

ARBUZA'S GUIDE TO JUMPSTART YOUR HEALTH



Welcome to the Jumpstart your Health guide!



Choosing to read this is an incredibly important step. It means that you are making an investment in your health, and the health of your loved ones.

Let's face it: there are a million different voices promising miracle health cures and quick fixes. Who do we listen to? The clearest way forward is to build up from the basics. Understanding the *framework* of good health is essential to long term success. Once you have established a framework then you can customize it to what suits you.

At Arbuza, we believe in **New-trition**. New-trition comes from anything that feeds you and nourishes you physically, mentally, or spiritually. When we think of Food, we don't just mean what we eat, but what we gain from our environment, our relationships, and all the sources of nourishment in our life that we often don't notice. That's what we call new-trition.

Living a healthy and happy life means different things for different people, and when we work towards wellness, it is important to take a holistic approach. There is no 'one-size-fits-all' solution.

This guide has been developed as a handy little resource which you can keep with you to get you started! There are two sections in this guide:

1. **Pillars of good health** and what these pillars comprise of, along with some useful tips and tools.
2. Some great tips on adding protein to your Indian Breakfast, and some healthy alternatives when dining out.



THE PILLARS OF GOOD HEALTH

INTRODUCTION

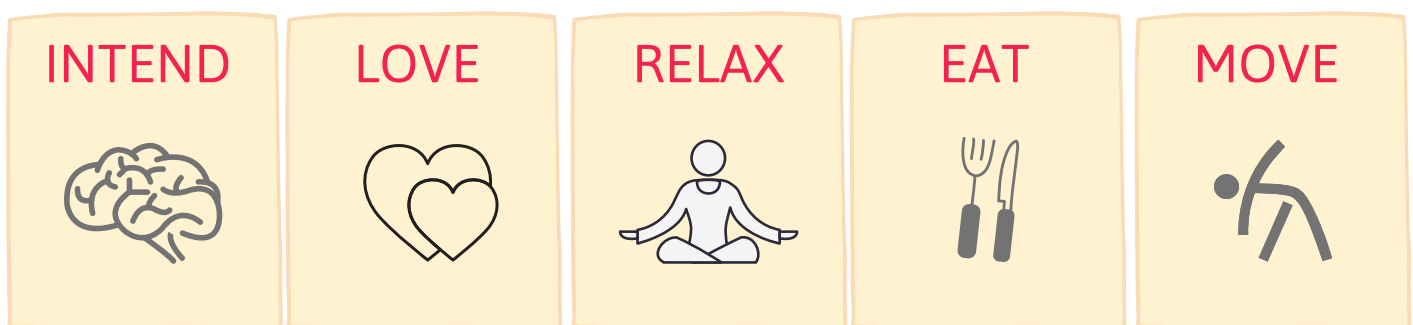
We are nourished by a lot more than just food. If our body is a temple, as the saying goes, then these things that nourish us are the Pillars that keep us upright.

We have set out some Pillars of Good Health, as well as some tips for how you can keep them strong. The idea is to create balance across all the pillars.

Neglecting some in favor of others can often leave you feeling tired, unhappy, and listless. Don't worry about perfecting or achieving great heights in everything you do. The secret to keeping your pillars strong and balanced is joy and positivity.

So stay open to possibilities!

