50 YEARS

WHY ELDERLY ARE MORE PRONE TO CARDIAC ISSUES

Ageing of Blood Vessels
Arteries become stiff, leading to high BP, blockages and reduced heart function.

Higher Incidence of Risk Factors
High BP, diabetes, high cholesterol, obesity and metabolic syndrome increase with age.

Reduced Physical Activity
Loss of muscle mass, joint pain and fatigue lead to inactivity.

Multiple Medications
Polypharmacy can affect heart and interact with other medicines.

Silent Progression
Heart disease may progress silently and present late in the form of heart attack or stroke.

Emotional Factors
Loneliness, depression and stress after retirement, loss of loved ones impact heart health.

SOLUTIONS – FOR A HEALTHY HEART

- **Regular Health Check-ups:** Monitor BP, sugar, cholesterol, ECG and doctor-recommended tests.
- **Eat Wisely:** Home-cooked meals, less oil, less salt. Include oats, millets, dal, leafy greens, fruits, curd and nuts.
- **Stay Active, Stay Independent:** Daily walk, yoga, surya namaskar or light strength exercises.
- **Take Medicines Regularly:** Follow doctor's advice. Do not stop medicines without consultation.
- **Stay Socially Connected:** Engage in hobbies, spend time with family and friends.
- **Avoid Tobacco & Limit Alcohol:** These increase heart risk at any age.
- **Listen to Your Body:** Report any chest discomfort, breathlessness or unusual fatigue early.

AGE IS A NUMBER. HEART HEALTH IS A CHOICE.

COMMON HEART HEALTH TIPS FOR ALL WOMEN, AT EVERY AGE

- Eat Fresh, Eat Local, Eat Balanced
- Drink Enough Water
- Maintain a Healthy Weight
- Say No to Tobacco
- Manage Stress Practice Mindfulness
- Sleep Well, Live Well
- **Know the Signs:** Chest pain, breathlessness, sweating, nausea – Don't Wait, Consult

REMEMBER

A healthy heart helps you live longer, stronger and happier.

DESK JOB TODAY, STRONG HEART FOREVER

Small Moves. Smart Choices. Big Protection.

Long sitting, stress and unhealthy eating can increase your risk of heart disease.

Be active. Eat smart. Protect your heart.

CVD kills 1 in 4 Indians. Most of it is Preventable.

Make your workday heart-friendly!

SITTING 8–10 HOURS A DAY increases risk of heart disease by up to 60%.

LACK OF ACTIVITY is a major cause of obesity, diabetes, BP & cholesterol.

POOR DIET & FAST FOOD increase bad cholesterol, weight and inflammation – silent heart killers.

CHRONIC STRESS raises BP, harms heart health and affects sleep.

GOOD NEWS: Small daily changes can protect your heart for life!

RISKS FOR DESK JOB WORKERS

Sedentary Lifestyle
Long sitting slows metabolism, reduces good cholesterol and affects circulation.

Weight Gain & Belly Fat
Increases risk of high BP, diabetes and heart disease.

High BP & Cholesterol
Stress, poor diet and inactivity raise blood pressure and cholesterol.

Stress & Poor Sleep
Long work hours, deadlines and screen time lead to stress, anxiety and poor sleep.

Diabetes Risk
Sitting for long hours can cause insulin resistance and high blood sugar.

Poor Posture & Circulation
Back pain, stiff neck, swollen legs and poor blood flow.

MOVE MORE, SIT LESS!
Every Move Counts

STAND UP
Get up every 30–45 minutes. Even 2–3 minutes helps.

WALK & TALK
Take calls while standing or walking.

USE STAIRS
Choose stairs over lifts whenever possible.

STRETCH & MOBILISE
Neck rolls, shoulder rolls, back stretch, leg stretch.

WALK DAILY
Aim for 30–45 minutes of brisk walking.

2–3 MINUTE DESK BREAK
Do these exercisse 2–3 times a day

Move a little every hour, protect your heart every day!

FAST FOOD: TASTY TODAY, RISKY TOMORROW!

Too much of these can harm your heart

BURGERS & PIZZAS
High in saturated fat, salt and calories.

FRIED SNACKS
Samosa, kachori, pakora, chips – high in oil.

SWEET TREATS
Pastries, doughnuts, cakes – high in sugar and trans fat.

SUGARY DRINKS
Cola, packaged juices, energy drinks – increase weight & sugar.

INSTANT NOODLES & PROCESSED FOODS
High in salt, preservatives and unhealthy fats.

OCCASIONAL TREAT IS OK, BUT DAILY HABIT IS NOT!
Choose home food more often.

SMART SWAPS – CHOOSE BETTER, LIVE BETTER

INSTEAD OF	CHOOSE THIS
Fried Snacks	Roasted Chana, Nuts, Makhana
Sugary Drinks	Buttermilk, Nimbu Pani, Coconut Water
White Bread, Bakery Items	Multigrain Bread, Millets, Oats
Pizza, Burger	Home-cooked Balanced Meal

HEART-HEALTHY PLATE (INDIAN STYLE)

- **½ PLATE VEGETABLES** (Sabzi, Salad, Greens)
- **¼ PLATE PROTEIN** (Dal, Rajma, Chana, Paneer, Egg, Fish)
- **¼ PLATE WHOLE GRAINS** (Roti, Brown Rice, Millets, Oats, Dalia)
- **GOOD FATS** (Nuts, Seeds, Olive/Mustard Oil in moderation)
- **DRINK WATER** (6–8 glasses daily)

DAILY HEART CHECKLIST

- [x] Walk 30–45 minutes daily
- [x] Take movement breaks every 30–45 min
- [x] Eat home-cooked food mostly
- [x] Limit salt, sugar and oil
- [x] Choose whole grains, fruits & vegetables
- [x] Stay hydrated – drink more water
- [x] Manage stress – breathe, meditate, relax
- [x] Sleep 7–8 hours every night
- [x] Get regular health check-ups (BP, Sugar, Cholesterol, Weight)

Small daily habits today, strong heart tomorrow!

