

S.M.A.R.T Life



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S.M.A.R.T Life



SLEEP



MEDITATION



ACTIVITY



REAL FOOD



TIME RESTRICTED
EATING.

Disclaimer



Regular attendance at these sessions might make you feel better than you have ever felt!



Symptoms could be feeling lighter, happier, less tired & more energetic.



It can also be expensive as you might need to buy new clothes.

Journey so far...

Triumphs



Challenges



Agenda

Body structure

Science of movement

Best exercise

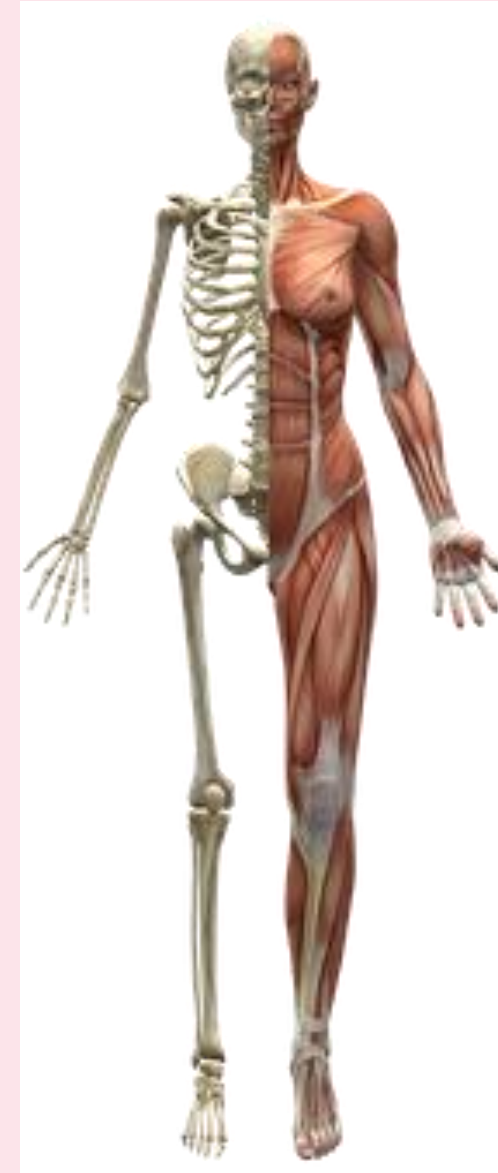
Body structure

650 muscles

360 joints

206 bones

900 ligaments



Lean Body Mass

- Weight of your body – minus fat.
- Bones, muscles, organs, skin & water.
- Aim is to improve lean body mass & reduce fat mass.

Smart body



- Try to keep building blocks for body – proteins in balance state as much as possible

Scenario 1

- If protein intake not enough – It will keep you hungry and try to reach daily requirements by making you eat a lot.
- You end up eating lots of carb and fat in the process



Scenario 2

- Body doesn't increase uptake but tries to be as conservative in using protein as possible
- Hair loss & brittle nails
- Immunodeficiency -recurrent illness
- Weak muscles – tiredness
- Weak bones – increased fracture risk



Vegetarian sources of protein

- Tofu
- Yogurt
- Lentils
- Pulses
- Paneer
- Cheese
- Seeds & Nuts
- Eggs
- Whey Protein

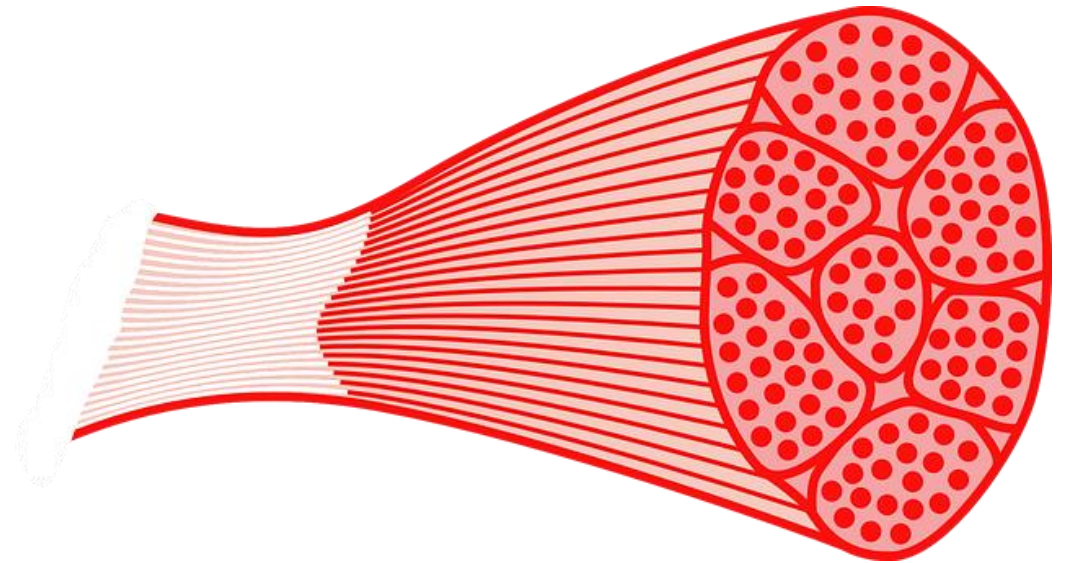
Will I be healthy if I increase my protein intake?

