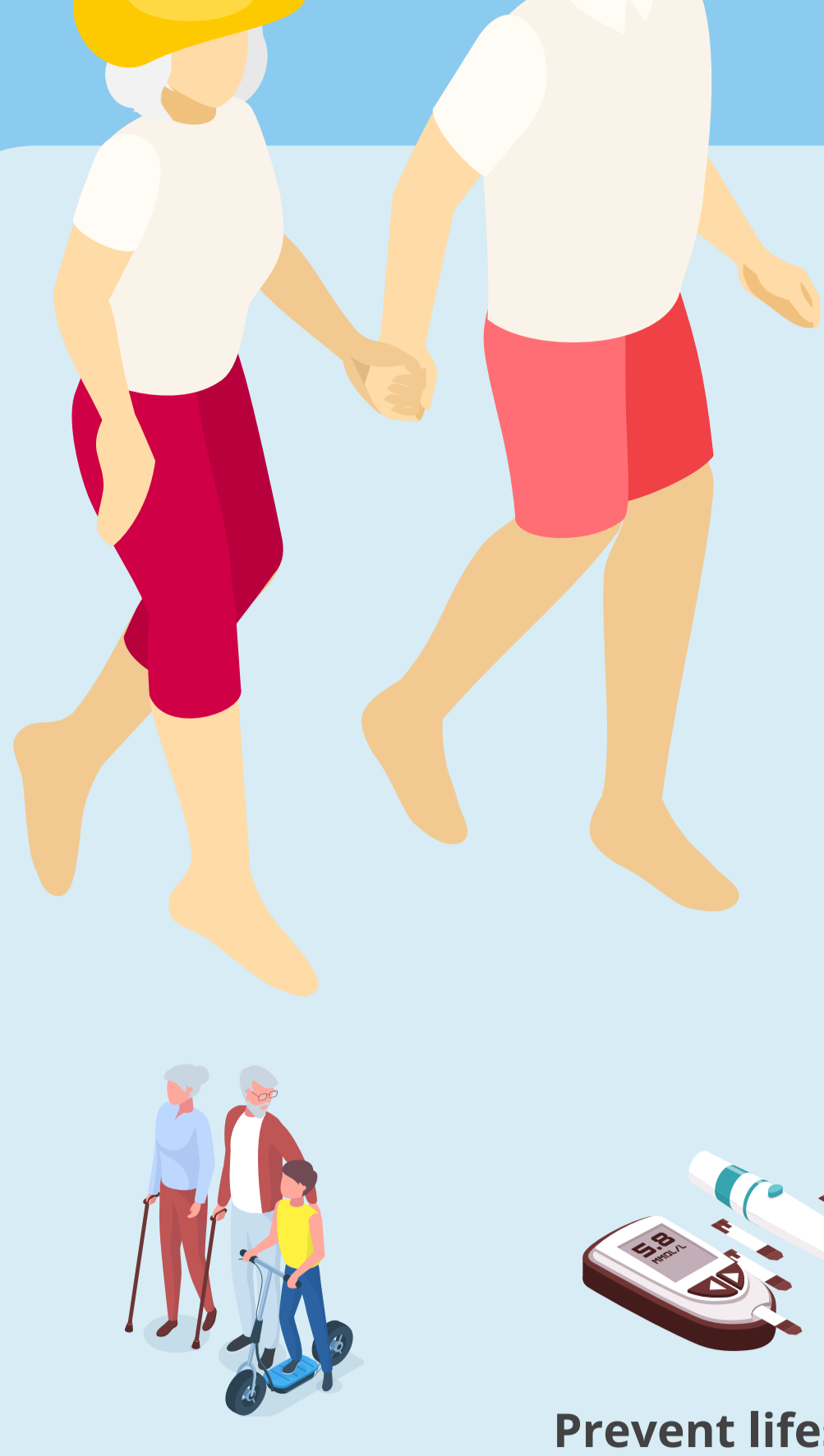


Roadmap to Longevity



1 Roadmap to Longevity



Have meals on time



Have simple home-cooked food



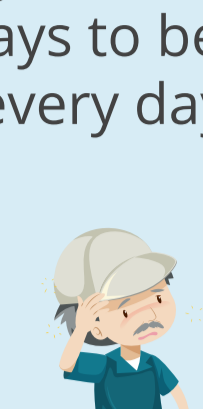
Keep family around
Living with family can aid longevity