SIMPLE RULE TO REMEMBER

MOVE more	SIT less
EAT real food	AVOID junk food
MANAGE stress	SLEEP well
CHECK regularly	LIVE longer

YOUR HEART WORKS 24x7 FOR YOU. TAKE CARE OF IT – IT'S YOUR LIFE'S BEST ASSET.

Eat Right · Move More · Stress Less · Sleep Well · Stay Healthy · Live Longer

HEART PROBLEMS IN INDIA

Rising early. Risking more lives. Time to change.

Cardiovascular diseases (CVDs) are the **#1 cause of death** in India

1 in 4 deaths in India is due to heart disease

YOUNG INDIA, RISING RISK

Heart problems are no longer limited to older people.

They are affecting young Indians — earlier than ever.

KEY STATISTICS (India)

~28.1 million Indians live with cardiovascular disease (ICMR–INDIAB Study)

>50% of heart attacks in India occur in people below 50 years (Copenhagen City Heart Study – India)

4X increase in heart attacks in Indians under 40 over the last 2 decades

53% **53% of Indians with heart disease are undiagnosed** (ICMR–INDIAB Study)

INCIDENCE OF HEART PROBLEMS BY AGE

18–30 YEARS
5–10%
Cases are rising in young adults due to stress, poor lifestyle, smoking, vaping, lack of exercise, and poor diet.

31–40 YEARS
15–20%
High stress, long working houur, sedentary lifestyle and poor sleep increase risk significantly.

41–60 YEARS
40–50%
Highest burden of risk factors (BP, diabetes, high cholesterol, obesity, smoking).

60+ YEARS
30–40%
Risk continues to rise with age, especially with other chronic illnesses.

EARLY ONSET IS REAL. → RISK INCREASES WITH AGE.

YOUNG PROFESSIONALS & SEDENTARY LIFESTYLE – A GROWING CONCERN

Especially among IT professionals, desk job holders and sedentary young people (20–40 years):

- **30–35%** have 2 or more cardiovascular risk factors (BP, obesity, high cholesterol, diabetes, smoking, stress)
- **70%** do not meet recommended physical activity levels
- **1 in 3** reports high stress or poor sleep

HIGHER RISK, EARLIER IMPACT

Heart attacks in Indians below 40 years are more severe with poorer outcomes.

Indians develop blockages 10–15 years earlier than Western populations.

More likely to have multiple blockages and risk factors.

DEMOGRAPHICS & RISK FACTORS (India)

- Urban population – higher risk due to lifestyle
- Men – higher incidence at younger age
- People with family history
- IT professionals / Desk job holders
- People with obesity, diabetes, hypertension, high cholesterol
- Smokers, smokers, vaping, alcohol use

Urban Indians are **2–3 times** more likely to develop heart disease than rural Indians.

KEY TAKEAWAYS

- Heart disease is no longer a disease of the old. It is increasingly becoming a disease of the young.
- Sedentary lifestyle, stress, poor diet and lack of exercise are the biggest drivers.
- Early screening, awareness and lifestyle changes can prevent heart disease and save lives.
- Know your numbers: BP, Sugar, Cholesterol, Weight, Waist & Stress.

PROTECT YOUR HEART – START TODAY

- Move more. Sit less. Aim for 30–45 mins activity daily.
- Eat smart. More fruits, vegetables, whole grains. Less salt, sugar and fried food.
- Maintain healthy weight and waist circumference.
- Manage stress. Sleep well. Take breaks.
- Avoid tobacco, vaping and limit alcohol.
- Get regular health check-ups even if you feel fine.

Young today. Healthy for life. Make heart health your priority – because your future depends on it.

Sources: ICMR–INDIAB Study | Copenhagen City Heart Study – India | WHO | MoHFW, Govt. of India

PROTECT YOUR HEART, LIVE BETTER, LONGER

If You Have Lifestyle Diseases, Every Step Matters.

Hypertension. Diabetes. High Cholesterol. Obesity.
Sleep Disorders. Stress. These increase heart risk –
but the right choices can reverse the risk.

Manage Well. Move More. Eat Right. Sleep Better. Stay Protected.

GOOD NEWS!
Up to 80% of heart diseases and strokes can be prevented or delayed with lifestyle changes and regular medical care.

KEY RISK FACTORS THAT HARM YOUR HEART

HIGH BLOOD PRESSURE
Silent killer that damages blood vessels & heart.

DIABETES
High blood sugar damages blood vessels & nerves.

HIGH CHOLESTEROL
Extra cholesterol blocks arteries and reduces blood flow to the heart.

OVERWEIGHT & OBESITY
Extra weight increases BP, sugar, cholesterol & inflammation.

SLEEP DISORDERS
Poor sleep raises BP, stress hormones and increases heart disease risk.

STRESS & SEDENTARY LIFE
Chronic stress and sitting for long hours harm your heart and mind.

HOW TO PROTECT YOUR HEART – THE RIGHT PLAN

1. EAT RIGHT, HEART LIGHT

- Follow the Indian Healthy Plate.
- Eat more vegetables, fruits, whole grains, dal, nuts & seeds.
- Use less oil, salt & sugar.
- Avoid deep-fried, processed & packaged foods.
- Choose home-cooked meals.

Remember:
More local, seasonal & fresh food.
Less salt, sugar & oil.

2. MOVE MORE, SIT LESS

- Aim for 30–45 minutes of brisk activity daily (e.g., walking, cycling, yoga).
- Take a 2–3 minute break every 30–45 minutes of sitting.
- Use stairs.
- Do simple desk stretches.