- Yes from satiety point of view but over the medium to long term you need to tell your body what to do with increased protein.



Muscle Matters

- Muscle utilises 90% of energy when we exercise.
- 80% of the energy from any meal goes to muscles.



Muscles

- Use it or lose it!
- Very important organ
- Can burn extra energy – full of mitochondria
- Improves bone strength (reduces risk of osteoporosis – particularly important for women above 45 years)



Sarcopenia

- Poverty of flesh/strength
- Loss of muscle mass with growing age
- We lose approximately 1% of our muscle mass every year after age 40

WHO

- Half of the population in developed world is not active enough.

Physical Inactivity



Activity: K2SMARTLIFE Dr Kunal Kothari

Activity

Sitting is dangerous

Health risk even higher as compared to obesity

Increased risk of type 2 diabetes, heart attacks & stroke



Exercise Myths

I need special clothes

I need gym membership

Workout can only be done at particular time of the day

I need special equipment

I need at least one hour to do any exercises

When to do exercise?

- Couch potato
- Active couch potato

Movement Vs Exercise

- Optimum – Strain to body without stress
- Goldilocks rule



Benefits of Movement

- Endorphins – Pain & Stress fighter
- IL6 – Increase immunity
- Bone modulation
- Enhance brain function
- Longevity



What is the best exercise?



*Best exercise is the one
which you will do!*

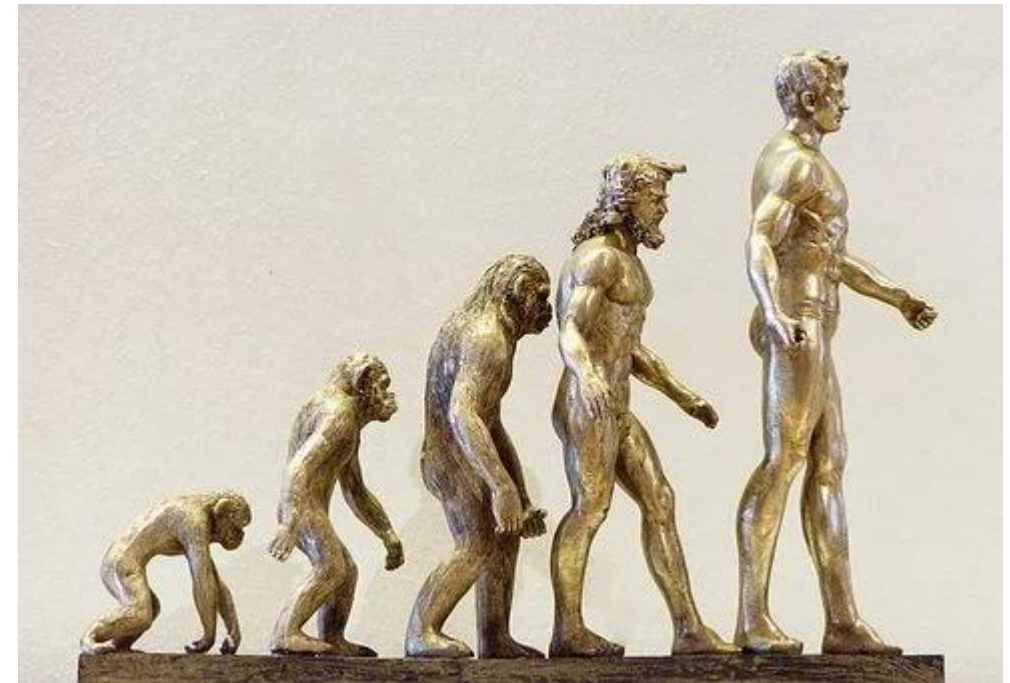
Activities

- Walking
- HIIT
- Strength Training
- Relaxation exercises



Walking

- One of the major difference between human and all the other animals
- Evolution Advantage
- Walking defines us as human
- Best body-mind feedback mechanism



Walking

- Reduces risk of dementia
- Reduces risk of cancer
- Reduces risk of heart attacks & strokes
- Reduces risk of type2 diabetes



Reverse Insulin Resistance

- You can reduce glucose spike by walking for 10 to 20 minutes within an hour of eating a meal.



