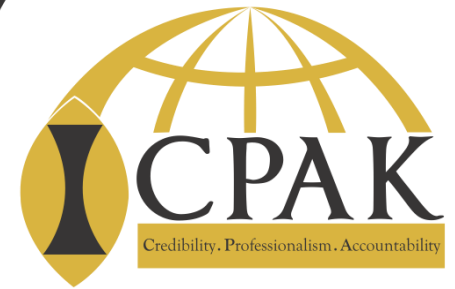




HEALTH AND WELLNESS FOR THE BUSY WOMAN

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LET'S GET UP

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IT'S YOUR HEALTH THAT
IS YOUR TRUE WEALTH,
NOT SILVER OR GOLD

-Gandhi

WELLNESS



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Top pain points



1. Stress and anxiety,
2. Weight/BMI/waist size,
3. Body- and self-image,
4. Financial security,
5. Emotional and mental state,
6. Work-life balance,
7. Medical challenges, and
8. Fitness.



WHAT WAS THE NUMBER ONE THING THAT
WAS VOTED AS MOST HELPFUL IN DEALING
WITH ALL THIS PAIN POINTS?

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FITNESS



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Let's talk numbers



- 1 out of every 3 adult women in Nairobi is overweight or obese.
- -Results of Poor food choices are now the number one killer of humans on the planet, now above cigarette smoking!
- - 1 of 4 kenyan adults is hypertensive, with obesity and sedentary living being the biggest risk factors.
- 4 out of 10 Cancers can be prevented through Lifestyle change

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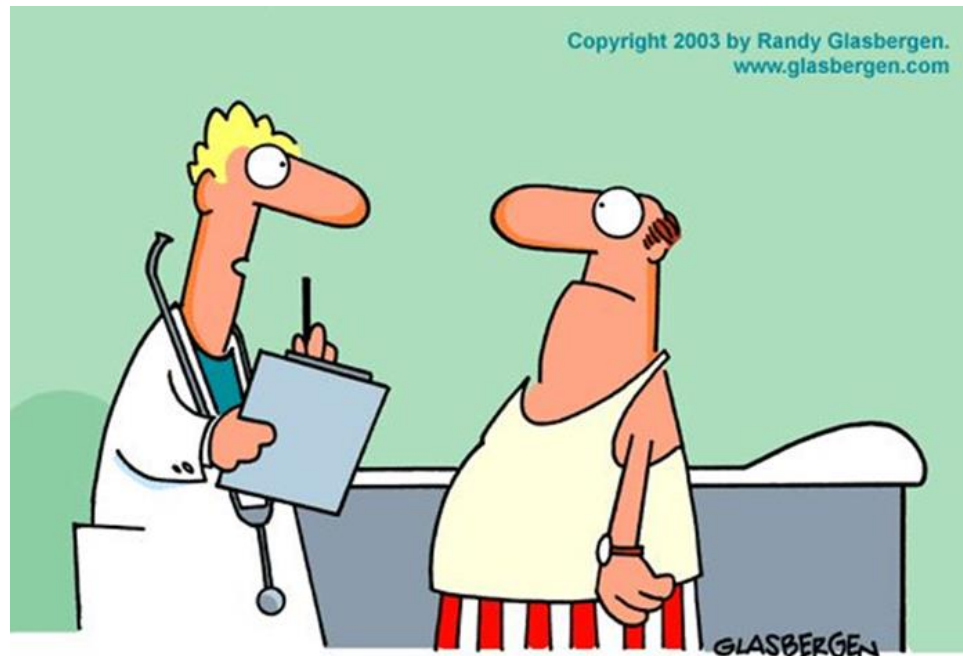
THE BIG WHY



- THE LIFESTYLE OF A BUSY PROFESSIONAL WOMAN
- PHYSICAL INACTIVITY
- JUNK FOOD
- FORAGING
- SCREENS at work, SCREENS at home and SCREENS in between.
- THE MODERN Handling of PREGNANCY

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THE BATTLE IS IN THE MIND – CHANGE ATTITUDE ON PRIORITIZING HEALTH



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

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INCREASE PHYSICAL ACTIVITY

- use stairs instead of the lifts
- park some distance from the office, walk the rest
- be involved in physical work at home, gardening, mowing grass,
- play with the kids outdoors, family outings in the parks etc.
- brisk walking, jogging, cycling, dancing, swimming. Whatever you enjoy
- home based structured exercise program – no excuses
- gym if its your thing, Zumba, rumba, step aerobics etc.