Every Step Counts.
Every Move Protects.

3. SLEEP BETTER, HEART BETTER

- Get 7–8 hours of quality sleep daily.
- Sleep & wake up at the same time.
- Keep screens away 1 hour before bed.
- Avoid heavy meals, caffeine & alcohol at night.

Good sleep heals your heart and mind.

4. MANAGE STRESS, LIVE CALM

- Practice deep breathing, meditation, pranayama or yoga.
- Take breaks.
- Spend time with family & friends.
- Do hobbies you enjoy.

Calm mind.
Healthy heart.
Happy life.

5. TAKE MEDICINES ON TIME

- Take medicines regularly as prescribed.
- Do not stop or skip medicines.
- Keep a list of your medicines.
- Consult your doctor regularly.

Right medicine.
Right dose.
Right time.
Safe heart.

6. REGULAR CHECK-UPS

- Monitor BP, blood sugar, cholesterol & weight.
- Get your tests done as advised.
- Track your numbers.
- Act early, stay ahead.

Know your numbers.
Control your risk.
Protect your heart.

TARGET NUMBERS – AIM FOR THESE

HEALTH PARAMETER	TARGET	WHY IT MATTERS
BLOOD PRESSURE	Below 130/80 mmHg	Lowers risk of heart attack & stroke
BLOOD SUGAR	Fasting: 80–130 mg/dl Post-meal: <180 mg/dl HbA1c: <7%	Controls diabetes complications
LDL CHOLESTEROL (BAD CHOLESTEROL)	Below 100 mg/dl (Below 70 mg/dl if very high risk)	Keeps arteries clear & heart healthy
HDL CHOLESTEROL (GOOD CHOLESTEROL)	Above 40 mg/dl (Men) Above 50 mg/dl (Women)	Protects heart & blood vessels
BODY WEIGHT	BMI 18.5 – 24.9 kg/m² Waist: <90 cm (Men) <80 cm (Women)	Reduces strain on heart & lowers risk
SLEEP	7 – 8 hours per night	Improves heart health, energy & immunity

WARNING SIGNS – DON'T IGNORE

Seek medical help immediately if you have:

- Chest pain, discomfort or heaviness
- Breathlessness
- Dizziness or sudden weakness
- Palpitations (racing or irregular heartbeat)
- Swelling in feet, ankles or legs
- Extreme fatigue

Early action can save your life!

DAILY HEART-HEALTHY HABITS CHECKLIST

- ☐ I walked or exercised today.
- ☐ I ate healthy, home-cooked meals.
- ☐ I drank enough water.
- ☐ I slept well (7–8 hours).
- ☐ I managed stress.
- ☐ I took my medicines on time.
- ☐ I checked my BP / Sugar regularly.
- ☐ I maintained a healthy weight.
- ☐ I chose my heart today.

SMALL DAILY CHOICES TODAY, STRONG HEART TOMORROW.

**YOUR HEART IS IN YOUR HANDS.
CARE TODAY, LIVE TOMORROW.**

Eat Right | Move More | Sleep Well | Manage Stress | Take Medicines | Stay Healthy | Live Longer

Be kind to your heart.
It works for you, 24x7.

CARDIAC REHABILITATION

— A STRONGER HEART. A BETTER LIFE. —

Safe. Supervised. Individualised.
Your Recovery. Our Support.

WHAT PHYSIOTHERAPISTS DO

Cardiac Rehabilitation is a safe and supervised program that helps people **recover after a heart problem** and **prevent future heart issues.** Physiotherapists are key members of this team.

WHAT IS CARDIAC REHABILITATION?

A comprehenstive program that includes exercise training, education, lifestyle modification and emotional support to improve heart health and quality of life.

WHO CAN BENEFIT?

- After Heart Attack
- After Angioplasty / Stent
- After Bypass Surgery
- Heart Failure Patients
- People with Risk Factors (BP, Diabetes, High Cholesterol, etc.)

WHAT PHYSIOTHERAPISTS DO IN CARDIAC REHABILITATION

01 — 1. ASSESSMENT
We assess your health, physical fitness, strength, breathing, posture and daily activity level.

02 — 2. EXERCISE TRAINING
We design safe and individualised exercise programs to improve stamina, strength and heart function.

03 — 3. BREATHING CARE
We teach breathing exercises, lung expansion techniques and help improve lung function.

04 — 4. LIFESTYLE GUIDANCE
We educate you on healthy posture, activity, weight management and stress reduction.

05 — 5. ACTIVITY & FUNCTIONAL TRAINING
We help you return to your daily activities, work and hobbies safely and confidently.

06 — 6. MOTIVATION & LONG TERM SUPPORT
We support, motivate and track your progress to help you stay healthy for life.

BENEFITS OF CARDIAC REHABILITATION

- Stronger heart & better fitness
- Lower risk of future heart problems
- Better quality of life
- Less stress, better mood
- More energy, more confidence
- Longer, healthier life

WHAT YOU CAN DO

- Attend your rehab sessions regularly
- Follow your exercise plan
- Eat heart-healthy food
- Sleep well and manage stress
- Take medicines as prescribed
- Avoid tobacco and limit alcohol

YOU ARE NOT ALONE IN YOUR RECOVERY.

WE ARE HERE TO HELP YOUR HEART HEAL STRONGER.

IMPORTANT TO REMEMBER

- **Start early** – the sooner you begin, the better the results.
- **It is safe** – exercises are supervised and based on your condition.
- **Be consistent** – small steps every day make a big difference.
- **It is a team approach** – doctors, physiotherapists, dietitians and you!

REHABILITATE TODAY. RECOVER STRONGER. LIVE BETTER TOMORROW.

Stay Active · Eat Healthy · Manage Stress · Sleep Well · Take Medicines · Love Your Heart

STROKE REHABILITATION

Every Step. Every Balance. Every Day Brings Recovery.

