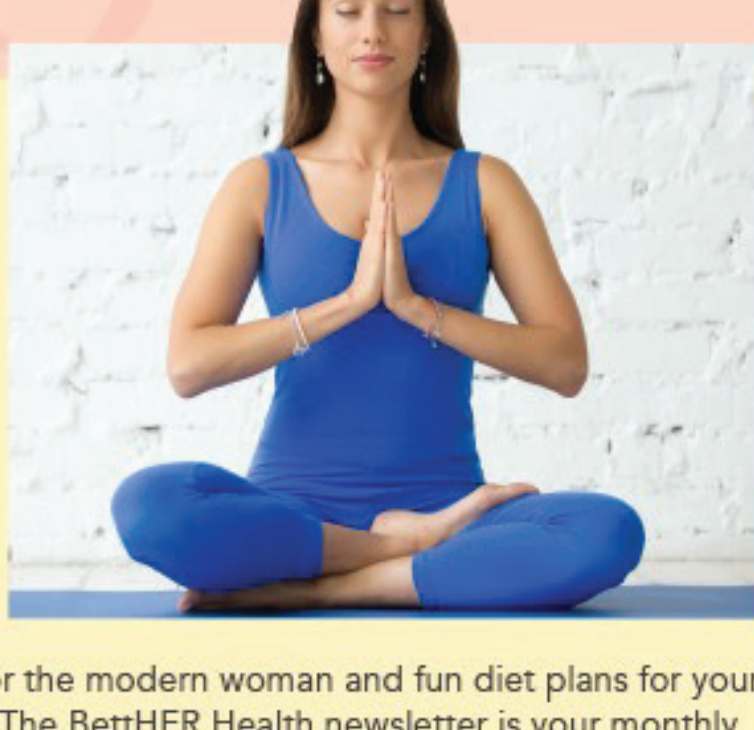


BETTER HEALTH

QUARTERLY NEWSLETTER



Exercises for the modern woman and fun diet plans for your tiny tots — The BettHER Health newsletter is your monthly guide to wellness. Our goal is to improve the mind, body, and soul for a better and healthier version of you!

In this issue, we look at some complex conditions during pregnancy and practices that ensure healthier development for children.

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Lack of Exercise in Women

According to WHO, up to 5 million deaths a year could be prevented if the global population was more active.¹

The modern woman juggles multiple roles and responsibilities, breaking conventions along the way. But is health taking a backseat in this journey? Is a balanced lifestyle easy to maintain in this



modern race of life? Well, studies have shown that lack of exercise causes health risks for women, especially over the age of 30. This makes it even more crucial for women to maintain a physically active lifestyle. Here are some basic hacks.

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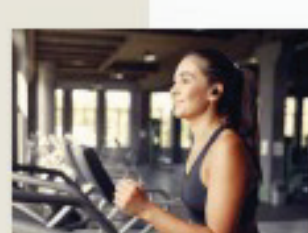
Finding Time

Women are occupied with many roles and responsibilities — be it parenting, professional work, or other personal errands. This makes it hard to find time to pay attention to their bodies, leading to long-term health issues. The best way to overcome this is to exercise when there's an opportunity. A quick 10-minute session every day or simply walking to the nearby park can bring a positive change to the body and will help stay active.



Parenting and Care

Many women are caught up with their little ones, making it harder for them to look after themselves. The best way to overcome this is to seek help from partners or family members. A helping hand can lend time for quick workout sessions or even a jog around the neighborhood.



Overcoming Fatigue

A major contributing factor to health problems is fatigue. Although this is an inevitable element in modern lifestyles, it can be avoided with an active mindset. Regular exercises and activities help combat fatigue and cope with the demanding needs of an urban lifestyle.



Goal Setting

Set goals and targets! The easiest way to attain a balanced lifestyle is by setting achievable targets and keeping a track of progress. A positive mindset will always allow one to push themselves and make an impact on day-to-day errands — resulting in satisfying outcomes.

