

ANTI-AGEING FOODS & EXERCISE



NAWAZ MODI SINGHANIA explains how food affects the ageing process and suggests ways and means of reversing the clock by eating right



Nawaz demonstrates how to train the abdominal muscles using the step barrel. Below: Kickboxing to tone the body

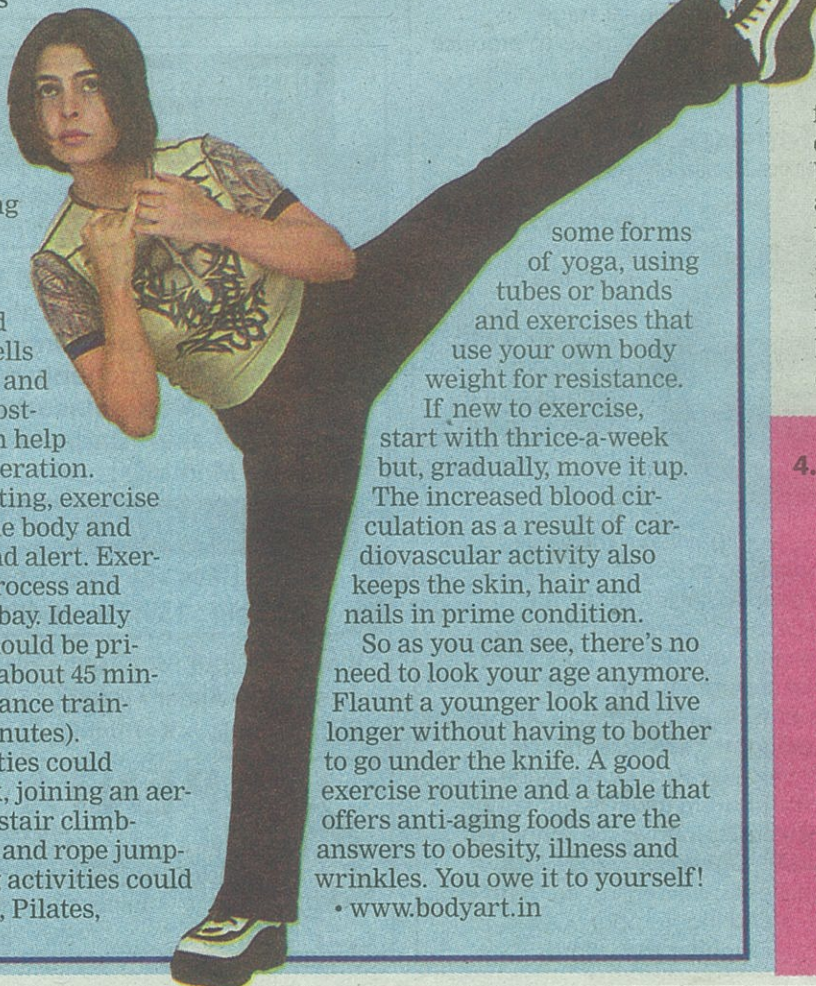
What you eat is what you are. It is well documented that eating foods that are harmful for the body leads to multiple ailments, low energy levels, depression and can even be fatal. Following diets that are lop-sided like the Atkins (which recommends only protein consumption) or the South Beach Diet only leads to temporary weight loss and causes almost permanent damage in terms of health and energy.

What you really need is a balanced diet that includes carbohydrates, proteins, fats as well as fibre to ensure a healthy and long life. Ageing is the process that occurs when the body cells fall prey to external elements and wither off. If the body cells remain well oxygenated and healthy, ageing can be postponed. Certain foods can help in preventing cell degeneration.

Along with healthy eating, exercise is well-known to keep the body and mind young, fit, agile and alert. Exercise delays the ageing process and keeps many diseases at bay. Ideally the exercise I refer to should be primarily cardiovascular (about 45 minutes) with a short resistance training section (about 10 minutes).

Cardiovascular activities could include going for a walk, joining an aerobic class, kick-boxing, stair climbing, skating, swimming and rope jumping. Resistance training activities could include weight training, Pilates,

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some forms of yoga, using tubes or bands and exercises that use your own body weight for resistance.

If new to exercise, start with thrice-a-week but, gradually, move it up. The increased blood circulation as a result of cardiovascular activity also keeps the skin, hair and nails in prime condition.

So as you can see, there's no need to look your age anymore. Flaunt a younger look and live longer without having to bother to go under the knife. A good exercise routine and a table that offers anti-ageing foods are the answers to obesity, illness and wrinkles. You owe it to yourself!

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Below is a list of top ten anti-ageing foods that help regain vigour and vitality, keep weight low and fight disease:



1. Avocado – This is one of the most alkalizing foods available. Avocados are very high in vitamin E, which is essential for glowing skin and shining hair. It also helps in keeping those wrinkles off your face.

2. Berries – All berries, especially gooseberries, are very rich in vitamin C and therefore highly useful to the body. Vitamin C helps in proper blood circulation and provides minerals and salts to all the body parts. Needless to say this helps the body fight against ageing. Berries are great anti-oxidants.



3. Green vegetables – Broccoli, spinach, lettuce, salad leaves and other such greens are highly beneficial for the body. Not only do they help keep the body weight low but also help fight toxins. Fighting toxins is important because a highly toxic body is like a magnet for all kinds of diseases that can harm the body.

4. Yogurt – Yogurt is rich in important minerals like potassium, calcium, protein and B vitamins. Apart from these, what makes yogurt one of the most powerful foods is the presence of live bacteria in it. This bacteria helps absorption of nutrients in the intestines and stabilizes the immune system. Yogurt consumption has been linked to a lowered body weight.



5. Garlic – This is one of the most important foods provided to us by nature. The benefits of garlic are numerous. It helps prevent cell degeneration, assists in keeping the blood thin and also prevents heart disease. It is most beneficial when eaten raw.

6. Ginger – This root facilitates digestion, has many healing properties and is therefore essential for the body. Ginger keeps bowel movement in shape, thereby enabling good gut health.

7. Whole wheat pasta and brown rice – Carbohydrates are long term energy foods and should never be given up unless you want to invite trouble. Substitute white pasta and rice with whole wheat pasta and brown rice and you will instantly feel the difference in your energy levels.

8. Melons – Watermelon and muskmelon not only have an alkalizing effect on the body but also provide the body with essential fluids that it needs for performing various tasks.



9. Nuts – Almonds, cashew nuts, walnuts, pistachios, pine nuts... are like power houses of energy. Consuming nuts on a daily basis will fight that lethargic feeling and fill the body with immense energy. They are brain food. They fight diseases such as heart disease and cancer and are rich in the omega-3 or good fats.

10. Water – Nothing compares to water. Stay away from aerated drinks. Water is essential for our body. It flushes out all the toxins. At least eight glasses of pure water must be consumed on a daily basis.