Stroke rehabilitation helps people regain lost skills, improve independence and return to a better quality of life.

OUR GOAL

- Improve Movement
- Improve Balance
- Increase Strength
- Enhance Confidence
- Return to Daily Activities

WALKING – STEP BY STEP TO INDEPENDENCE

- **Gait training** to improve walking pattern and safety
- **Strengthening exercises** for legs and core
- **Endurance building** to walk longer and with confidence
- **Use of techniques** and **assistive devices** when needed

BALANCE – STAY STEADY, STAY SAFE

- **Balance training** to prevent falls and improve stability
- **Exercises** to improve coordination and body control
- **Weight shifting** and postural training
- **Functional activities** for safe movement in daily life

RECOVERY – REBUILDING LIFE, ONE DAY AT A TIME

STRENGTH & MOVEMENT

Exercises to improve muscle strength, flexibility and control of affected arms and legs.

DAILY ACTIVITIES

Practice for everyday activities like dressing, eating, writing and other self-care tasks.

SPEECH & SWALLOWING

Therapy to improve speech clarity and safe swallowing for better communication and nutrition.

COGNITION & MEMORY

Activities to improve memory, attention, problem-solving and thinking skills.

EMOTIONAL WELL-BEING

Support to manage stress, anxiety and depression. Counselling for patient and family.

> “Recovery takes time, patience and practice. With the right support, better recovery is possible.
>
> You are not alone. We are with you.

TIPS FOR BETTER RECOVERY

- Be regular with therapy and home exercise program
- Stay active and keep moving within your ability
- Eat a healthy diet and drink plenty of water
- Take medicines on time and follow doctor's advice
- Involve family – their support makes a big difference
- Stay positive and celebrate small improvements

REMEMBER

Small steps today lead to big changes tomorrow.

KEEP GOING.
KEEP GROWING.
KEEP RECOVERING.

TOGETHER WE CAN REBUILD STRENGTH, INDEPENDENCE AND HOPE.

CARDIOVASCULAR EXERCISE LIBRARY

EASY EXERCISES YOU CAN DO AT HOME FOR A STRONG HEART & HEALTHY LIFE

WHY IT MATTERS

- Strengthens your heart
- Improves stamina
- Controls weight
- Lowers stress & BP
- Reduces risk of heart disease, diabetes & stroke

Aim for 150 minutes moderate activity every week

30 minutes a day, 5 days a week is a great start

Start slow, go at your own pace

Stay hydrated. Drink water regularly

If you have any medical condition, consult your doctor before starting

WARM UP (5 MINUTES)

1. NECK ROTATION

Slowly turn your head side to side.
10 times each side

2. SHOULDER ROLLS

Roll your shoulders forward and backward.
10 times each direction

3. ARM CIRCLES

Make small circles with your arms.
10 times forward & backward

4. MARCH ON SPOT

Lift your knees alternately.
1–2 minutes

CARDIO EXERCISES (20–30 MINUTES)

1. BRISK WALKING

Walk at a brisk pace.
15–30 minutes

2. HIGH KNEES

Lift knees up alternately.
2–3 minutes

3. STEP TOUCH

Step side to side touching your feet.
2–3 minutes

4. JUMPING JACKS

Jump your feet out and in with arms up.
1–2 minutes

5. MOUNTAIN CLIMBERS

Bring knees towards chest alternatively.
1–2 minutes

6. STAIR CLIMBING

Use stairs at home. Climb up and down.
5–10 minutes

STRENGTH & TONING EXERCISES (2–3 DAYS A WEEK)

Do 2–3 sets of 10–15 repetitions

1. WALL PUSH UPS

Strengthens chest and arms.

2. CHAIR SQUATS

Strengthens legs and core.

3. WALL SIT

Hold the position to build leg strength.

4. GLUTE BRIDGE

Strengthens lower back, hips and core.

5. PLANK

Strengthens core and improves posture.

6. CALF RAISES

Strengthens calves and improves balance.

FLEXIBILITY & MOBILITY (DAILY)

1. HAMSTRING STRETCH

Hold for 20–30 seconds each leg.

2. QUADRICEPS STRETCH

Hold for 20–30 seconds each leg.

3. CAT–COW STRETCH

Improves spine mobility.
10–15 times.

4. SIDE BEND

Stretch each side.
Hold for 20–30 seconds.

COOL DOWN (5 MINUTES)

1. DEEP BREATHING

Inhale deep, exhale slow.
5–10 breaths.

2. RELAXATION

Lie down, relax your body and mind.

TIPS FOR SUCCESS

- Be consistent, not intense.
- Choose exercises you enjoy.
- Listen to your body and rest when needed.
- Small steps every day lead to big changes.
- Combine with a healthy diet and good sleep.

INTENSITY GUIDE

Light		You can talk while exercising.
Moderate		You can talk but not sing.
Vigorous		You cannot talk comfortably.

REMEMBER

MOVE MORE.
EAT RIGHT.
SLEEP WELL.
STAY STRESS-FREE.
YOUR HEART WILL THANK YOU!

MOVE TODAY, STRONG HEART TOMORROW!

LIFESTYLE TIPS FOR A STRONGER, HEALTHIER HEART AND OVERALL WELL-BEING

Small Choices Every Day, Big Difference For Life

STRONG HEART
Improves heart function and circulation

PREVENTS DISEASES
Lowers risk of heart disease, diabetes, stroke & BP

MORE ENERGY
Boosts stamina, productivity & daily performance

BETTER MENTAL HEALTH
Reduces stress, improves mood and sleep

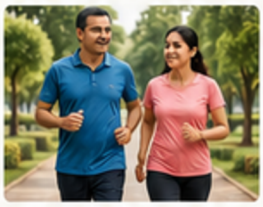
LONGER, HAPPIER LIFE
Helps you live longer with independence and confidence

1 EAT HEART-HEALTHY FOOD

- Eat more whole grains, dal, fruits, vegetables & nuts.
- Use less oil, sugar and salt.
- Choose home-cooked meals more often.
- Include omega-3 rich foods like flaxseeds, walnuts, fish (or alternatives).

