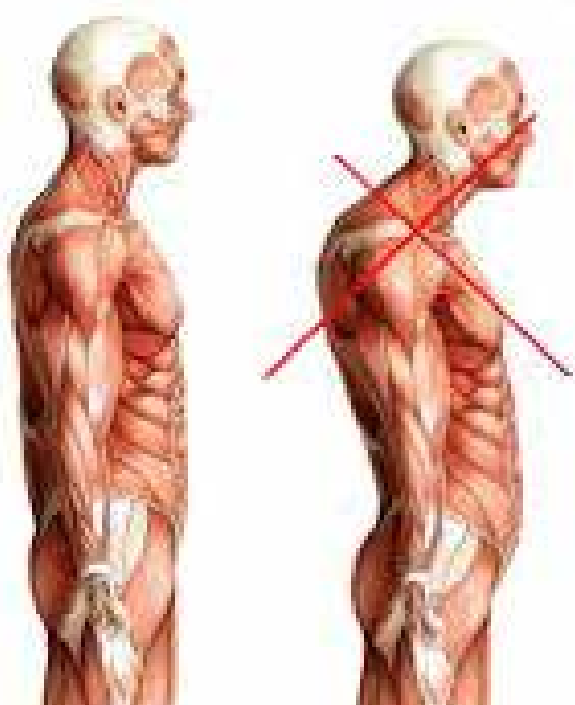


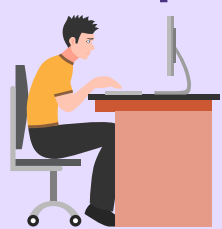
Why Muscle Health Matters



▶▶ **Dear QT's**
 In our demanding field, neglecting physical well-being impacts performance. Muscle health is crucial for productivity, focus, and long-term health, especially under IT stress.

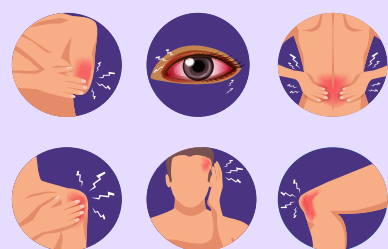
Strong muscles support **good posture, reducing discomfort** and **improving concentration**. It enhances energy, mood, and resilience, directly counteracting stress-induced tension. Ignoring muscle health leads to **chronic pain** and **musculoskeletal issues**, hindering your effectiveness.

The Impact of Our Work Style:



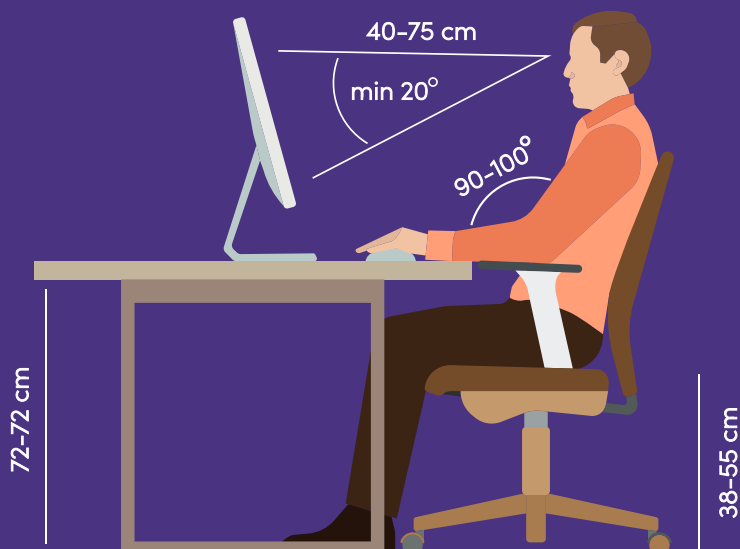
- **Prolonged Sitting:**
 Causes poor posture (kyphosis, forward head), reduced circulation, and muscle stiffness, increasing injury risk.

- **Repetitive Strain Injuries (RSIs):**
 Common in IT (carpal tunnel, tendinitis, neck/back pain, eye strain), significantly affecting work ability.



Practical Muscle Care Strategies (Small Investments, Big

Ergonomic Workspace and regular movements are mandatory, which means you should have adjustable chair (height, lumbar, armrests), eye-level monitor (arm's length), ergonomic keyboard/mouse (wrist rests) and sufficient desk space (consider standing). Move whenever you can! even small movements help.



Stress Management: Practice simple relaxation like deep breathing to release muscle tension.

Simple Exercises & Essential Fuel for Peak Performance:

Stretching:

Regular stretching improves flexibility and reduces tension. Incorporate desk stretches (neck, shoulders, wrists, back, legs).

Strength Training:

Builds muscle and improves bone density primarily. Try bodyweight exercises or resistance bands.

Cardios:

Enhances blood flow for muscle recovery and overall health




Crucial Nutrients for Muscle Health:

Protein:

The Building Blocks. Protein provides amino acids, essential for repairing and building muscle tissue. Adequate intake, distributed throughout the day, supports muscle protein synthesis, especially after activity. Without enough protein, your body breaks down muscle (catabolism), leading to reduced muscle mass and strength, weakness, fatigue, difficulty with physical tasks, and impaired recovery from exertion, increasing the risk of overtraining.



 **Remember 1 gm per one kg of your weight is your daily requirement of protein. Legumes, makhna, egg, lean meat or dairy products. Eat whatever you can digest.**

Who would have guessed water is important for muscle! But it is. The Lubricant and Transporter.

Muscles are largely composed of water, vital for cell volume and proper function. Water maintains electrolyte balance (critical for muscle contraction), transports nutrients for repair, removes waste products, regulates body temperature during activity, and lubricates joints for smooth movement. That's why when you are dehydrated, you get muscle cramps.



Your Body

Your Essential Infrastructure.

Fuel It Right.

Prioritizing muscle health through movement, proper ergonomics, stress management, and especially adequate protein and hydration, enhances productivity, focus, and long-term well-being. Implement these strategies for a healthier, more effective, and resilient career.

For doubts and queries, please reach out:

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