Time Management and Fitness-obesity/Weight Loss/Health

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Balanced diet, exercise and good sleep contributes to a healthy life. How to eat healthy when you have no time and the same thing goes with exercise and sleep. Time management is crucial in day-to-day life - Time spent for household work, personal care, family needs, working hours, time spent for watching television, screen time, learning/education hours, leisure time, socializing time, hobbies, spirituality, sleep time.

Individuals who have to travel for work/working night shift etc. Lifestyle pattern has great impact on our health for example:

Increased Screen Time is Associated with Obesity

Screen time increases exposure to marketing of foods and drinks that promotes weight gain. Screen time is associated with unhealthy eating habits, higher energy intake, higher snacks and fast food intake which results in weight gain. Increased consumption of calorie dense food and increasingly sedentary lifestyle contributes to obesity. Obesity epidemic is complex. Effective planning and being sensible about how you spend your time can help you find the time for health and weight management. In our modern, bustling world, the art of time management and physical fitness form the cornerstones of a balanced and enriching existence. Skillful time allocation not only enhances productivity but also opens doors to prioritize our well-being.

Time Management

T - To do lists: Prioritize according to importance and urgency.

I - Insist that others respect your time.

M - Multitasking.

E - Establish a routine, eliminate tasks which are not critical to your goals or mission and learn when to say NO.

Timings is everything when it comes to obesity management. Meal timings, exercise, sleep timings are related to obesity management.

Weight loss - ghrelin (hunger hormone) leptin (satiety hormone) signal the brain that you are hungry, you need food, you are not satisfied, proper meal timings can keep this hormones in control and help you in weight loss.

Time for Nutritious Food

T - Take care of your nutrition.

I - It's expensive to be unhealthy.

M - Make yourself a priority.

E - Enjoy your nutritious meal.

Eat Well Feel Good

Time restricted diet doesn't work for everyone (Intermittent fasting) need to consult a doctor/dietitian/nutritionist before going for any diet. Make sure to check for health problems and then start with the diet. Timing your meals is important, small and frequent meals works best when trying to lose weight. Eating wholesome balanced diet with sufficient protein, healthy carbs and nutrients keeps your hunger hormones in check and it is important to have early dinner and make sure that there is a gap of atleast 2 - 3 hours between your last meal of the day and sleep. The common sense diet for health.

Common Sense Health

C - Colorful Plate

Combination of fiber, protein, fats and carbohydrates.

O - Opt for Balanced Diet

Balanced diet should contain, fruits, vegetables, legumes, whole grains, pulses, etc.

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M - Micronutrients

Vitamins and minerals.

M - Macronutrients

Protein, fat and carbohydrates.

O - Opt for more protein and fiber in all meals.

N - No to fancy diet.

S - Sustainable diet.

E - Eat 5 - 6 small meals a day.

N - No to social media diet.

S - Socialize.

E - Eat, exercise and live healthy.

Exercise helps in weight management, exercise at anytime of day is beneficial for health, however timing of exercise also play a role in the maintenance of weight loss. Aerobic exercise is effective to reduce weight and fat mass, resistance exercise is beneficial for retaining lean mass both aerobic exercise and resistance exercise plays an important role in weight management.

What Are the Top Exercise Motivators?

Knowledge of energy intake and energy expenditure is crucial. Keep things simple and convenient.

Digital tracking devices

Track the physical activity with the help of modern technology. Breakup activity bouts. Make exercise social. Set specific goals. Do what you enjoy and make physical activity part of your routine. FIT formula works best.

F - Frequency

- 5 days a week.
- Part of daily routine.
- What I can do and what I like to do step wise and sustainable plan. According to WHO 150-300 minutes of exercise a week and avg of 60 minutes a day is important. The more the better.

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I - Intensity

(Warm-up 5-10 minutes, aerobic exercise 40 minutes and strength training 15 minutes to improve muscle mass, 5,000 steps).

T - Timing and duration is important

- Morning is ideal for exercise.
- Avoid exercise before sleep as there is high chance of hypoglycemia.
- Have food before exercise. Exercise with good nutrition is crucial.

Timing of sleep, sleep quality and sleep duration is also linked with weight management. Sleep is a natural gift and it's important. 6-9 hours of sleep, repairs, regenerates and recharges our body, physical recovery occurs, regulates blood glucose, it heals both mind and body.

Sleep hygiene

Life style changes, no caffeinated drink after 6 pm, fixed sleep time, light dinner before 3 hours of sleep time, bedtime snack milk and small fruit, no screening before an hour of bedtime, hot shower before bedtime, no heavy exercise before bedtime, no day sleeping, power nap is fine, no smoking and alcohol, and reduce weight if obese.

Duration of sleep, timings, continuity and quality of sleep are the most important components of sleep and it's crucial for weight loss.

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