A colorful plate today, a healthier heart tomorrow.

2 BE ACTIVE EVERY DAY



- Aim for 30–45 minutes of moderate activity daily.
- Brisk walking, cycling, yoga, dancing – anything you enjoy!
- Take the stairs, walk short distances, avoid long sitting.

Move more, sit less!

3 MAINTAIN A HEALTHY WEIGHT

- Maintain ideal body weight for your height.
- Even 5–10% weight loss can improve heart health.
- Combine healthy eating with regular exercise.

Healthy weight, healthy life.

4 MANAGE STRESS POSITIVELY

- Practice deep breathing, meditation or prayer.
- Spend time with family and loved ones.
- Take breaks, pursue hobbies and enjoy little things.

Calm mind, strong heart.

5 SLEEP WELL, LIVE WELL

- Sleep 7–8 hours every night.
- Maintain a regular sleep schedule.
- Avoid screens, heavy meals and caffeine before bed.

Good sleep heals your heart and mind.

6 SAY NO TO TOBACCO AND LIMIT ALCOHOL

- Tobacco damages blood vessels and heart.
- Avoid all forms of tobacco.
- If you drink, do it in moderation.

Quit today for a better tomorrow.

7 KEEP BLOOD PRESSURE, SUGAR & CHOLESTEROL IN CHECK

- Get regular health check-ups.
- Follow doctor's advice and take medicines on time.
- Control salt, sugar, oil and stress.

Numbers in control, risks under control.

8 DRINK ENOUGH WATER

- Drink 6–8 glasses of water daily.
- Keeps your heart, kidneys and body functioning well.
- Avoid sugary drinks and sodas.

Water is simple, but powerful.

9 STAY CONNECTED & KEEP A POSITIVE OUTLOOK

- Strong relationships improve mental and heart health.
- Be positive and grateful.
- Help others and stay socially active.

Good relationships, strong heart.

10 REGULAR HEALTH CHECK-UPS

- Get regular check-ups especially after 30.
- Early detection helps prevent complications.
- Know your family history and stay alert.

Prevention today, protection for life.

DAILY HABITS FOR A HEALTHY YOU

- Wake up early and start your day fresh
- Spend some time in natural light (sunshine)
- Take breaks from sitting every 30–45 minutes
- Eat mindfully, don't overeat
- Laugh often
- Keep learning and stay curious
- Be grateful and stay humble

AVOID THESE FOR A HEALTHY HEART

- Excess salt & sugar
- Deep-fried & processed foods
- Too much sitting
- Late nights & poor sleep
- Excessive screen time
- Unmanaged stress

THE HEART-HEALTHY PLATE (INDIAN STYLE)

- **50% VEGETABLES** (Seasonal sabzi, salad)
- **25% WHOLE GRAINS** (Roti, brown rice, millets, oats)
- **15% PROTEIN** (Dal, beans, sprouts, paneer, fish, egg)
- **10% GOOD FATS** (Nuts, seeds, olive/mustard oil in moderation)

+ Drink water | + Eat fruits daily

> You don't need to be perfect.
> Just be consistent.
> Small steps every day
> lead to a healthier heart
> and a better life.

LOVE YOUR HEART. IT WORKS FOR YOU 24x7. TAKE CARE OF IT.

YOUR DAILY HEART CHECKLIST

- ☑ I ate healthy today
- ☑ I was active today
- ☑ I managed stress well
- ☑ I slept well
- ☑ I avoided tobacco
- ☑ I drank enough water
- ☑ I spent quality time with family
- ☑ I did something good for myself
- ☑ I am grateful

Check yes everyday!

BETTER HABITS. STRONGER HEART. HAPPIER YOU.

HEART HEALTH
SELF ASSESSMENT FORM

Know Your Numbers. Assess Your Risk. Take Charge Today.

Name: _____

Age: _____ Gender: ☐ Male ☐ Female ☐ Other

Date: _____

This self assessment helps you understand your heart health status.
It is NOT a medical diagnosis. Please consult your doctor for medical advice.

1. MEASURE
Measure your height, weight and waist accurately.

2. CALCULATE
Calculate your BMI and check your waist measurement.

3. SCORE
Answer the questions below and calculate your Activity Score and Total Risk Score.

4. KNOW YOUR RISK
See your Heart Risk Level and what you can do to improve it.

A. BMI SCORE

Enter your height and weight and calculate your BMI.

Height: _____ cm

Weight: _____ kg

Your BMI = Weight (kg) / Height (m²)

BMI (kg/m²): _____

BMI SCORE	
BMI (kg/m²)	**SCORE**
Below 18.5	0
18.5 – 22.9	0
23.0 – 24.9	1
25.0 – 29.9	2
30.0 or above	3

Your BMI Score = _____

What is a healthy BMI?
For most Indians: 18.5 – 22.9 is ideal.
Stay in range for a healthier heart.

B. WAIST MEASUREMENT SCORE

Measure your waist at the level of your navel (belly button).

WAIST CIRCUMFERENCE	SCORE
MEN	
Below 90 cm	0
90 – 99 cm	1
100 cm or more	2
WOMEN	
Below 80 cm	0
80 – 89 cm	1
90 cm or more	2

Your Waist Score = _____

Why waist matters?
Extra belly fat around organs increases the risk of heart disease and diabetes.

C. ACTIVITY SCORE

Choose the option that best describes your weekly physical activity.