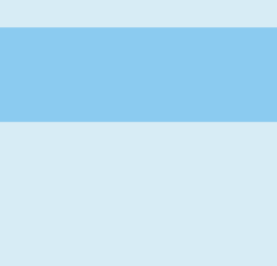
Prevent lifestyle diseases



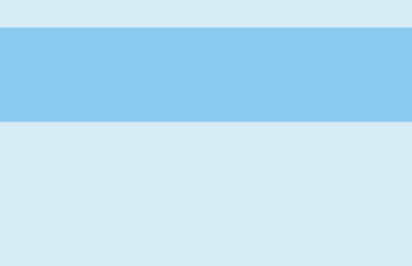
Avoid processed food



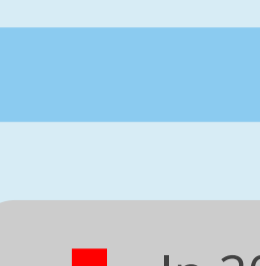
Be active
Any activity is fine as long as you are moving. Find ways to be active every day



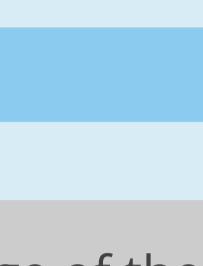
Nurture social connections
Take out time for friends



Indulge in a hobby
Keep your mind active



Stick to a daily routine
Be it meals or activity, have a fixed schedule



Manage stress
Spirituality can help, Be content

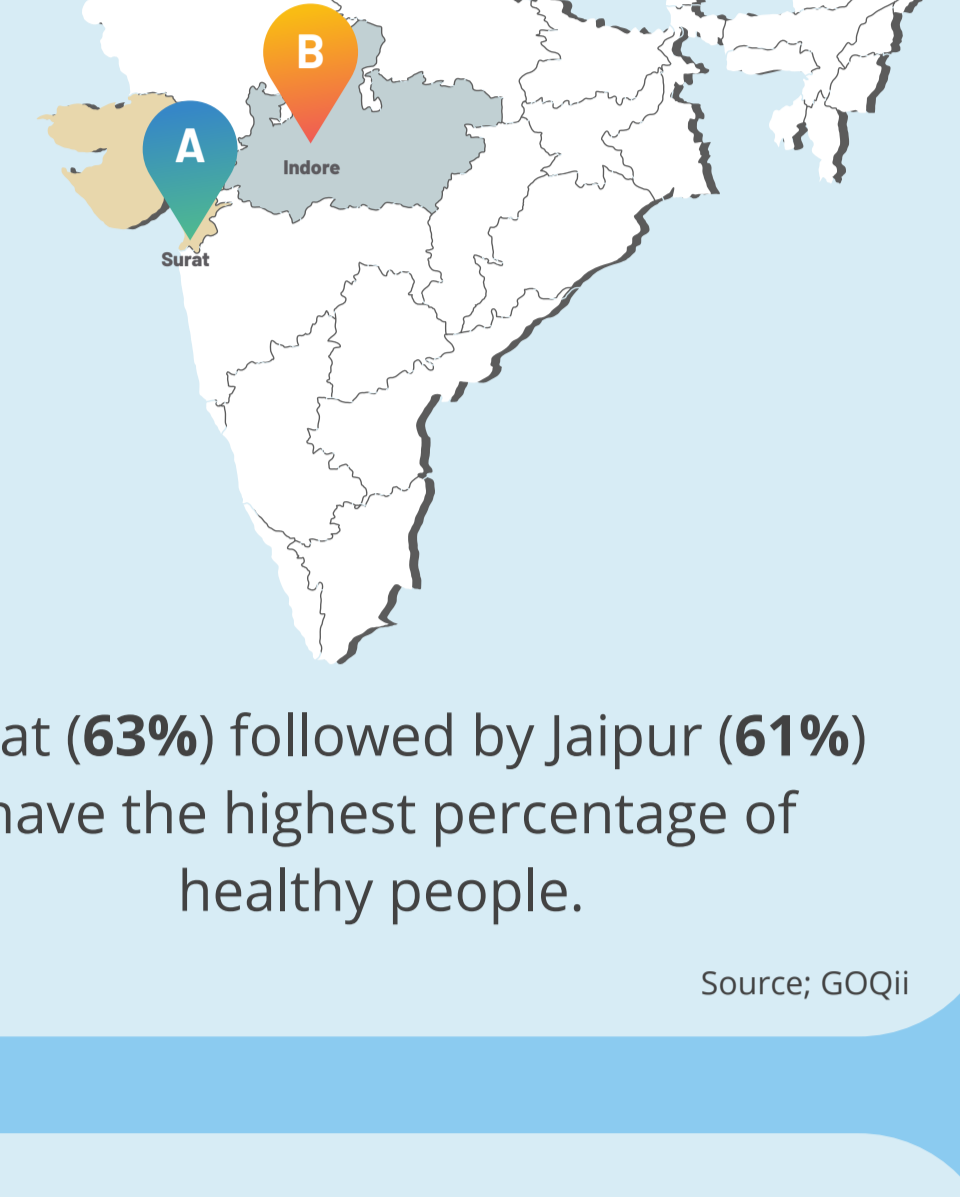
Source: GOQii

2 How Healthy Is India?

Men (60%) are healthier than women (40%)



In 2023, the percentage of the population classified as 'Borderline or Unhealthy' dropped to 45% from 48% in 2022, reflecting a growing commitment and ongoing efforts towards better health maintenance and improvement.



Patna emerges as the unhealthiest city in India with 55% of individuals reporting being unhealthy

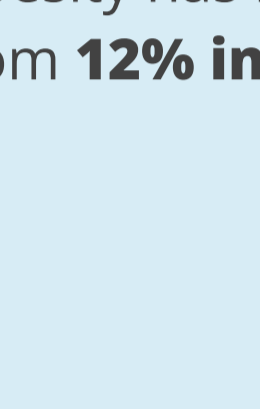
Surat (63%) followed by Jaipur (61%) have the highest percentage of healthy people.

