

BODY & SOUL

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KICKSTART THE YEAR WITH THE RIGHT ATTITUDE

"PRODUCTIVITY IS NEVER AN ACCIDENT IT'S THE RESULT OF A COMMITMENT TO EXCELLENCE, INTELLIGENT PLANNING & FOCUSED EFFORT."
(PAUL MEYER)

Everyone wants more time and that is something most of us share. Time is the most valuable resource and when you learn how to make your time work for you and how to get the most out of it you experience life differently.

Improving how you manage your time is one of the biggest gifts you can give yourself it's a real game changer in your work, business and personal life.

Therefore, kick start this year with a change in attitude, start by implementing small changes in order to allow yourself to evolve at a speed that you still feel in control. Here are five changes to help you adapt a more positive and productive lifestyle:

1. Master your mornings

Wake up early and get yourself into the productive mindset with your routine by starting your mornings either with meditation, exercise or visualization. A healthy breakfast is important to fuel your day with the right proteins and energy. Your health is everything when it comes to productivity, what you eat directly affects your productivity.

2. Realistic schedules

Why plan something at a time when you know it will be hard to rise to the challenge? Schedule tasks that require focus and concentration for those times of day that you feel the best and you will find it's easier to follow through and you will be at your best to perform. Be more realistic when scheduling your tasks and set yourself up for wins.

3. Drink more water

60% of the human body is made up of water, keeping hydrated is crucial for health and well-being. Drinking water has so many benefits- it boost skin health and beauty, delivers oxygen throughout the body, helps with weight loss, improves the digestive system, helps maintain body temperature so much more. Water is an essential part of a healthy life and productive lifestyle.

4. Get enough sleep

Many people neglect to understand the importance of a good night's sleep. When you don't rest well, you compensate by eating more and usually its junk food. Also lack of sleep causes premature aging and mood swings. A lack of sleep also increases disease risk in both adults and children. In contrast a good night's sleep can help you eat less, exercise better and be healthier.

5. Love yourself

Self-love is a crucial part of living a healthy and productive life. When you have a negative self-image, it naturally weighs down on your mental outlook and health. Love yourself enough to build the right confidence that you need to reach for your goals and face adversities that you might encounter. When you love yourself, you develop contentment and ability to accept the things that you cannot change and change the things that you have control over. When you love yourself you ultimately become a better person in your private life and work life.

Reference: health.com:45 tips to a healthier life, Celestine



IN FOCUS CORONAVIRUS

ALL YOU NEED TO KNOW ABOUT SYMPTOMS AND RISKS

Countries around the world are stepping up efforts to tackle a new coronavirus that originated in China's Wuhan city. The World Health Organization has declared a global health emergency over a new coronavirus that has killed at least 490 people in mainland China following an outbreak in the central Chinese city of Wuhan. More than 32,000 cases have been reported worldwide, most of them in China's Hubei province.

Coronaviruses are a family of viruses that cause illness ranging from the common cold to more severe diseases such as SARS and Middle East respiratory syndrome (MERS).

Chinese health authorities are still trying to determine the origin of the virus, which they say likely came from a seafood market in Wuhan where wildlife was also traded illegally.

What are the symptoms?

Signs of infection include fever, cough, shortness of breath and breathing difficulties. In more severe cases, it can lead to pneumonia, SARS, kidney failure and even death.

The incubation period of the coronavirus remains unknown. Some sources say it could be between 10 and 14 days.

Some experts say it may not be as deadly as other types of coronavirus such as SARS, which killed nearly 800 people worldwide, more than 300 in China alone

Cases have been reported in China as well as Japan, Thailand, Singapore (24), South Korea, Australia, Germany, as well Vietnam, USA, and Malaysia. So far, no cases in Africa have been reported yet.

Basic protective measures against the virus

1. Wash your hands frequently with an alcohol-based hand rub or soap and water.
2. Practice respiratory hygiene: When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – discard tis-

Asian coronavirus outbreak

Coronaviruses are a family of viruses common in animals, with the newest deadly strain (Novel Coronavirus) identified in Wuhan, China. Now there are reports of the virus in nearly a dozen countries including the U.S.



*Symptoms reported

Transmission

Coronaviruses are zoonotic, meaning they are transmitted between animals and people.

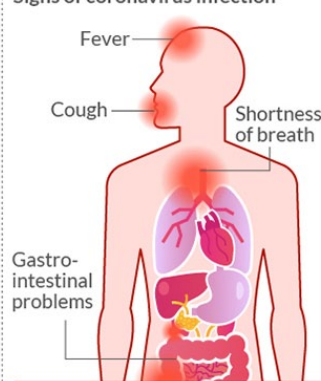


Human-to-human transmission:

Coronaviruses are most commonly spread from an infected person by:

- Coughing and sneezing.
- Close personal contact, such as touching or shaking hands.
- Touching an object or surface with the virus on it, and then touching your mouth, nose, or eyes before washing your hands.
- Fecal contamination.

Signs of coronavirus infection



Severe cases

- Pneumonia
- Severe acute respiratory syndrome
- Kidney failure
- Death

sue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water.

3. Maintain at least 1 metre distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.

4. If you have fever, cough and difficulty breathing, seek medical care early. Tell your health care provider if you have traveled in an area in China where 2019-nCoV has been reported, or if you have been in close contact with someone with who has traveled from China and has respiratory symptoms.

5. If you have mild respiratory symptoms and no travel history to or within China, carefully practice basic respiratory and hand hygiene and stay home until you are recovered, if possible.

6. Ensure regular hand washing with soap and potable water after touching animals and animal products; avoid touching eyes, nose or mouth with hands; and avoid contact with sick animals or spoiled animal products. Strictly

avoid any contact with other animals in the market (e.g., stray cats and dogs, rodents, birds, bats). Avoid contact with potentially contaminated animal waste or fluids on the soil or structures of shops and market facilities.

