



Health Promotion and Lifestyle Modification



Lilavati Hospital and Research Centre

More than Healthcare, Human Care

NABH Accredited Healthcare Provider

Lifestyle Modification

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

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

Components



Benefits

Regular physical activity of 30 minutes about 3-5 days a week 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
ISK



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Prior appointment is compulsory

