

Physical Exercise

Physical activity is very important for you as:

- ▶ It has a positive impact on physical and mental health.
- ▶ It releases brain chemicals that improve your mood.
- ▶ It helps to counteract the weight gain related to medicines.
- ▶ It helps in preventing lifestyle diseases like hypertension, diabetes and heart disorders.

You should engage in a physical activity everyday.

You can chose from different kinds of activities :

➤ walking, running or jogging

➤ playing outdoor games like cricket, badminton etc

➤ yoga

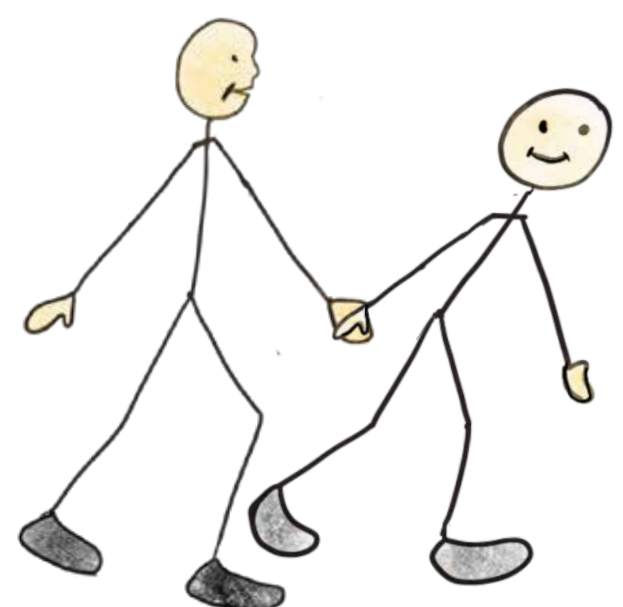
➤ swimming,

➤ cycling,

➤ going to the gym

➤ dancing

➤ aerobics



Some Do's and Dont's

- ▶ You should make your diet and exercise plan.
- ▶ Your caregivers can encourage you to follow it.
- ▶ Lifestyle changes work best when significant others in the family also follow them.
- ▶ If you are not doing any physical activity right now and finding it difficult to start one, then you can begin with walking.
- ▶ You can walk anywhere such as inside your house, on your terrace, going to the market etc.
- ▶ Walking at a brisk pace

means walking at a speed when you are sweating and your heart is pounding.

► You can do simple exercises like climbing stairs or skipping rope at home

► You can exercise for small intervals, multiple times during the day, for example, instead of walking for 30 minutes continuously, you can walk 3 times for 10 minutes each.