ACTIVITY LEVEL	SCORE
Mostly inactive (little or no exercise)	0
Lightly active (light exercise/walking 1–2 days/week)	1
Moderately active (moderate exercise 3–4 days/week)	2
Very active (vigorous exercise 5 or more days/week or active job + exercise)	3

Your Activity Score = _____

What counts as activity?
- Brisk walking, cycling, swimming, yoga, dancing, sports, active home/yard work.
- Aim for at least 150 minutes of moderate activity per week.

D. HEART RISK SCORE (RISK FACTORS)

Tick (✓) if you have the condition. Add the score.

RISK FACTOR	YES (✓)	SCORE
1. High Blood Pressure (or on medication)		2
2. Diabetes (or on medication)		2
3. High Cholesterol (or on medication)		2
4. Smoking or Tobacco Use		2
5. Family History of Heart Disease (Parents/Siblings had heart disease before 60 yrs)		1
6. Overweight (BMI 25 or more)		1
7. Poor Diet (frequent junk/processed/fried food, high salt/sugar)		1
8. High Stress Levels		1

Your Risk Factors Score = _____

E. TOTAL SCORE

Add all your scores.

BMI Score (A) _____

Waist Score (B) + _____

Activity Score (C) + _____

Risk Factors Score (D) + _____

TOTAL SCORE = _____

Maximum Possible Score = 13

YOUR HEART RISK LEVEL

Check your total score and see where you stand.

TOTAL SCORE	RISK LEVEL	WHAT IT MEANS
0 – 3	LOW RISK	Great! Your heart is in good shape. Keep it up!
4 – 7	MODERATE RISK	You have some risk factors. Make healthy changes to improve your heart health.
8 – 13	HIGH RISK	You are at higher risk of heart disease. Consult your doctor and take action today.

HOW TO IMPROVE YOUR HEART HEALTH

Be Active
Move more. Aim for 30 minutes daily.

Eat Healthy
Eat more fruits, vegetables, whole grains, and less salt, sugar & oil.

Maintain Healthy Weight
Keep your BMI and waist in the healthy range.

Quit Tobacco
Avoid smoking and all tobacco products.

Manage Stress
Practice yoga, meditation, deep breathing, and get enough sleep.

Regular Check-ups
Check your BP, sugar and cholesterol regularly.

Love Your Heart
Small changes today for a healthier tomorrow!

Scan for more heart healthy resources

Know Today. Act Today. Protect Your Heart Forever.

This tool is for awareness only and does not replace professional medical advice.
Please consult your doctor for personalized assessment and treatment.

Re-assess every 3 – 6 months and track your progress.

10 MINUTES HEART ROUTINE

START TODAY. STAY HEALTHY. PROTECT YOUR HEART.

Just 10 minutes a day can strengthen your heart, boost your energy and improve your overall well-being.

10 MINUTES • NO EQUIPMENT • ANYWHERE AT HOME

WHY IT MATTERS

- ✔ Strengthens your heart and lungs
- ✔ Improves circulation
- ✔ Helps control weight and BP
- ✔ Boosts mood and reduces stress
- ✔ Lowers risk of heart disease, diabetes & stroke

YOUR 10 MINUTES HEART ROUTINE (Follow the sequence)

1 MARCH ON THE SPOT
1 MINUTE

March in place, lift your knees comfortably and swing your arms.

Warm up your body and get your heart pumping.

2 ARM CIRCLES
1 MINUTE

Stretch your arms out and make small circles. After 30 seconds, reverse the direction.

Improves shoulder mobility and blood flow.

3 SIDE STEPS
1 MINUTE

Step to one side, bring the other foot together. Repeat on the other side.

Great for your heart and lower body.

4 HIGH KNEES
1 MINUTE

Lift your knees up towards your chest one at a time.

Boosts heart rate and burns calories.

5 HAMSTRING CURLS
1 MINUTE

Bring your heel towards your butt, one leg at a time.

Strengthens legs and improves balance.

6 STEP TOUCH
1 MINUTE

Step side to side and touch your foot. Keep going at a steady pace.

Improves coordination and keeps your heart active.

7 SQUATS
1 MINUTE

Sit back and down as if on a chair, then stand up.

Strengthens legs, hips and core.

8 PUNCHES
1 MINUTE

Punch forward alternating your arms.

Great for your heart, arms and stress relief.

9 HEEL RAISES
1 MINUTE

Rise up on your toes and slowly come down.

Strengthens calves and improves circulation.

10 DEEP BREATHING
1 MINUTE

Stand tall, close your eyes and take deep breaths in and out.

Calms your mind and helps your heart recover.

SIMPLE TIPS

- Wear comfortable clothes and shoes.
- Stay hydrated.
- Be consistent. Make it a daily habit.
- Listen to your body. Go at your own pace.

HOW TO DO IT

- Do this routine once a day.
- Total time: 10 minutes only!
- Perfect for mornings or evenings.
- Do it at home, no equipment needed.

IMPORTANT REMINDERS

- If you have any health condition, consult your doctor before starting.
- Start slow and increase intensity over time.
- Stop if you feel pain, dizziness or discomfort.
- Stay positive and enjoy the process!

10 MINUTES TODAY, A HEALTHIER TOMORROW!

YOUR HEART DESERVES YOUR TIME. START NOW!

SMALL STEPS. STRONG HEART. BETTER LIFE.

AMIT KUMAR'S STORY

From Health Scare to a Stronger, Happier Life

An IT professional. A wake-up call.
A choice that changed everything.

At 30, Amit Kumar was a typical IT professional—long hours, irregular meals, stress, less sleep and no exercise.
A routine health check changed his life.