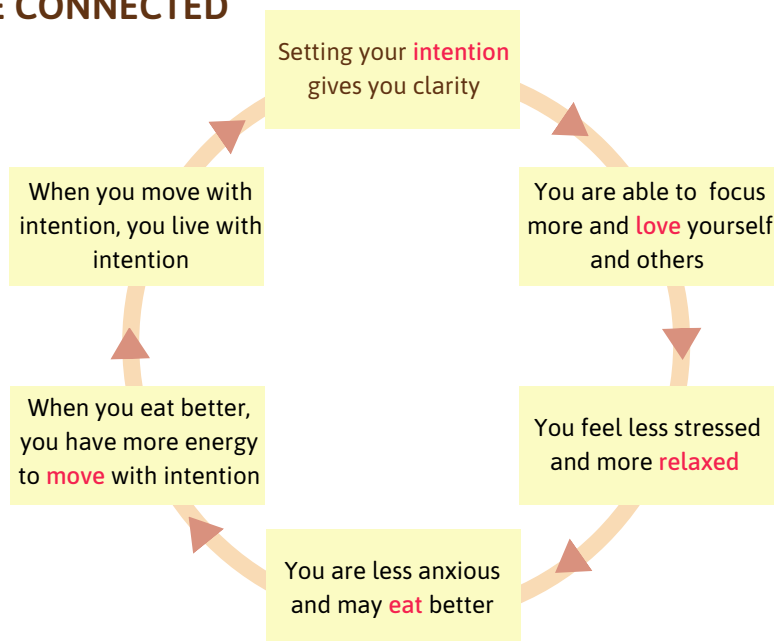
THE PILLARS OF GOOD HEALTH



HOW CAN YOU KEEP THEM STRONG?

INTEND	LOVE	RELAX	EAT	MOVE
Know your 'why'?	Love yourself	Sleep well	Eat local and seasonal	Add a movement each day
Determine specific action plans	Use the love languages with others	Learn new skills	Eat slowly and away from gadgets	Explore new exercises/ sports
Journal about your thoughts	Keep an open mind	Practice stillness	Cook often	Do not compare your journey with others.
Detach from the Outcome	Love Earth and everything on it		Unprocess your diet-avoid buying any food that has more than 5 ingredients	Add a strength training routine
When you set your intentions you: - lose weight - gain more clarity - have better concentration - are less stressed - have increased self belief	When you love yourself you: - lose weight - have a balanced outlook - feel less anxious - heal faster	When you learn to relax you: - lose weight - have less negativity - are less stressed - sleep better - have improved concentration and memory	When you eat well you: - lose weight - sleep better - have improved immunity - have better digestion	When you move you: - lose weight - have better body composition - more energy - improved mental well-being - increased self esteem

HOW THEY ARE CONNECTED



TOOLS TO HELP YOU GET STARTED ON EACH OF THE PILLARS

Here are a few practical tools to get you started in each of these areas.



Setting your intentions helps you to take control of how you want the day to be.

Tool: Journaling

Journaling, can be a great tool to find your intention, know your why and everything that stands between that. It is a rewarding habit for a number of reasons. It helps you reflect, organise, and even discover new things about yourself.

It helps to log your moods and how you feel on a day-to-day basis. You can even use it to maintain a food log and to write what you are grateful for.

You will have a living, breathing document, in your own words, that will help you frame your life and take control. Here are some prompts to help you get started:

- *What excites you today?*
- *What drained you of energy? What did you learn today?*
- *What are 5 things you are grateful for? List 10 positive habits you want to adopt.*
- *What is your greatest motivation in life? Write it down, say it out loud, treasure it.*
- *List out your top 3 short term goals. List out your top 3 long term goals.*
- *Write down 3 thoughts that made you smile today. List 10 skills or qualities you have that are unique.*





Relationships have a powerful influence on personal health. Most of our problems, physical and emotional, are directly or indirectly related to the relationships we have.

Developing supportive and long-lasting relationship is crucial to balancing your overall health.

You can begin to build positive relationships by considering the following advises.

01

Use the language of love

A pat/ a kiss or even a mundane compliment.

02

Be compassionate

Put yourself in someone else's shoes. Create a safe, judgment-free space for your partner.

03

Laugh with each other

It releases feel-good hormones.

04

Communication is key (it is a cliché for a reason!)

Speak honestly about any actions that make you feel bad in any way, but avoid blaming, shaming, or isolating your partner.

05

Practice eye contact when speaking

Be sure you understand each other's perspective.





Good quality sleep not only helps us relax, it gives all our body systems a much-needed break. It helps us replenish our strength, bolster our immune system, and recover from illness and injury.

Studies have shown that those who fail to get sufficient sleep engage in food habits that are more likely to cause lifestyle-related diseases.

Here are some tools to help you sleep better:

Stick to a sleep schedule. Try to go to bed and get up at the same time every day. Consistency reinforces your body's sleep-wake cycle.

