



# Health & Fitness



pg 18 Help teens to stay active by encouraging them to exercise

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pg 20 Want skin that glows like the stars? Find out how the celebs care for their skin

Afternoon Despatch & Courier

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# TEEN TROUBLE

From hormonal imbalances to changing bodies, teenagers don't have it easy. **Dev Goswami** and **Rhea Dhanbhoora** tell us how to deal with the difficulties of being a teen and how parents can help out



<< Poking and prodding at acne causes it to spread across your face. So, don't stress out about the occasional pimple and let it settle on its own

Images: Shutterstock

**A**s you enter your teenage years your body starts undergoing changes that are both physical as well as mental. You are embarrassed to have pimples on your face and it doesn't help that your best friend is completely zit free! Your hormones are acting up like never before and you're confused about your body and the changes it's going through. Being a teen is hard work. But, you're not alone and there are many things you can do to ease the transition...

## THE WORRY

As a teenager, you're going to face a lot of stress, worry and bouts of anxiety about your body and the way you look. Here are the most common things you may be worried about and how you can ease the stress by dealing with them correctly:

**ACNE** All teenagers suffer from spots and acne at some point or the other. The causes may be genetic or hormonal.

**Deal:** If you have mild acne, wash your face with a medicated face wash to keep your pores open and remove excess oil. Don't touch your face too much and keep your mind free from stress. Most of the time, over-the-counter topical creams will work but if your acne is too severe, you might need oral antibiotics, prescribed by a dermatologist.

**BODY IMAGE** Am I too fat? Too thin? Why don't I have a moustache yet? There's an endless stream of questions buzzing through your mind as you stare distastefully into your mirror. Teenagers develop low self esteem due to peer pressure and not "fitting in." This can lead to depression and even antisocial behaviour.

**Deal:** It's important to understand and love your body. As it is. If you think you are steering in the wrong direction, take steps to correct it but don't go overboard. Do not try to drastically change the way you look just to fit in with the crowd.

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## Education & Career

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### Taking action

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## VOICES

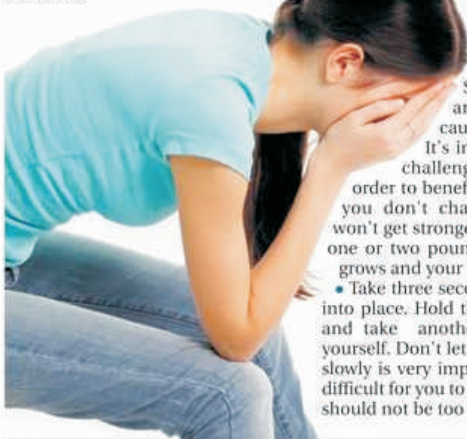


"I'm fresh out of my teenage years so I think in a way I'm still dealing with the problems. I was never inflicted with too much acne but I let the little that there was fade away on its own. I do have oily skin so I try to wash it often and keep from touching my face."  
Rahul Sawan, 20



"I was lucky to have relatively clear skin as a teenager. I took good care of it and I had a proper cleansing routine to keep acne at bay. I had blackheads which are still a bit of a problem but apart from that my skin is quite dry, so moisturising was important for me."  
Binaifer Patel, 22

« Teenage years may be filled with fights, breakups and all sorts of problems so teens need to get ready to balance the stress



« Continued from pg 13

Focus on what you like about your body instead of what you want to change.

**WEIGHT STRUGGLES** Problems such as obesity are prevalent in teens and it's hard to keep them in check. Lack of exercise and inactive lifestyles are to blame for this. To keep your weight in check, make sure to include physical activity daily. Cycling with friends and going for walks is a great way to stay active and still have fun. Turn to page 18 for more tips.

**Deal:** Don't starve yourself if you think you're too fat as it might lead to an eating disorder. On the other hand, overdosing on junk food and chocolates because you want to put on weight is not advised either. Eat well-balanced meals and limit your visits to fast food joints.

## GET ACTIVE

This is the most vital time for teenagers to keep up daily physical activity. That's because as they get older the amount of exercise they get drops, starting at age 13 for girls and 15 for boys. In addition to health benefits such as weight management, physical activity can increase self esteem as well. Around an hour of exercise is recommended for children that are 13-18 years old. Team sports are a great option and a natural choice for children who have taken part in them already. However, teens tend to drop out of sports due to pressure in school or college, so a parent's encouragement can be a big help.

Vice President & Fitness Expert from Gold's Gym, Althea Shah says, "It's important to let children choose their activity as they are flexing their independent thought muscles at this age. Another good idea is to have your child plan group activities with friends. This way they can still get in their social time, which is a reason exercise stops in this age group." Here are few tips teens should keep in mind before starting with their exercising routine:

- Do strength exercises for your major muscle groups twice a week, but vary the exercises so you don't work the same muscle group two days in a row.
  - Lift a lower weight the first week, and then gradually build intensity. Starting with weights that are too heavy for you can cause injuries, so be careful. It's important to gradually add a challenging amount of weight in order to benefit from strength exercises. If you don't challenge your muscles, you won't get stronger. You can build up to using one or two pound weights as your strength grows and your body adapts to exercise.
  - Take three seconds to lift or push a weight into place. Hold the position for one second, and take another three seconds to lower yourself. Don't let the weight drop, lowering it slowly is very important. It should feel a bit difficult for you to lift or push the weight, but it should not be too heavy.