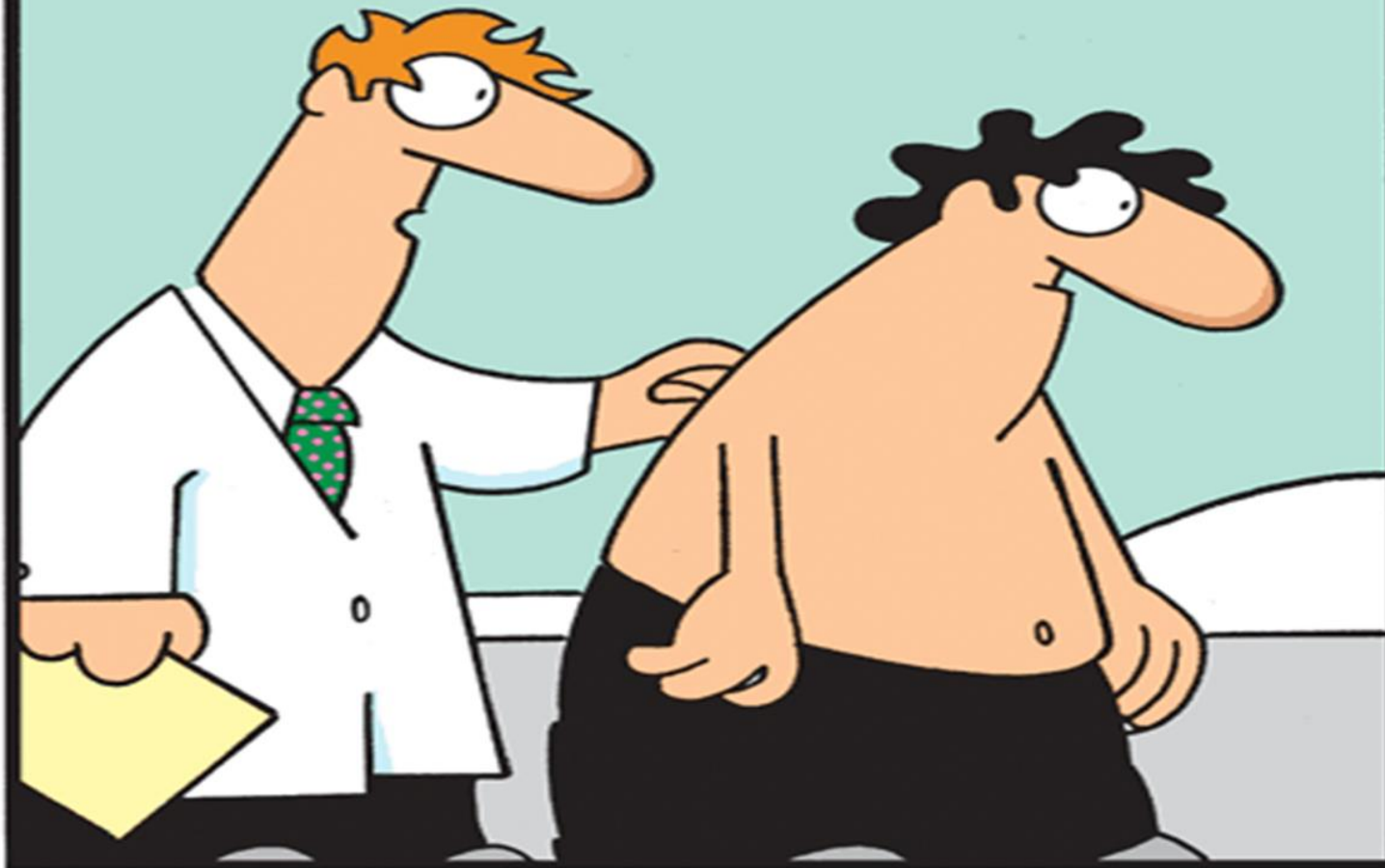
Sitting = Smoking



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“It’s not a rash, it’s moss. You need to start being more active than a tree.”



Let's talk diet



- No need for drastic fad diets
- Detox
- Body wrap
- Slimming tablets
- Simple diet modifications are more sustainable and achieve long lasting results

The UNHOLY Trinity



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SUGAR, The BIGGEST culprit



- The Trouble with Sugar, let's talk hormones
- Hidden Sugars
- Sugar and Metabolic Syndrome

Simplicity births Consistency



- What is a prudent diet?
 - Correct portions
 - Correct proportions
 - Correct frequency

- Make your kitchen junk free
- Reward yourself!.....Non food rewards!

Let's boil it down to only 2 things:

- If You Start to Move More Today, and Deal with Simple Sugars.....it will go a Long way in your Wellness Journey.



- **You Cannot OUTSOURCE Your Wellness**
- **Take care of your body, it's the only home you have**
- **Start Small, Start with What you have, Start Today!**

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