



WELLNESS



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INTRODUCTION

q We were designed to be healthy. And I know that we all want to be well and healthy.

The big question is:
Are we really
healthy?



q We are now facing a new crisis never seen or even imagined before



Step 1 – Know how healthy you really are.

Step 2 – Adopt healthy lifestyle choices



GO FOR SCREENINGS

q Recommended Screenings

- Body Mass Index
- Body fat and muscle %
- Waist circumference
- Body age
- Blood pressure
- Blood sugar
- Cholesterol & Blood Fats
- Cancer screen (PAP smear & breast for women, testicular & prostate for men)

q Screening can prevent 40 of all types of cancers.

HIV test

Liver function test – especially if you drink alcohol

Other tests



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WEIGHT CONTROL (BMI)

BMI refers to Ratio of weight to height

$$\text{BMI} = \frac{\text{Weight (Kg)}}{(\text{height in meters})^2}$$

BMI

<20

20 - 25

25 - 30

30 – 40

Classification

Underweight

Normal

Overweight

Obese



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The 3 pillars to a healthy life

Diet
(you eat)

Mind
(you sleep)

Activity
(you move)



DIET

- Water
- Eating a healthy diet
- Supplement your diet
- Detoxify your body

ACTIVITY

- Exercise and physical activity

MIND

- Manage stress and relax your mind
- Rest your mind (Sleep)



DRINK PLENTY OF WATER

- q Most foundational aspect of health and the single most important nutrient for our bodies

- q We are 65% water (Brains 75%, lungs 80%)

- q Drink plenty of water
 - ✓ At least 2 litres/day
 - ✓ Amount required = weight in kg/30
 - ✓ Room temp or warm not hot or cold



ALKALINE WATER

- q How to prepare alkaline water
 - ✓ Boil your filtered water
 - ✓ Add 1 lemon and ½ cucumber per liter
 - ✓ Leave overnight and drink next day.

- q Always start your day with 2 glasses (500ml) of lemon-cumber alkaline water



- q 90% of our diet must be based on plant foods
 - v We are primates
- q Ideally 50% of our foods must be eaten raw.
- q Foods must ideally be eaten "WHOLE" – Unrefined and unprocessed, (preferably with their seeds and skins)
- q We must consume high nutrient, low calorie foods
- q We must avoid saturated fats, toxins, and animal protein



HOW TO EAT?



NON STARCHY VEGETABLES – (30 -50%)OF DIET

- q Green vegetables (healthiest foods)
- q Green & leafy– Spinach, Lettuce, Cabbage, Nakati, Dodo, and others
- q Cruciferous vegetables- fight cancer (Broccoli, cauliflower, cabbage)
- q Other vegetables
- q Vegetables to be eaten raw – tomatoes, carrots, cucumber, peppers, cabbage, lettuce, onions, beet root, celery and other salad greens

- q Vegetables for cooking – broccoli, cauliflower, eggplant, mushrooms, tomatoes, cabbage, onions, spinach, garlic, mushrooms, dodo, nakati, buga, ntula, other local greens



TOP ANTI-CANCER FOODS

- ✓ Broccoli
- ✓ Spinach
- ✓ Cabbage
- ✓ Onions
- ✓ Garlic
- ✓ Tomatoes
- ✓ Carrots
- ✓ Mushrooms
- ✓ Cauliflower
- ✓ Healthy proteins (max 25%)



HEALTHY PROTEINS (MAX 25%)

- q Plant based (15% of total diet)
 - ✓ like beans, kidney beans, soya beans
 - ✓ Legumes – peas
 - ✓ Green vegetables – spinach, barley, broccoli

- q Lean, white meat and poultry (10%)
 - ✓ Fish, local chicken without skin
 - ✓ Eggs (local) and Quail if possible



ANIMAL PRODUCTS TO AVOID

- q Processed meats
 - ✓ Sausages, salami, ham, bacon etc.
 - ✓ Has acrylamides and nitrosamines – known carcinogens (increase cancer incidence)



CARBOHYDRATES TO AVOID

- q Refined and processed carbohydrates
 - ✓ Avoid refined (white foods) – white bread,
 - ✓ chapati, samosa, mandazi, white rice, white pasta,
 - ✓ white posho.
 - ✓ Refined pastries like cakes, biscuits, crisps
 - ✓ Fried foods
 - ✓ Avoid artificial sweetened products including
 - ✓ packed fruit juices
 - ✓ Soda and Sugar must be completely avoided



HEALTHY EATING

- ✓ Drink 6 glasses of water per day
- ✓ Eat 4 servings of fruits per day
- ✓ Eat 3 servings of vegetables daily
- ✓ Eat Whole carbohydrates
- ✓ Eat 3 -5 servings of legumes a week
- ✓ Eat animal products not more than thrice a week
- ✓ (focus on fish & poultry – local chicken and eggs)
- ✓ No more than 1 cup of milk tea per day



VERY GOOD DETOX AND ANTI-INFLAMMATORY FOODS

- ✓ Aloe Vera
- ✓ Beet root
- ✓ Lemon
- ✓ Apples
- ✓ Broccoli
- ✓ Green leafy veggies; Cabbage, Lettuce, Spinach
- ✓ Garlic
- ✓ Green tea
- ✓ Red grapes & tomatoes
- ✓ Ginger



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EXERCISE/ PHYSICAL ACTIVITY

PRESENTATION TITLE

- q Most important activity to boost your health

The Recommendations

- ✓ At least 20 -30 minutes of moderate intensity cardio/aerobic exercise 3 -5 times/week OR 10,000 steps per day PLUS
- ✓ Flexibility/stretching – 5 min/day
- ✓ Strength exercises – 30 min/week



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IMPORTANT POINTS ON EXERCISE

- ✓ Always stretch before and after exercising
- ✓ Your heart rate must go up
- ✓ Breathing labored but still able to talk
- ✓ Ideally you should sweat
- ✓ Vary your pace and intensity. Avoid constant paced exercise
- ✓ Exercise within your target heart range



- ✓ Get enough sleep - Sleep is useful for rejuvenation of the body and is God's way of restoring your health & strength
- ✓ The recommended is at least 7 hours per day (up to 8 is ok)
 - Not 5 or less hours.
- ✓ Take 20 – 30 min naps where possible



- ✓ Some of us may already have health problems but the good news is that most problems can be slowed, stopped or even reversed.
- ✓ No matter what kind of life you have lived, ill health is reversible.
- ✓ The solution lies not with doctors but with you making the right choices
- ✓ The magic number here people is 3. It takes only
 - 3 days of action to begin feeling a positive change
 - 3 weeks to form a habit.
 - 3 months and you can start to measure a difference
 - 3 years for the effect on your body to seem as if you have done it your entire life.



SUCCESS



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