« Don't despair if you don't have facial hair yet as some teens develop later



## MATTERS OF THE MIND

Apart from diet and exercise, what is important is ensuring that mental health is not ruined at this stage. Teenage years are when you are transitioning from a 'child' to an 'adult'. The phase sees a sense of identity being formed and any harm caused to a teenager's mental make up can have long term consequences. Dr. Devaunshi Sampat-Shah, a counseling psychologist from Fort, explains, "A sense of identity gets formed during these years and teenagers start developing an 'I-will-make-my-own-decisions' attitude. But, the responsibility that accompanies this attitude is often lacking. So, the responses that they get from adults may be mixed and cause confusion and stress." It is this confusion which leads to conflicts between parents and their teenagers. Teenagers also face a lot of stress when it comes to performing well in exams and in the form of peer pressure. Dr. Devaunshi says that teenagers can stop themselves from falling into unhealthy habits by keeping a check on themselves. She says, "You may say 'I only have one cigarette a day' or 'I have self control and don't need a condom,' but you are walking a tight rope and will not realise when you fall off it. And by the time you do, it may be too late."

Parents and the company they keep play a huge role in framing teenager's choices for the rest of their lives. Parents should accept that their child is growing up and needs to be handled differently (see box). But, teenagers need to be conscious of the choices they make and should be responsible for them as well.

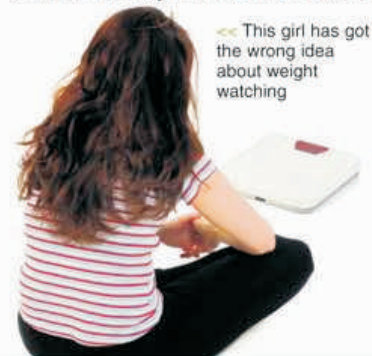
- Include strenuous aerobic exercises in your routine. You can swim, cycle, walk or run but make sure that you wear proper gear when indulging in any form of exercise.
- Don't exercise too much. Make it part of your daily routine — walk instead of taking a bus or walk up the stairs. Remember not to exercise after a meal or on an empty stomach.

## EAT RIGHT

Nutritionist and owner of InteGYM Madhuri Ruia tells us what foods teenagers should include in their diet in order to stay healthy and keep problems such as acne and unnecessary weight gain or loss at bay:

- Muesli with milk is a good way to ensure that a teenager gets a healthy breakfast with lots of nutrients such as vitamin B and calcium.
- Healthy proteins such as skimmed paneer, tofu, large beans such as chana and rajma, chicken and fish are all important for growth.
- Nuts such as almonds, walnuts, groundnuts, cashewnuts and pumpkins seeds provide adequate omega nutrition and help improve your skin as well as your hair.
- Fruits such as apples, oranges, strawberries, watermelon and papaya offer a lot of nutrition and energy
- Leafy greens as well as other vegetables are a good source of vitamins required for your hair, skin and nails.

« This girl has got the wrong idea about weight watching



**PARENTAL ROLES** Dr. Devaunshi gives us a few points that parents should keep in mind while talking to their teenage children:



- Understand that your child is going through changes, with patience.
- Evaluate their demands and have a discussion before giving them an answer. Their reaction should not influence your decisions.
- Do not get emotional about fights. You and your child will end up having arguments, but understand that both of you need to cool down. Do not carry on the discussion until both of you can talk in a less emotional way.
- Your teenager will use sentences such as 'You always do this' or 'I never get to do what my friends get to do.' Do not get provoked by these statements and bring the discussion back to the issue being discussed.
- Stay focused on solving the problem at hand rather than playing the blame game.

## « TOP 5: BENEFITS OF BEETROOT

Cooked or raw, this humble root vegetable has a host of benefits. Read on to find out more about why beetroots are so good for you...

### ANTI-CANCER

Beetroot is used as a traditional treatment to help treat leukemia. It contains an amino acid called betaine which has anti-cancer properties. Red beet therapy, which involves consuming approximately a kilo of raw, mashed beets ever day, has been favourably reported to help cases of leukemia and tumours. Beet juice can also help inhibit the development of colon and stomach cancer.



### STRESS

When eaten regularly, beetroot can also help prevent certain oxidative as well as stress related disorders.

### HEART FRIENDLY

The fibre in beetroot helps reduce cholesterol by 30 to 40%, and helps normalise blood pressure and maintains the elasticity of arteries. The iron content of beetroot makes it a powerful blood cleanser.

### DURING PREGNANCY

Beetroot is recommended for pregnant women because it contains folic acid that can help lower the risk of neural tube defects in newborn infants.

### OTHER PROBLEMS

Beetroots can also help with problems such as headaches, toothaches, dysentery, skin problems and menstrual problems.

— Henna Achhpal