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# Lethargy, The New Silent Killer!

*By Gul Mohamed.*

While Bangalore has hit the headlines for the opportunities it presents in the IT sector, it has also made news for some very wrong reasons.

## **Bangalore City is also notorious for**

- The high incidence of blood pressure
- diabetes cases prevalent among its IT-savvy youth.

## **Why are Bangaloreans increasingly falling prey to these two often-avoidable conditions?**

*One of the major reasons is the lifestyle working in this city entails.*

- With long hours in offices
- Traveling time increasing by the day, there is
- Hardly any time for workouts. Another major barrier to working out and getting fitness levels up is tougher to battle.
- It's the mind barrier. After a hectic day in office, a great many just don't have the motivation to change into their tracks and hit the gym. Sadly, many office gyms shut shop well before even dinner time.

## **So how do you overcome this lethargy? How do you develop the will to workout daily and stay fit as a fiddle?**

*Study your health scene as it is, and not as you imagine it to be. Keep all the required medical reports before you. And ask yourself honestly, where you will find yourself three years from now, if you continue with your current life style. If the situation is grim, you need to take some stern remedies. If required take help from a competent friend.*

*First of all, sit down and do an in depth analysis.*

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**Lethargy**, is not to be underestimated. It could be the single most important cause to crash land your dreams. It is yet to be addressed as a problem by most people, in this part of the world! Lethargy has two sides to it,

- Physical
- Mental.

The physical angle leads to general laziness, making excuses to put off work and the craving for more sleep than the body actually needs. The mental lethargy spreads negative emotions like hopelessness, despair and loss of interest in work, family, relationships and even in life.

The cure for lethargy and fighting laziness, depression is success!

Now that we have analysed the situation and how it can effect us, let us rock the boat.

- 1 Find new friends, who are achievers.
- 2 Hang out with them.
- 3 Find out from where they get their inspiration.
- 4 Ask for guidance or pointers, and go forth on your journey towards progress.



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Sit down and imagine your success. Whether its that new car that you see your self in, the posh new flat that you always wanted to live in, or the promotion / new job that you yearned for. Or, a combination of all these and your talk with the parents of your heartthrob.

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5 If you are hanging out with only the techie crowd, to infuse new angles to your thinking hang out a different set of people who are not techies. And get their perspectives on your situation, and you could get different angles to solve your puzzles.

#### 6 **Combat Physical lethargy**

Visualise your success.

- Lets say you have a paunch. Stand in front of the mirror and imagine your self with flat abs and a good toned body. Imagine the compliments you will receive from your friends, colleagues, relatives and the envious glances from your silent admirers.
- Join a gym, if your are already in a gym, ask for a different instructor or if things are not working out, just go to a better gym. And work out sensibly. A well planned work out for 75 minutes with the right amount of cardio and strength training should get you there.
- Make fitness a life long commitment, there are no short cuts.

#### 7 **Fight Mental lethargy:**

- Sit down and imagine your success. Whether its that new car that you see your self in, the posh new flat that you always wanted to live in, or the promotion / new job that you yearned for. Or, a combination of all these and your talk with the parents of your heartthrob.
- Sit in with a senior colleague or mentor and chalk out your plan on the course of actions to achieve your target.
- Stay focused, achieve success and move on to implement your next dream.

As each one of us make our own headlines, someday the city will too, for the right reasons, this time.