7. Avoid consumption of raw or undercooked animal products. Handle raw meat, milk or animal organs with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.



Mummy-to-tummy

Taking care of you and baby while you're pregnant

What is prenatal care?

Prenatal care is the act of having a healthy lifestyle while you are pregnant. This includes making good choices and going to the doctor for regular visits. You are more likely to have a healthy birth if you maintain a healthy pregnancy.

Schedule an appointment with your doctor as soon as you find out you are pregnant. Your doctor will start by reviewing your medical history. They also will want to know about your symptoms. At each visit, the doctor will record your weight and blood pressure. These measurements help to track your health during pregnancy.

Urine and blood samples will be taken on the first visit and again at later visits. Urine tests check for bacteria, high sugar levels (which can be a sign of diabetes), and high protein levels (which can be a sign for preeclampsia, a type of high blood pressure during pregnancy). Blood tests check for blood cell count, blood type, low iron levels (anemia) and infectious diseases (such as syphilis, HIV, and hepatitis).

After your first visit, you will have a prenatal visit every 4 weeks. In months 7 and 8, you will have a visit every 2 weeks. In your last month of pregnancy, the visits will occur each week until you deliver your baby. At each visit, the doctor will check your weight and blood pressure and test your urine. The doctor will listen to your baby's heartbeat and measure the height of your uterus in your abdomen after the 20th week. You should always discuss any issues or concerns you have with your doctor.

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Heart-Healthy Recipes for a Sweet Valentine's Day

Chocolate Raspberry Parfaits

Ingredients

FOR THE RASPBERRY CREAM:

- 2 cups fresh raspberries
- 3 tablespoons pure maple syrup
- 1 (12-ounce) package firm silken tofu
- 1 tablespoon fresh lemon juice

FOR THE CHOCOLATE CREAM:

- 1 (12-ounce) package firm silken tofu
- 1/3 cup unsweetened cocoa
- 1/4 cup pure maple syrup
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon sea salt

GARNISH:

- 1/2 cup fresh raspberries, for garnish



VEGAN
chocolate
raspberry
parfaits

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Instructions

To make the raspberry cream, combine the raspberries and maple syrup in a small saucepan. Cook over medium-low heat until the raspberries start to break down, about 10 minutes. Transfer the mixture to a blender. Add the tofu and lemon juice, and blend until smooth and creamy. Transfer to a bowl, cover, and refrigerate the mixture until completely cool.

To make the chocolate cream, place the tofu, cocoa, maple syrup, vanilla, and salt in a blender. Purée until smooth and creamy.

To serve, fill six (6-ounce) parfait cups halfway with the chocolate cream. Fill the ramekins the remainder of the way with the raspberry cream. Chill for 1 hour before serving. The chocolate and raspberry layers can be made separately 1 day ahead and then assembled to serve.

Just before serving, garnish each ramekin with a few of the fresh raspberries.

FUEL UP - DON'T FLU UP

Get vaccinated to fight the winter blues

Winter is fast approaching and so too is the flu season; hence this timely reminder to get vaccinated against the flu virus before it's too late. Vaccination is the single most effective way of preventing the spread of flu in the workplace and in our community and getting vaccinated now will protect you before the peak flu period, which is usually around April to July. High risk individuals include:

- The elderly, 65 years and older.
- Children from 6 months to 5 years.
- People who are HIV positive.
- Those who are predisposed to medical conditions.
- Health care workers or caregivers of children and adults with health conditions.
- Pregnant women (consult your doctor).

Is It a Cold ... or the Flu?

Uh oh. You're getting that achy feeling in your joints, your throat is scratchy, and you can't seem to get warm. There's no doubt you're getting sick, but is it a cold or the flu—and does it even matter? "The flu generally comes on more quickly and body aches are a prominent feature," says **Matt Nimer**, a physician assistant specializing in family medicine at University of Utah Health Care. "The flu can cause other health issues, so it helps to know the difference." Here's a quick guide.

Symptoms	Cold	Flu
Body aches	Not usually	Almost always, often severe
Congestion, runny nose, sore throat, sneezing	Almost always	Sometimes
Exhaustion	Sometimes, but never extreme	Almost always, usually extreme
Fever	Not usually	Almost always
Headache	Sometimes	Usually
Location of symptoms	Above the neck	Entire body
Typical duration	About a week	One to three weeks

Doc or Not?

"If you think you have a cold, in most cases it's OK to treat symptoms and wait it out for a week," Nimer says. But if your condition worsens or you think you have the flu, visit your doctor right away. "There are prescription medications that help, but they need to be taken within 48 hours of symptom onset."

BEST HOME WORKOUT EQUIPMENT



AB CARVER ROLLER

The ab roller is one of the most popular forms of gym equipment because it is affordable, portable, and it works. Who doesn't love the look of tight, lean abs? Now, you can finally get rid of that muffin top. Yet, standard ab crunches can quickly hurt your back. With this ab roller, you can ensure perfect form while whittling away that tummy butter.



EXERCISE BALL

Using exercise balls while exercising can provide some amazing benefits such as back and spine health, core stability/strength, better posture and muscle balance. The ball engages the abdominal muscles which in turn will burn more calories. However, be careful if you already suffer from back pain.



INDOOR CYCLING

Prepare to drip with sweat, get your blood pumping, and want to come back for more. Indoor cycling help you shed fat, improve your heart health, and boost your muscle endurance. Your legs will get a serious workout.



RESISTANCE BAND

Free weights will feel heaviest at the beginning of that arc, while resistance bands make your muscles work harder at the end of the arc (when the band is most taut). Either way, your body is moving against resistance, and that will give your muscles an effective workout.