Purpose of walking

- Pleasure
- Essential
- Creative need
- Group walking
- Mindful walking
- Problem solving walking

Daily Step Counts

- Minimum – 6000
- Good – 8000
- Very good – 10000
- Excellent - 12000



Strength Training



Strength Training

- More the muscle more space to put excess sugar and more mitochondria to burn energy
- Reduces inflammation
- Reduces risk of sarcopenia – age related loss of muscle
- Improves insulin sensitivity
- Improves hormonal balance
- Reverses ageing
- Reduces risk of osteoporosis
- Sharpens thinking

Strength Training

- Push ups
- Planks
- Lunges



HITT

- https://www.youtube.com/watch?v=2GgKm_54kX
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HITT

- Set number of a high intensity exercises, each immediately followed by period of recovery
- 15 seconds to 60 seconds with 15 to 30 seconds recovery time.
- Total 5 to 15 minutes



HIIT – High Intensity Interval Training

- We survived by choosing path of least resistance.
- Working in intervals of varying intensities is natural to our normal behaviour.
- Harder the intensity more heat is produced = energy used = weight loss



HIIT

- Reduces visceral fat
- Weight loss
- Improves insulin sensitivity
- Increases mitochondria function
- Releases BDNF – improves memory
- Brisk walking/running in short bursts
- Star jumps
- Marching
- Squats

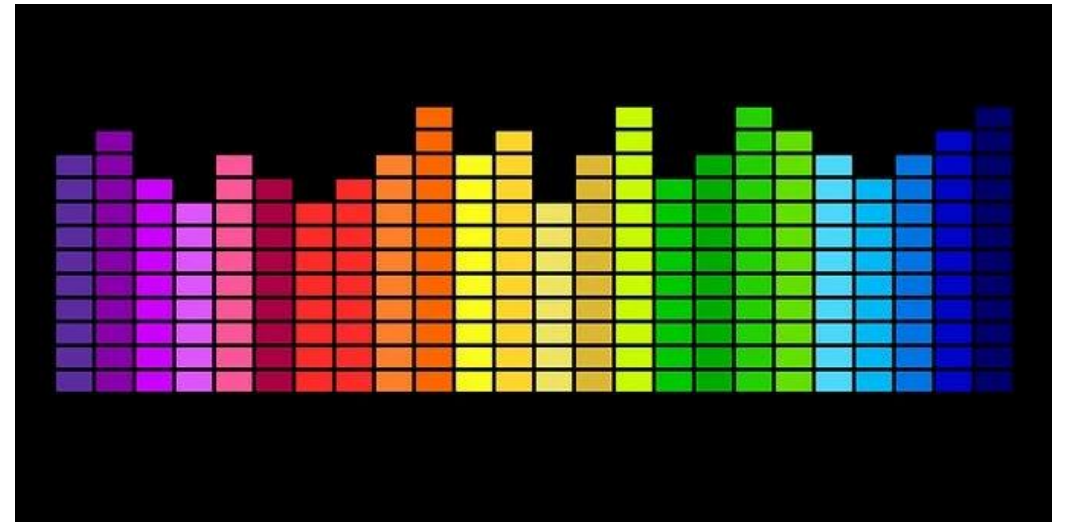
Relaxation Exercises

- Breathing Techniques
- Yoga
- Tai-Chi
- Pilates



Frequency

- Steps – Daily
- Walking – 30 minutes brisk walking 5 times a week
- HIIT – 15 to 30 min 2 to 4 times a week
- Strength Training 15 to 30 min 2 to 4 times a week



Top Tips

- Alternate difficult days with easier days to ensure recovery and re-charge.
- Increase protein & exercise in tandem.
- Intensity goal is personal & not comparing to anyone else



Home work

- Standing desk
- Movement snack
- Conscious Breathing



Thank You & Feedback