Source: GOQii

3 Are We Losing Too Much Weight?



Obesity among seniors reduced to 5% since 2021

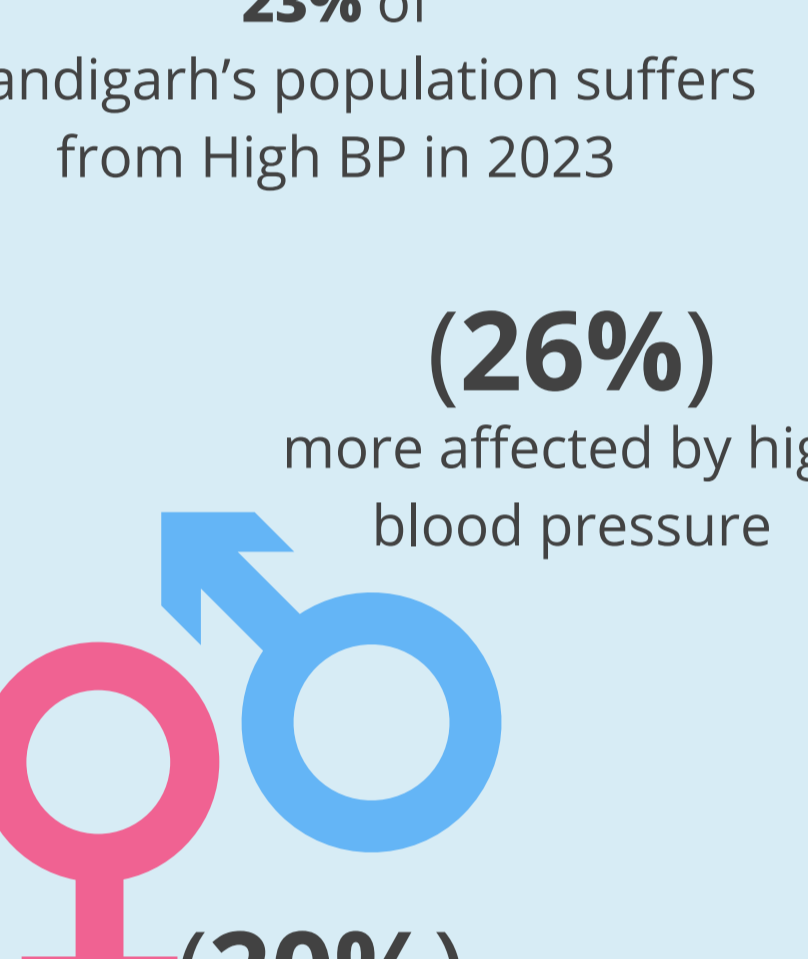


Teenage obesity has reduced to 8% from 12% in 2021

Source: GOQii

4 Lifestyle Diseases have seen a marginal drop

The number of people suffering from high blood pressure dropped to 23% from 24% in 2022 48% of Seniors suffer the most from BP



23% of Chandigarh's population suffers from High BP in 2023

(26%) more affected by high blood pressure



(20%) than women

This has however come from 28% of men suffering from BP in 2022.

