

BENEFITS

Regular physical activity of 30 mins about 3-5 days helps to develop

- More energy for work and recreational activities
- Less stress, anxiety, depression and fatigue
- Improved efficiency of the heart and lungs
- Weight maintenance or loss of excess weight
- Muscular strength and flexibility
- Improved blood cholesterol levels
- Improved blood pressure control
- Reduced risk of heart attack
- Improved concentration

REGULAR EXERCISE
REDUCES
RISK



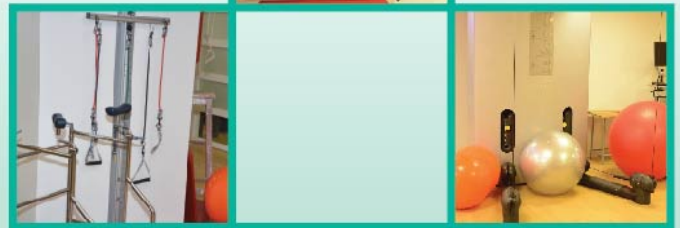
Lilavati Hospital and Research Centre
More than Healthcare, Human Care
NABH Accredited Healthcare Provider

Physiotherapy Department

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Website: www.lilavatihospital.com

Prior appointment is compulsory.

Health Promotion and Lifestyle Modification



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Lifestyle Modification

Lifestyle modification is making healthy changes in previously sedentary life, using moderate intensity exercise as remedy. The benefits are healthy, longer life and prevention and modification of health risks like hypertension, diabetes, obesity etc.



Who can Enroll :

Being active and keeping active are important whether one is young or old, able bodied or disabled, male or female. Anyone can enroll for this program as there are no side-effects. We strongly recommend the program for:

- Housewives
- People having sedentary lifestyle
- People with risk factors like: Hypertension, Obesity, Diabetes, Abnormal Lipids.

Components



Strengthening Exercises



Core Exercises



Core Exercises



Aerobic Exercises