A Quick Look at Diabetes and Pregnancy

India has an estimated 62 million people with Type 2 diabetes mellitus and this number is expected to go up to 79.4 million by 2025.²



We are all aware of diabetes as a condition and the complications it can cause our bodies. This is all the more crucial for pregnant women. While most of us are aware of pregestational diabetes — a condition that is present before pregnancy, it is

equally important to understand gestational diabetes — a condition that develops during the period of pregnancy. Over 50% of women with gestational diabetes develop Type 2 Diabetes at the later stages of pregnancy. Let us take a quick look at the symptoms and treatments:

Did you know?

Smoking can increase your chances of having a stillborn baby and is especially harmful to people with diabetes.³



Diabetes demands extreme care and supervision. Consult your doctor today to learn more about the symptoms, causes, and treatment of gestational diabetes.

Fun Diets for Early Development in Children

A report showed that 50% of baby food snacks and 83% of toddler food snacks contain added sweeteners.⁴

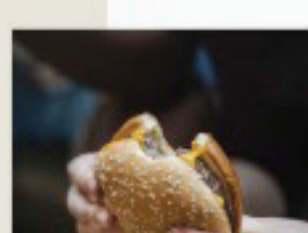
Children are most active in their early childhood. This makes healthy eating habits combined with physical activities crucial for their early development. Here are some nutritious hacks to encourage better diets for children that'll make sure they're never out of energy:



Cutting Out Sugar

A child can receive all necessary sugar intake from natural sources. Added sugar only brings in empty calories, causing problems like hyperactivity, mood disorders, type 2 diabetes, and much more. So what are some of the smarter alternatives? Have a look:

- Maple syrup
- Mashed organic fruit
- Coconut sugar



Reducing Junk Food

As most kids are attracted to junk food at some age, it is nearly impossible to hold them back from it completely. However, parents can cut down the number of times they consume junk food in a week or month, and monitor their eating habits to eliminate the intake of extra calories and sugar. And here are some effective substitutes that can be used in the process:

- Baked fries
- Home-made snacks
- Protein bars



Making Fruits and Vegetables More Appealing

While kids don't always eat what's healthy for them, it is easy to help them consume the necessary proteins with a little bit of twist. Allowing children to pick the produce is a great way to help them understand and interact with the different kinds of fruits and vegetables. It is also easier to sneak in grated or shredded vegetables into dishes for an appealing, yet healthy meal.

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Healthcare access to women and children across all age groups



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Motherhood Hospitals is a leading name in the women and children healthcare space in the country. In a single year, we have over 3,00,000 women and children visit our hospital network across the country for their healthcare needs. Our team has some of the top gynaecologists in India, safely delivering over 1000 babies a month.

During these challenging times, Motherhood Hospitals followed over 860 infection control protocols and delivered comprehensive services under the management of some of the region's best and experienced clinicians. They are ably supported round-the-clock by best-in-class medical technologies, a Level III Neonatal ICU (NICU) with highly trained neonatologists, anaesthetists, and a qualified nursing staff in a supportive, patient-friendly ambience.

Being renowned for providing compassionate and efficient care to enhance all aspects of a woman's life, we also pride ourselves as a leading integrated brand providing holistic care for children of all age groups in a home-like environment. Our expert gynaecologists and paediatricians are always available at every hospital — be it an any kind of emergency. Motherhood Hospitals have always been customer-centric — ensuring accessible clinical expertise 24/7, 365 days a year, along with virtual consultations.

Source:

¹ W.H.O. (2020, November 26). Physical activity. World Health Organization.

² Mithal, A. (2015, November 1). Gestational diabetes in India: Science and society Mithal A, Bansal B, Kalra S - Indian J Endocr Metab. Indian Journal of Endocrinology and Metabolism.

³ Pregnancy if You Have Diabetes. (2021, January 12). National Institute of Diabetes and Digestive and Kidney Diseases.

⁴ How Children Develop Unhealthy Food Preferences. (2020, August 27). HealthyChildren.Org.