

Sawayaka Health Plan for 55-yers old people

Q

&

A

About physical exercise



Q. If you know a video of a simple exercise that I can do at home, please advice me.



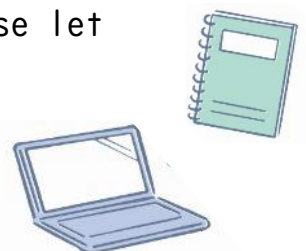
A. The video of the major sporting goods company "Mizuno" is recommended. In addition, employees of Bosch Corporation can watch the video of workplace exercises (standing position Ver 3 minutes, sitting position Ver 4 minutes) on the intranet. Please introduce the exercise into your daily life and by using it solve the lack of exercise.

It is said that "Based on the social impact of Covid-19 infection, the company created the exercise video to bring energy to people with the power of sports. Please take advantage of it!



Q. Can the materials be viewed somewhere?

A. We will send back the PDF file materials by e-mail to the people who responded to the invitation mail until the day of participation that they participate the workshop. If you have not received the materials, please contact the Health Promotion Center e-mail address [h_center@bosch-kenpo.or.jp]. If you would like to receive paper materials, please let us know.





Q. If you have any precautions regarding food additives, please advise.



A. Since food additives are contained in most products sold at supermarkets and convenience stores, it is difficult to avoid them completely, but I would like to tell you the points to keep them as low as possible.

Point1

Choose a product by looking at the raw material label without being confused by the convenience of the seller!



- Low cost and mass-production is possible by using additives without difficulty and time. There are good reasons for cheap things.
- Be careful conversely when "additive-free" or "preservative-free" are displayed and confirm the display. Another additives that have the same effects might be added.

Point2

Think out how to avoid ingesting as much as possible and take out even if you ingested!

- Boiling processed products such as ham and bacon about 10 seconds before eating can remove additives such as phosphates and coloring agents considerably.
- Taking in dietary fiber (vegetables, seaweed, mushrooms) and fermented foods (pickled bran, miso, natto, etc.) a good amount make your intestines regulated and raise their excretion and immune function.



If you get nervous, you won't know what to eat, but these have the great advantage of preventing food addiction.

Since they will make your life more convenient and enriched, so let's get along them well.



About body



Q. What are measures to prevent dementia? It would be grateful if you could advise me what kind of life I should lead and about what kind of things I should be careful in daily life ?

A. It is said that 40% of the causes of dementia can be corrected by improving life. In middle age (45-65 years old), high blood pressure, heavy drinking of alcohol, obesity, etc. are recognized as the causes. Another cause is hearing loss and head trauma.

From the perspective of preventing dementia, it is important to prevent lifestyle-related diseases and prevent obesity. Also, as we get older, social isolation also leads to a decline in cognitive function, so starting to participating various communities from now on may also lead to its prevention.



Q. I wanted to know the cause of the rapid rise in neutral fat.

A. Neutral fat tends to be affected by diet. Therefore, if you eat a high-fat diet or consume excessive alcohol the day before the test, it may rise sharply. In addition, eating more than needed or gaining weight suddenly is also a cause of the increase.



If you can't think of any other reason, or if the neutral fat value don't change even though you improve your life, illness may be hidden. To be on the safe side, it may be a good idea to go to the internal medicine / endocrine department to check your physical condition.



About teeth and mouth



Q. Is it okay to brush my teeth immediately after eating?
If not okay, how much time should I wait?

A. Whether or not brushing your teeth immediately after eating depends on the condition of your mouth and your eating habits. As mentioned in the lecture, the mouth becomes acidic after eating. Therefore, if you feel uneasy about brushing your teeth immediately after eating, it is a good idea to rinse your mouth with water or tea for the time being and brush after some interval.



It is said that plaque can be formed about 8 hours after eating, and the adhesive strength gradually increases in the process of its formation. As time goes by, it becomes harder to remove, so it is not good to take too long interval after eating.

Some people may be able to brush their teeth immediately after eating, while others may be advised to take a interval. If you want to take the interval, though it is a rough guide, I think it would be good if you could polish your teeth within 30 minutes to 1 hour after eating.

About mental health



Q. Though not a question, I'm always worried if I can tolerate the stress.



A.

By reading the beginning of your writing “Though not a question” I felt you have something about which you think you should not say here or which is hard to say, and I also felt your painfulness of “I can't tell it to anyone, but I want someone to hear me”. Thank you for your courage to ask me a question.

Perhaps you have the growing painfulness, anxiety, and helplessness which are rising in you and you also have the uncontrollable fear as well. Do you have anyone around you who you can consult with? You might not be able to make it open to him/her because you are keeping too close relationship with him/her. If you do not mind, please contact a nurse at workplace or the Mental Health Counseling Room of the Bosch Health Insurance Society. I think there may be possibility that you can tell more easily since they are a little far away from you.

【Contact : ① Health Counseling Room at each business site
② Bosch Health Insurance Society, Councilor (Rep) 0493-22-0890】