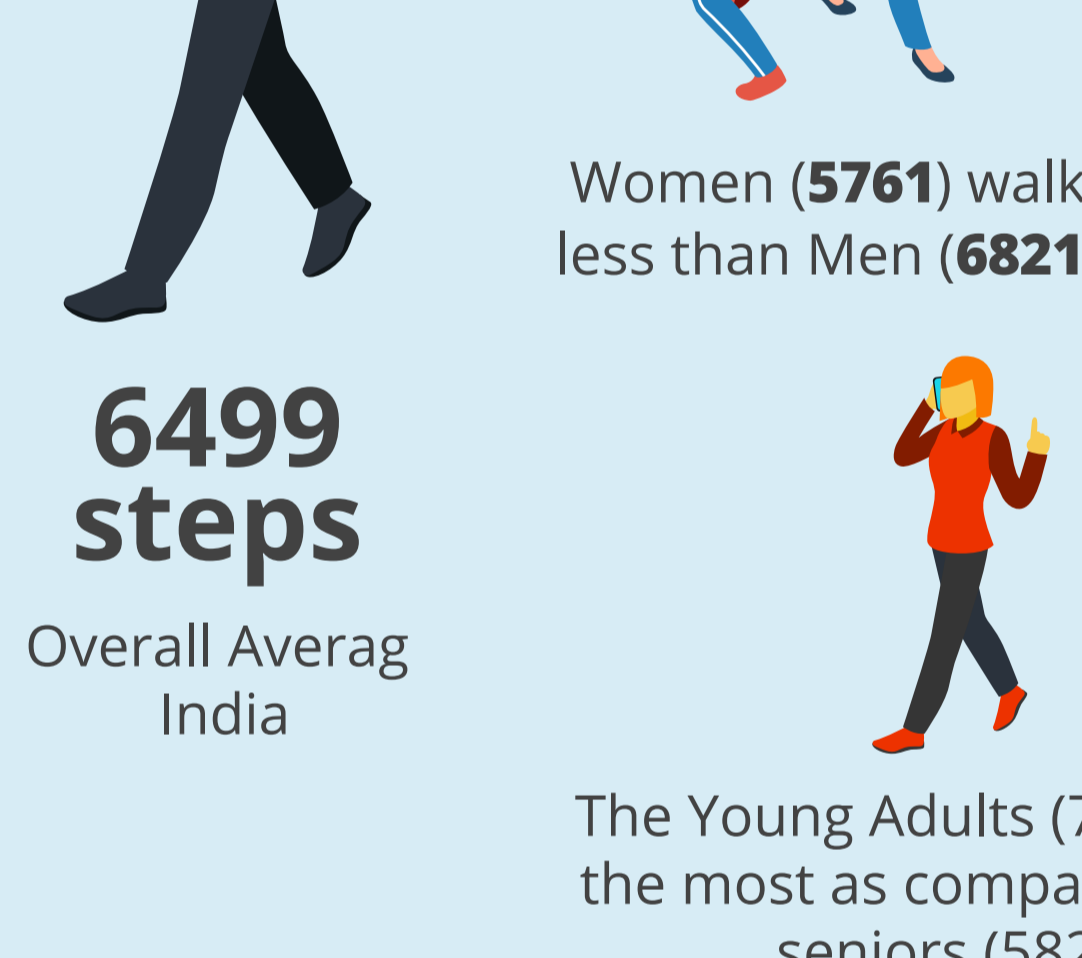


Tips to lower High Blood Pressure

- Achieve ideal body weight as per your height
- Get 30 mins of moderate physical activity on 5 days a week.
- Eat foods that are low in saturated fat, total fat, and cholesterol
- Use more spices and less salt
- Eat salad and fruits to improve potassium intake
- Eat a fibre diet
- Avoid bakery items and refined grains
- Manage stress
- Alcohol only in moderation
- Quit smoking
- Take prescribed drugs as directed by the doctor

Source: GOQii

5 Physical Activity



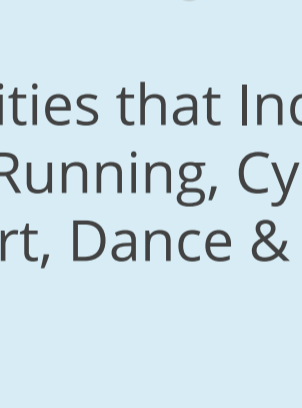
Women (5761) walk less than Men (6821)

6499 steps

Overall Average India

The Young Adults (7038) walk the most as compared to the seniors (5821)

Seniors are the most active with 41% of them exercising for 3-6 days a week followed by 37% of Adults and Older Adults



Top 8 Activities that Indians indulge in - Walking, Running, Cycling, Workout, Yoga, Sport, Dance & Meditation.