A WAKE-UP CALL

At a routine check-up, Amit's reports showed:

- High LDL Cholesterol
- High Triglycerides
- Low HDL Cholesterol
- Borderline Blood Pressure
- Early signs of cardio-respiratory issues (breathlessness on climbing stairs, fatigue, low stamina)

> "I didn't want medicines at 30. I chose to change my lifestyle."

HOW AMIT TURNED HIS LIFE AROUND

1 DIET – EAT RIGHT, FUEL RIGHT

- Cut junk, fried and processed foods
- Switched to home-cooked, balanced meals
- More vegetables, fruits, dal, whole grains
- Used olive oil, nuts, seeds
- Limited sugar, refined carbs, and red meat
- Drank 2.5–3 liters of water daily

80% home-cooked.
Portion control. Mindful eating.

2 EXERCISE – MOVE EVERY DAY

- Started with 20 min brisk walk
- Gradually added strength training & cardio
- 5 days a week – no excuses
- Weekend: hiking, cycling or sports
- Aim: 10,000 steps daily

From 0 to 300+ active minutes per week!

3 SLEEP – REST TO RECHARGE

- Fixed his sleep schedule
- Slept by 10:30–11 PM, woke up by 6:00 AM
- 7–8 hours of quality sleep
- No screens 1 hour before bed
- Practiced deep breathing and meditation

Better sleep.
Better energy. Better mood.

4 DISCIPLINE – SMALL STEPS, BIG IMPACT

- Set weekly goals
- Tracked his food, steps, workouts and sleep
- Limited sitting. Took breaks every hour
- Managed stress with meditation and hobbies
- Chose consistency over perfection

Discipline today.
Freedom tomorrow.

THE RESULTS – 6 MONTHS LATER

	BEFORE		AFTER 6 MONTHS
Total Cholesterol	266 mg/dL	→	168 mg/dL
LDL (Bad Cholesterol)	186 mg/dL	→	96 mg/dL
HDL (Good Cholesterol)	38 mg/dL	→	54 mg/dL
Triglycerides	242 mg/dL	→	112 mg/dL
Blood Pressure	138/88 mmHg	→	118/76 mmHg
Weight	86 kg	→	76 kg
Stamina	Low, easily tired	→	High, energetic

- No more breathlessness on stairs
- More energy at work and in life
- Better focus, productivity and mood
- No medicines – just a healthy lifestyle

AMIT'S KEY TAKEAWAYS

- Health is wealth. Start early.
- Small daily choices create big changes.
- Consistency beats motivation.
- Your future self will thank you.

> I didn't find time for my health.
> I made time.
> And my life changed.
>
> – Amit Kumar

AMIT'S DAILY ROUTINE (EXAMPLE)

6:00 AM	Wake up, water, deep breathing
6:15 AM	Workout / Walk
7:30 AM	Healthy breakfast
9:00 AM – 6:00 PM	Work with breaks
8:00 PM	Light dinner
10:15 PM	Wind down, no screens
10:30 PM	Sleep

YOUR HEALTH. YOUR CHOICE. YOUR FUTURE.

Start today. Stay consistent. Live better. Inspire others.

Healthy today.
Stronger tomorrow.
Best every day.

Take charge of your health, just like Amit. You can do it too!

BRAVE

BRAVE
BANGALORE REHABILITATION ASSOCIATION OF VETERAN EXPERTS
Restoring Movement. Inspiring Health

— STRONGER TOGETHER. STRONGER EVERYDAY. —

A NETWORK OF TRUSTED PHYSIOTHERAPY CLINICS IN BANGALORE

UNITED BY SERVICE.
DRIVEN BY PURPOSE.
COMMITTED TO YOU.

WHO WE ARE

BRAVE is a fraternity of veteran physiotherapists dedicated to delivering ethical, evidence-based, and patient-centric care.

Our shared mission is simple –
to help people move better, live better, and achieve their best.

- Patient Centric Care
- Experienced Professionals
- Evidence Based Practice
- Community Driven

MEET OUR BRAVE MEMBERS

JMD PHYSIO CARE

PHYSIO CARE BENGALURU

Established and run by one of the Indian Air Force Veterans **Dr DK Mishra (PT)**, who has served the nation and the dependant clientele for 26 years and subsequently has been serving the clientele in Bangalore for 10 years.

Clinic Address: #47, Geeta Nivas, Annapurna Layout, Tarahumase, Bangalore, India, Karnataka
Mobile: 070198 75581
email: jmdphysiocarebengaluru@gmail.com

FELXA PHYSIO CARE

FLEXA
PHYSIO CARE

Established in March 2026 by Indian Air Force Veteran **Dr Neeraj Kumar (PT)**, served the nation with pride for 20 years and now has made up his mind to serve clientele in Bangalore.

Clinic Address: #49, PBK, Akai Public School Road, Sanjay Nagar Main Rd, R.M.V. 2nd Stage, Bengaluru, Karnataka 560094
Mobile: 078375 53160
email: flexaphysiocare@gmail.com

GENESIS CLINIC

Genesis CLINIC
Kumara Park, Bengaluru

Dr RK Singh (PT), served in Indian Air Force for 20 years with distinction and after retirement he has been serving the Bengaluru citizens in need for last 25 years. His vast experience of 45 years makes him one of the most popular and sought over physiotherapists in Bengaluru.

Morning:
Gopal Medical Centre
KHM block 1st Main, Ganganagar RT Nagar, Bangalore 560032
Evening:
Genesis Clinic
Yadava College Road, Nehru circle, Kumar Park, Bengaluru 560001
Mobile: 98451 11687
email: genesisclinic25@gmail.com

- PAIN MANAGEMENT
- SPORTS INJURY REHABILITATION
- POST SURGICAL REHABILITATION
- GERIATRIC CARE
- WELLNESS & PREVENTION

BRAVE is a network of highly distinguished and experienced veteran Physiotherapists, who proudly served in the Armed Forces before dedicating themselves to improving the health and well-being of the community they live in now. The uniform may have changed, but the commitment to serve remains the same. BRAVE has members all over Bengaluru and are always within your reach. You can prefer treatment at one of our member clinics or you can have it at the comfort of your home with one of our experienced veteran Physios.