Pay attention to what you eat and drink. Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Nicotine, caffeine and alcohol deserve caution as they are stimulants and can disrupt sleep.

Create a restful environment. This means cool, dark and quiet. Avoid prolonged use of light-emitting screens just before bedtime.

Limit daytime naps. Long daytime naps can interfere with nighttime sleep. If you choose to nap, limit yourself to up to 30 minutes and avoid doing so late in the day.

Include physical activity in your daily routine. Regular physical activity can promote better sleep. Avoid being active too close to bedtime, however.

Manage worries. Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow. Meditation also can ease any anxiety.





Stress, hard work, and overthinking creates tension in the body which can lead to chronic aches, tightness, and constipation.

Many people try to alleviate these symptoms with alcohol and sugar, which ultimately worsens their uneasiness and anesthetizes the body.

Exercise is a great way to release this built-up physical tension! It is important to develop a regular exercise program which suits your body type and lifestyle.

Here is one way to get started:
learn some new form of exercise;
keep innovating!

Tool: : A full-body home workout

Start with simple stretches

Walk or jog - 3 minutes

Jog - 30 s

Jumping jacks - 30 s

Jog - 1 min

Squats - 1 min

Fast jog - 30 s

Lunges (both legs) - 1 min

Plank - 30 s

Jog - 1 min

Inchworm walk - 30 s

Walk in one place - 30 s

Repeat the set 3 to 4 times





Eating more fruits and vegetables is a worthwhile goal, but often it can seem like a bit of a drag, so let's change our point of view! Think of a plate not in terms of ingredients, but of colors.

Now, use these tips to create more colorful meals.

Tool: Eat the rainbow.

Experiment with your veggies.

- Fill your omelet with colored capsicums and mushrooms
- Have you tried adding veggies to your poha?
- Wrap it up in a roti/ chapati!
- Try stir-fry
- Mix salad veggies to dahi and slurp it up

Have a colored snack.

- Keep raw veggie sticks handy, such as carrots or cucumbers.
- Carry dried fruit, such as raisins, dates or dried apricots, in your purse or pocket.
- Have any type of fresh fruit: grapes, apple, banana, orange, etc.

BENEFITS OF EATING THE RAINBOW



White and brown fruits and vegetables protect against certain cancers, keep bones strong, and are a heart-healthy choice.



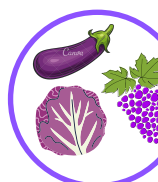
Chlorophyll which gives plants their green pigment has anti-oxidant and anti-inflammatory benefits. Other carotenoids in Green vegetables are linked to protection against certain cancers. Green vegetables are rich in folate, a nutrient important for pregnant women to consume to help prevent congenital disabilities.



Orange and yellow fruits and vegetables improve immune function, reduce the risk of heart disease, promote eye health, and more. They are rich in vitamin C and carotenoids, including beta-carotene. Carotenoids convert to vitamin A within the body, and helps promote healthy vision and cell growth.



Red fruits and vegetables contain phytochemicals like lycopene which help fight cancer, reduce the risk of diabetes and heart disease, improve skin quality, and more.



Blue and purple fruits and vegetables fight cancer and unwanted inflammation and help keep you young. Studies show that the bioactive phytochemicals in berries work to repair damage from oxidative stress and inflammation.



TIPS ON ADDING PROTEIN TO YOUR INDIAN BREAKFAST



1. Include **eggs**. Have a boiled egg with your poha or upma.



2. Add **dal** in your paratha. If you have any leftover dal from the night before, simply add flour to it and make a dough. Knead it well and make your parathas.



3. Add **nuts and seeds**. Sprinkle them on your oats, milk or yoghurt.



4. Choose **steel-cut oats** instead of quick oats.



5. Try a bowl of steamed **broccoli** with your Indian breakfast.



6. Include **greens** in the morning. Start your day with a green smoothie.



HEALTHY TIPS WHEN DINING OUT

Read the Menu Before You Go. Select healthier options before you arrive to avoid snap decisions you may make trying to order quickly.