Recommended Physical Activity

- Recommended for each week
- Moderate activity - 150 mins to 300 mins
- At least 2 days of strength training
- Playing some sports - Fun and stress-free
- Getting Regular Activities through the day
- Taking public transport to help improve step count
- Take the stairs, avoid escalators and lifts
- Walk while talking on the phone

"Movement is better than medicine"

Benefits of Physical Activity

- Improves aerobic and muscular fitness
- Improves weight gain
- Improves bone health & joint mobility
- Strengthens heart and cardiovascular system - Improves blood circulation
- Boosts the Immune system - as it flushes out the bacteria from the system
- Keeps you happier - Release of endorphins
- Improves cognitive function - Focus, memory
- Lowers risk of lifestyle diseases like high blood pressure, heart disease, diabetes
- Extends years of active life

Source: GOQii

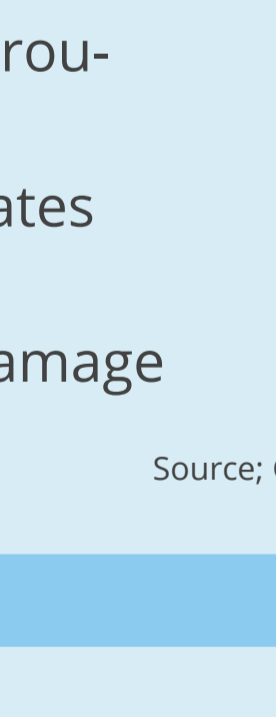
6 Water Intake Has Increased!

