

Be ready to tackle any weather change

- By Althea Shah, Fitness Expert - Énergie Fitness India

Are you constantly being affected by the weather change. Do rainy mornings, cold nights, hot sunny days trouble you and make you sick.

A change in seasons need not mean a change in your health

Sudden weather changes can create havoc with your regular routine, but should not put a stop to all your activities. In most cases, any change can cause allergies leading to cold, cough, sneezing and running nose. Some may even experience body aches and joint pains.

Climate changes can cause health problems, but let's try and prepare our mind and our bodies to deal with any change in the weather and build our immune system to withstand the change.

Be prepared

You need to follow a healthy lifestyle to ensure you do not get effected with minor changes.

Be updated with weather forecasts

You should keep a journal and understand predictable season changes. If this is not possible, keep a check on the news bulletins. This can be important if you are planning a special event, trip or function.

Extreme cold weathers - Your eyes, lungs and the mucous membranes in your nose dry out in a low-humidity environment. This lowers your immune system and you can get attacked by viruses. Viruses tend to multiply more easily in colder temperatures.

Extreme hot weathers - You can end up losing water as you tend sweat more. It can badly effect your gastrointestinal (GI) tracts.

What should you do

Eat Right

Eat a Balanced Diet. Your body will perform well when it is given the best fuel. Include whole grains, fruits, fresh vegetables and dry fruits that can keep you energized throughout the day. Include protein in your diet from lean meat, fish, eggs and pulses

- Avoid junk food and processed meals as they can invite health problems and allergies.

Drink up, Stay Hydrated

Drink at least 2 litres of water on a daily basis. Increase that to 3 litres if you have a high activity level, travelling outdoors or exercising. Drink even if you are not thirsty. Water helps getting rid of toxins and keeps you healthy.

Add fresh fruit juices rich in vitamin C; this will increase your immunity and fighting ability.

Add coconut water or warm drinks like green tea or soups.

Do regular gargling with plain water. You can kill germs before they start effecting your respiratory tracts.

- Don't drink alcohol, it will make you feel warm even though you are losing heat.

Keep your surroundings clean

Maintain good body hygiene; keep washing your hands.

Dress right

Wear light cotton clothes when it is hot. Cover your eyes, head and arms when out in the sun. Wear extra layers of clothing if it is cold.

Rest

Get a good sleep to get rejuvenated. It is very important to give your body good rest to help recover from the day's activities.

Get professional advice

Keep a note of any ailment or problem you have as soon as you notice it.

Take professional advice, don't neglect minor issues. A small issue may soon start flaring up.

Don't forget to take your regular prescribed medications.

Get a preventive vaccine where available.

Workout

Keep moving to keep your body warm. Walk, run, dance, skip, swim, play sport or go to a gym. If you can exercise in the open, go ahead and use the opportunity.

Workout at least 3 times in the week for 30 – 45 minutes. Even 15 minutes is good and will give you benefits.

Bad weather can get you down, so team up with a friend or a group of friends and plan your activities together. That will improve adherence to your workouts and you will feel good to workout with good company. You could join a club or gym and make friends so you will be more regular. Plan activities that you enjoy.