Have a Healthy Snack Before You Arrive. You're more likely to make unhealthy choices when hungry or distracted. So, grab a yoghurt or any other high- protein snack before you step out to avoid overeating. At the restaurant, order a cup of soup or small salad to start with.

Opt for Healthier Ways of Cooking. Look for food that has been baked, steamed, grilled, roasted or poached. The way food is cooked can have a significant impact on the number of calories it contains. Avoid foods that are described on the menu as pan-fried, fried, crispy, crunchy, battered or breaded.

Eat Mindfully. Be conscious about your choices and take your time to savour each bite. This will help improve your self-control and prevent you from overeating.

Make A Healthy Swap. Swap part of your meal, such as fries or potatoes, for extra vegetables or a salad to cut your calorie intake.

Get Sauce On The Side. Skip any add ons like sauces and dressings or ask for it separately on the side so you can control the portion size.

Choose A La Carte. Skip the buffets, order healthy choices from the menu.

Split Dessert with a friend.





PICK IT

Skinless chicken, fish, lean meat
Broth-based soup with lots of
veggies
Grilled, sautéed, roasted,
steamed, baked, poached
Baked potato or side salad
Light sauces flavored with herbs,
spices, vinegar, wine
A la carte, light menu, salad bar
Fresh fruit and fruit-based
desserts
Water, 100% juice, diet soda

DITCH IT

Bacon, sausage & fatty, salty
meats
Cream-based or cheese soups
Deep-fried, pan-fried, extra
crispy, creamed, stuffed
French fries
Refried beans
Salty sauces like soy, teriyaki,
cocktail
All-you-can-eat, supersize, buffet
Cookies, ice cream
Soda, sweet tea, sugary cocktails

SMART SWAPS



Make an Open-Faced Sandwich: That second piece of bread is really unnecessary.

Go Nuts: Choose from a variety of nuts including roasted chanas and unsalted peanuts.

Choose Fresh Fruit: Choose from a variety of seasonal fruits to snack on instead of reaching for a packet of junk food.



Sweeten with Cinnamon: Instead of loading your coffee with sugar, try sprinkling in blood-glucose-regulating cinnamon. Now, your morning cuppa will have metabolism-boosting benefits!



Red Rather than White: When it comes to sauces, stick to red. White sauces tend to be loaded with cream, butter and cheese. Reds, comparatively, are filled with vegetables, and often have fewer calories and sugar.

Veggies Over Chips: Cut up some vegetables to load up on fiber and slow down your consumption, when preparing a party platter. Sliced bell peppers, celery sticks, cucumbers and carrots are sure to do the trick.



Swap Your Dressings: Instead of sour cream, try nonfat plain yogurt. You can also use hummus, fresh lemon juice or little olive oil on your salads instead of using store-bought salad dressings. Make a homemade salad dressing by mixing salt with spices, herbs and fresh lemon or lime juice. You may use pepper, black cumin seeds, oregano, basil, cilantro, garlic or onion powder, and other flavorful herbs or spices.



Swap Your Terms: Say no to anything labeled "creamy," "breaded," "stuffed," and "crispy." Instead, try anything broiled, grilled, poached, and baked. You can transform almost all of your favorite comfort foods into healthier alternatives by switching up the way you cook your food.



Pick a Different Dairy-Free Milk: Go for plant-based alternatives such as Coconut and Almond milk. They are naturally lactose-free.

Watch Out for Happy Hour: Sip slowly, and try to skip the beer. Alternate with water, in any case, alcohol is dehydrating and if you drink water, you'll end up drinking less alcohol. Have a healthy snack in the afternoon so you won't be swayed by all the happy hour specials on the menu.



We hope you enjoyed learning about how to Jumpstart your way to wellbeing with Arbuza!

Thinking about lifestyle shifts can be quite intimidating, and we congratulate you for taking the first steps on your journey.

Use this guide as a quick reference point for whenever you feel stuck, or like you need a change. It doesn't have to be immediate, or extreme. Even incremental progress is still progress, and we hope we have inspired you to take your journey in your own hands.

There is no bad time to start, so trust yourself, take support if you need it, and jump!

DISCLAIMER:

These are only guidelines - consider adding only the points that resonate with you.