Pro-Fit PHYSIOTHERAPY
— Move Better. Live Better. —

PRO-FIT PHYSIOTHERAPY
HEALTH DIGEST
— Your Monthly Dose of Health, Wellness & Recovery —

OCTOBER NEWSLETTER

WORLD ARTHRITIS DAY – *Healthy Joints, Active Life*

Arthritis is a leading cause of pain and disability worldwide. The good news? Early care, smart choices and the right movement can keep your joints healthy and your life active.

PROTECT YOUR JOINTS
Act early, stay active

MOVE BETTER
Exercise, stretch, strengthen

LIVE BETTER
Better joints, better life

UNDERSTANDING ARTHRITIS

Arthritis means inflammation of one or more joints causing pain, stiffness, swelling and reduced movement.

Common Types:

Osteoarthritis (Wear & Tear)
Cartilage wears down slowly over time. Common in knees, hips, hands and spine.

Rheumatoid Arthritis (Autoimmune)
The body's immune system attacks the joints. Causes pain, swelling and fatigue.

Gouty Arthritis
Uric acid crystals build up in joints, causing sudden pain, redness and swelling.

Other Types
Psoriatic arthritis, Ankylosing spondylitis, Juvenile arthritis, etc.

Early diagnosis + Right management = Less pain, better movement, happier you!

SIGNS & SYMPTOMS

- Joint pain and tenderness
- Morning stiffness (> 30 minutes)
- Swelling around joints
- Reduced range of motion
- Grinding or cracking sounds
- Fatigue and tiredness
- Difficulty in daily activities

Don't ignore persistent joint pain. Consult a specialist and get moving!

RISK FACTORS

- Increasing age
- Family history
- Obesity
- Sedentary lifestyle
- Previous joint injury
- Poor posture & repetitive movements
- Unhealthy diet & smoking

HOW PHYSIOTHERAPY CAN HELP

Pain Relief
Hands-on therapy, modalities & techniques to reduce pain.

Improve Movement
Stretching and mobility exercises to improve flexibility.

Strengthen Muscles
Targeted exercises to strengthen muscles around the joints.

Posture Correction
Improve posture and movement patterns to reduce stress on joints.

Functional Training
Restore balance, coordination and confidence for daily activities.

TIPS FOR HEALTHY JOINTS

- **Stay active** – Movement keeps joints flexible.
- **Maintain healthy weight** – Less load on your joints.
- **Eat right** – Include anti-inflammatory foods (fruits, vegetables, omega-3 rich foods, nuts).
- **Stay hydrated** – Helps in joint lubrication.
- **Use joints wisely** – Avoid repetitive strain and heavy impact.
- **Take breaks** – Avoid sitting for long hours.
- **Sleep well** – Rest is essential for recovery.

DAILY JOINT CARE ROUTINE

- 5–10 min gentle warm-up
- Stretching for flexibility
- Strength exercises (as advised)
- Posture check & body mechanics
- Cool down & relaxation

Consistency today,
Freedom of movement tomorrow!

MOVE TODAY, FEEL BETTER TOMORROW!

This World Arthritis Day, let's promise to care for our joints, stay active and support each other.

Your journey to pain-free living starts here!

COMING NEXT...
PRO-FIT HEALTH DIGEST
We're bringing you a detailed feature on Arthritis – Causes, Treatments, Exercises, Diet, Myths & Expert Tips.

Don't miss it!
Your complete guide to healthy joints and an active life awaits.

STAY TUNED.
STAY INFORMED.
STAY PRO-FIT!

PRO-FIT PHYSIOTHERAPY

Move Well. Live Well.

Proud BRAVE Member

BRAVE
BANGALORE REHABILITATION ASSOCIATION OF VETERAN EXPERTS
SERVING SOCIETY BEYOND UNIFORM

ABOUT US

Pro-Fit Physiotherapy is a patient-centered physiotherapy clinic dedicated to restoring movement, relieving pain, and improving lives through evidence-based care. We combine clinical expertise, advanced techniques, and compassionate care to help you move better, live better, and achieve your best.

CONTACT US

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9739711946
8448902832

rajaguru@profitphysio.in

www.profitphysio.in

Pro-Fit Physiotherapy
Besides BM Pristine Apartments,
Krupanidhi College Road,
Gunjur, Bengaluru - 560087

MISSION

To deliver world-class physiotherapy and rehabilitation services through clinical excellence, advanced evidence-based practices, and compassionate patient care, while maintaining accessibility and social responsibility.

VISION

To establish a benchmark in rehabilitation healthcare by combining innovation, professionalism, and patient-centered care to improve quality of life across communities.

FIND US HERE!

Scan the QR code for location on Google Maps

CORE VALUES

COMPASSION
We care with empathy and respect for every patient.

ACCESSIBILITY
Quality care that is inclusive, affordable and easy to access.

INTEGRITY
Honest, ethical and transparent in everything we do.

PATIENT-CENTERED CARE
Your goals guide our treatments and decisions.

CONTINUOUS LEARNING
We stay updated with the latest research to deliver the best outcomes.

EXCELLENCE
Striving for the highest clinical standards in all we do.

OUR EXPERTIES

Orthopaedic Physiotherapy
Post-surgical rehab, back & neck pain, joint pain, arthritis care

Pediatric Physiotherapy
Developmental delays, muscle & postural conditions in children

Sports Physiotherapy
Injury management, performance enhancement, return-to-sport

Women's Health
Prenatal & postnatal care, pelvic floor rehab, PCOS support

Neurological Rehabilitation
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