Men are more hydrated than women

67% Seniors consumed 2-4 litres of water per day in 2023

8% of Teens drink less than 1 litre of water per day

Indians consumed 2-4 litres of water per day in 2023

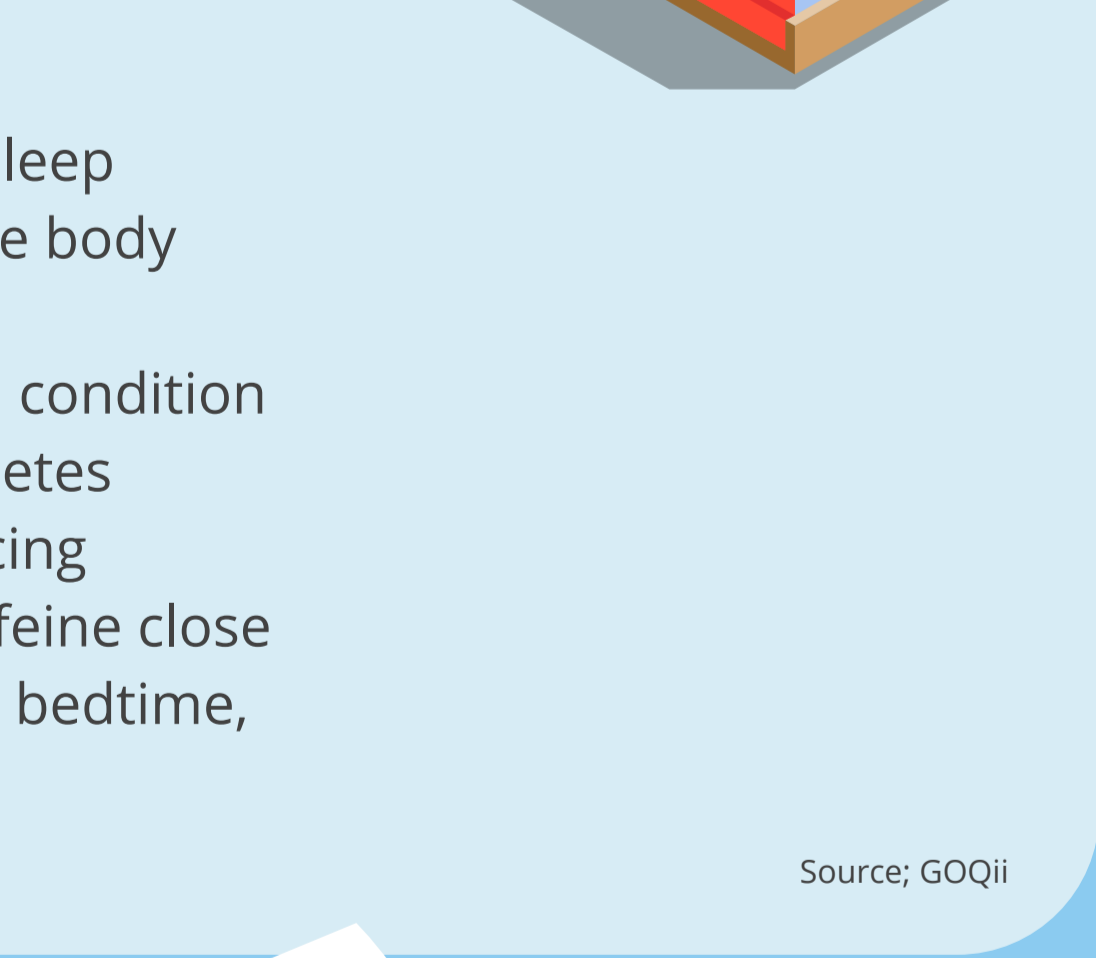


- 2 litres or 8 glasses of water is recommended per day although your activity levels, where you live and your overall health are important factors too
- Not drinking enough water can cause - Constipation, Irritated skin, Feel Lethargic, Have trouble focusing, Muscle cramps, Bad breath
- Benefits of drinking enough water - Lubricates the joints, boosts skin health, flushes body waste, aids in digestion, prevents kidney damage

Source: GOQii

7 Sleep

- Indians gets 7 hours and 10 mins of overall sleep on an average per day 5 hours deep/sound sleep
- As compared to the other age groups, Adults get the most amount of overall as well as sound sleep
- 77% Men are getting 6-8 hours of sleep per day as against 72% of women
- 6 to 8 hours of sleep is recommended for healthy adults
- Quality of sleep is more important than the quantity of sleep
- Sleep is necessary for the optimum function of our whole body and mind
- Lack of sleep overtime can make one prone to a medical condition like obesity, heart disease, high blood pressure and diabetes
- Get better sleep by - Sticking to a sleep schedule, Practicing meditation or deep breathing before sleep, Avoiding caffeine close to bedtime, Exercising daily, Avoiding electronics before bedtime, Having chamomile tea