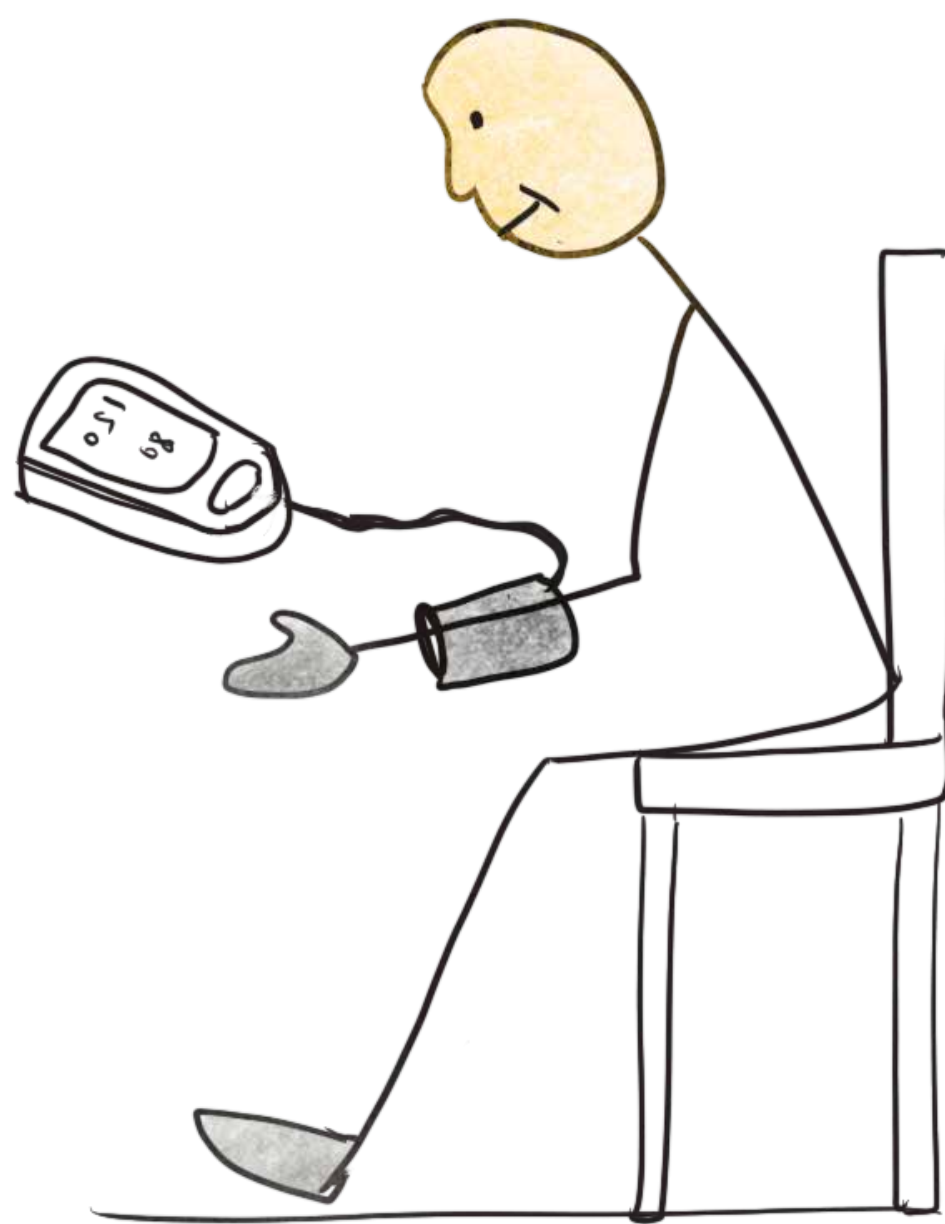
► Try to perform the physical activity outdoors.

► In the workbook, you can enter your daily physical activity and bring it for the doctor/therapist to monitor your progress

Physical Health Monitoring

Regular assessment and charting of important physical parameters by the doctor at fixed intervals is called physical health monitoring.

It includes simple physical tests and investigations.



Why should we do regular physical health monitoring?

- ▶ Early detection of physical problems leads to their effective management.
- ▶ It can prevent development of full-blown metabolic disorders such as diabetes, mellitus, hypertension etc, if corrected early.
- ▶ It motivates lifestyle modifications at the earliest, which also helps in the improvement of physical health.
- ▶ Side effects of medicines can be detected early and tackled.

It is important to get these regular health check-ups and all tests done as per doctor's advice.

Following should be measured at the start of treatment and then once every week or month (or as per your doctor's advice):

- » Blood pressure
- » Pulse
- » Weight
- » Waist circumference
- » Body mass index

Patients and caregivers can maintain a small diary and note these. If there are any rapid changes, please talk to the doctor in your next visit.

There is a chart in the workbook where you can note down the above on your every visit to the doctor.

Following investigations should be done at start of treatment and later once every 3 to 6 months (or as per your doctor's advice):

- » Blood sugar
- » Lipid profile
- » ECG
- » Complete Hemogram

There is space in your workbook for all these parameters and reports. Please add your reports to the same. Carry these reports with you for your follow up visits to the doctor.