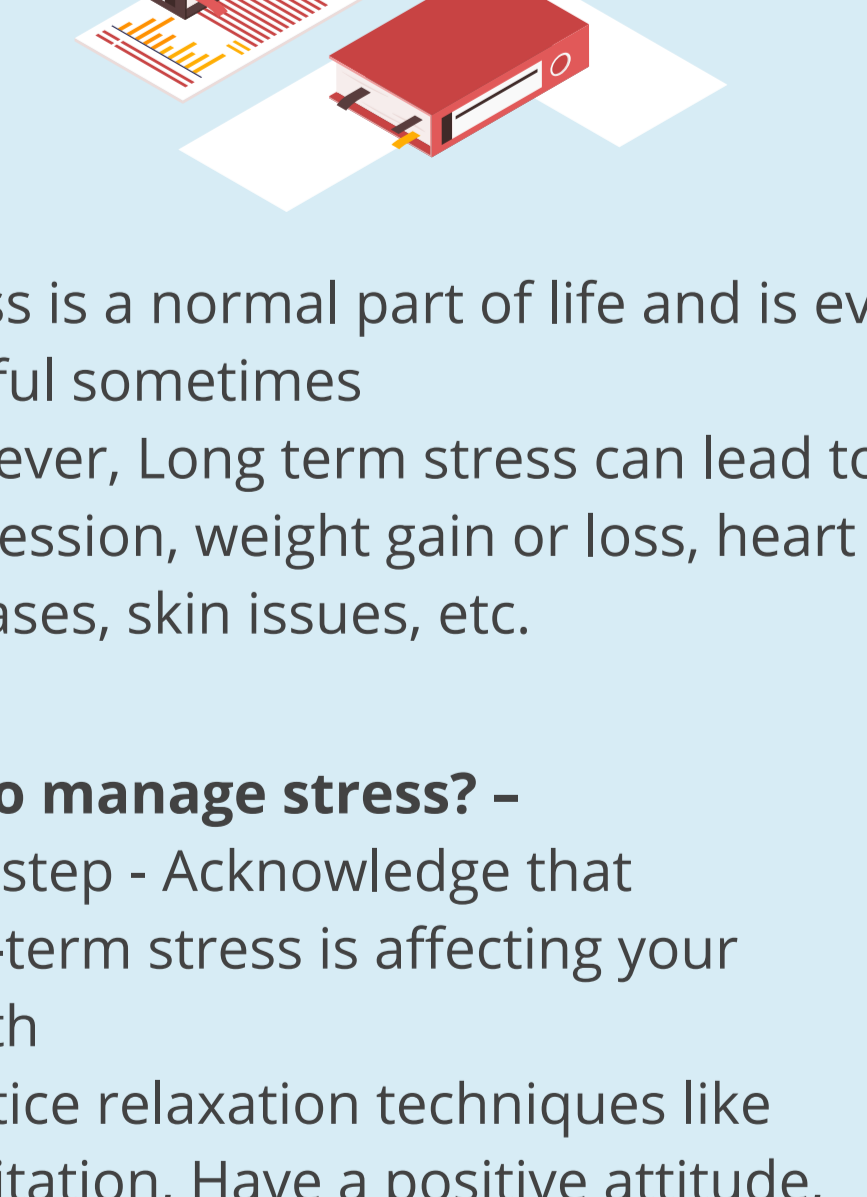
Source: GOQii

8 Stress

Young adults are the most stressed when compared to other age groups



13% young adults are stressed 75% of the time



- Stress is a normal part of life and is even helpful sometimes
- However, Long term stress can lead to depression, weight gain or loss, heart diseases, skin issues, etc.

How to manage stress? -

- First step - Acknowledge that long-term stress is affecting your health
- Practice relaxation techniques like meditation, Have a positive attitude, Get enough sleep, Exercise regularly, Be grateful, Seek out social support, Make time for hobbies and interests, give back to society.

Current work scenario

Health Issues

Financial instability

Relationship troubles

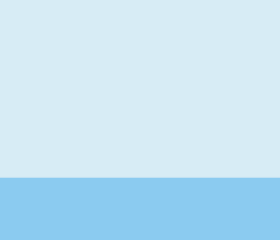
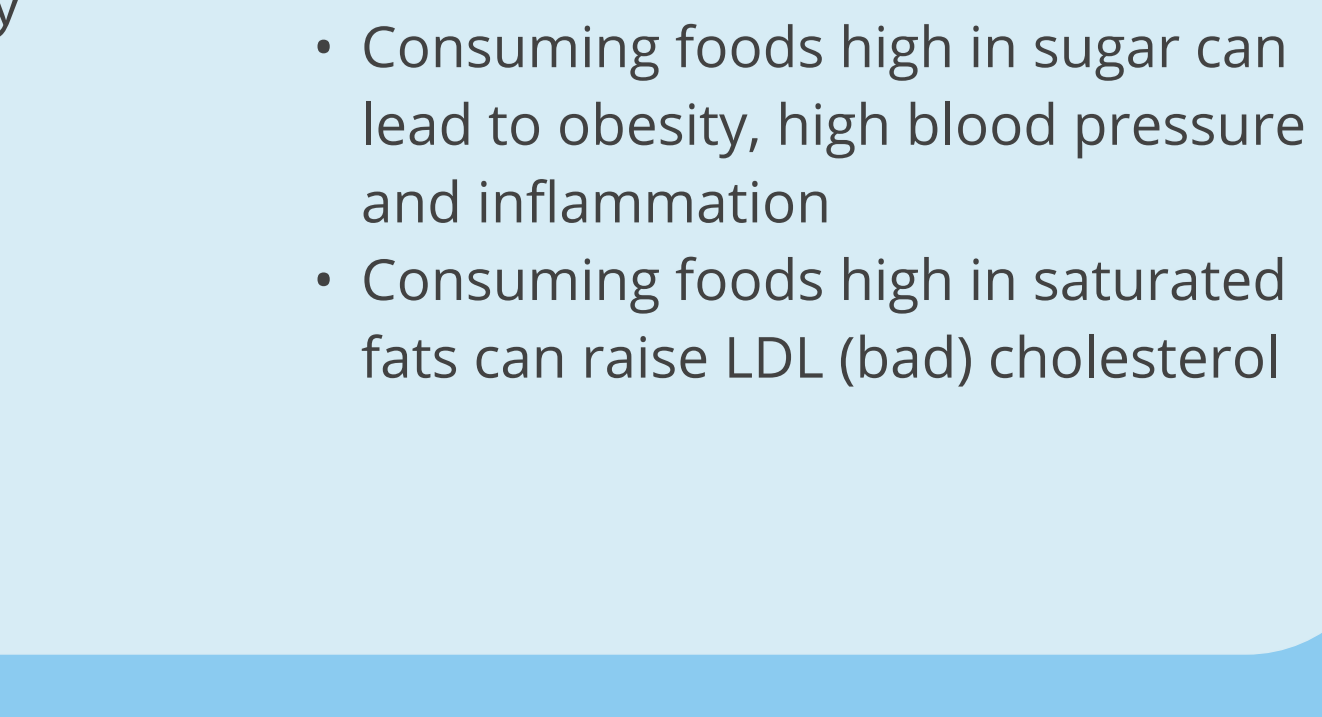
Source: GOQii

9 Nutrition

Nutrition is the key to living a healthy lifestyle

Most common nutrition related habits followed:

- Add Fiber to Meals,
- 'Have Healthy Evening Snacks',
- 'Have Small and Frequent Meals',
- 'Have Lighter dinner'



39.4% of people have less than one serving of fruits and vegetables in a day. Ideally, one should have 2 servings of fruit and 3 servings of vegetables a day



60.3% of people have more than 2 servings of foods high in sugar and unhealthy fat, out of which 16.4% have more than 5 servings

- Consuming foods high in sugar can lead to obesity, high blood pressure and inflammation
- Consuming foods high in saturated fats can raise LDL (bad) cholesterol