



# How to live Injury Free

SABA KAMAL ON HOW TO GET THERE

# Enjoying life

I like to enjoy  
life

Live free

Live pain free

And be able  
to do what I  
want now and  
years to come

**Don't you?**

# Where are we?

- ▶ Well by the looks of it
  - ▶ I have brought my value down
  - ▶ Not because I am obese but because I can't really live the life I want
  - ▶ There are too many hiccups it seems to live my life on this planet







# Are we there – YET?

- ▶ What could this cause
  - ▶ Health issues
    - ▶ Heart disease
    - ▶ Diabetes
    - ▶ Arthritis
  - ▶ What does this mean
    - ▶ It just mean that we wont be able to get from one place to the other without hiccups
    - ▶ Meaning the car would stop in multiple places before you make it to your destination
    - ▶ It will add to your stress and prevent you from enjoying your journey
    - ▶ That's all

# What does it take to maintain a car

- ▶ Gas to run it daily to get from one place to the other
  
- ▶ And regular maintenance – oil change





# Maintaining a human body

- ▶ **Not much different from a car**
- ▶ Gas to run it – premium would make it run better, so how about fruits and vegetables
- ▶ Regular oil change/ maintenance – so lets add a little easy exercise routine
  - ▶ Every machinery you use requires some amount of maintenance
    - ▶ A phone needs software upgrades
    - ▶ A yard need fertilizer
    - ▶ Similarly humans NEED that little maintenance



# Maintaining an old car

- ▶ As the car gets older we have to do more work on it to keep it running
  
- ▶ Guess what – the human body is nothing different
  - ▶ Give it a little UMPH!



# Weather change

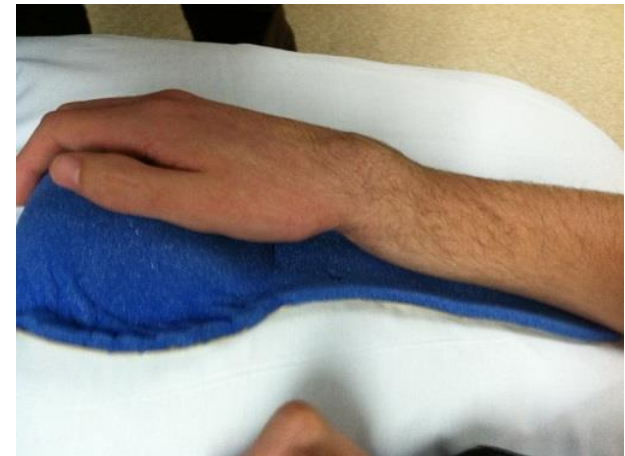
- ▶ Wonder why New Yorkers go to Florida in winter
- ▶ **THINK**
- ▶ Its to keep them moving
- ▶ You don't move you lose
- ▶ You have to keep the car running – don't you?
- ▶ With arthritis if you don't move the joint you lose that movement, and it gets painful
- ▶ Now who likes pain?





# Repair Job

- ▶ Car after an accident is not the same as the original
- ▶ A mended body will function, but will remind you of the healed areas from time to time



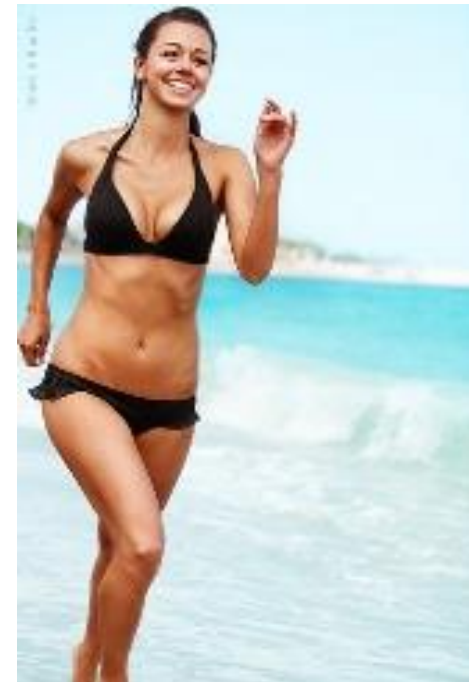
# Maintenance

- ▶ Good maintained car prevents overheating, runs smoothly for you to enjoy the ride
- ▶ Good maintained body will prevent diabetes, Heart disease and stress and prevent overheating
- ▶ Thus, lead to a fulfilling life



# Maintenance

- ▶ Well maintained car – not much to say here
  
- ▶ Well maintained body – yuhoo!





# Paint job

- ▶ Old car –paint it up
- ▶ Make up for the body too, but the spirit needs enrichment too so feed it



# Well car is car

- ▶ You can always buy a new car
- ▶ **Unfortunately, you can't buy a brand new body, so maintain what you have got.**
- ▶ **GET MOVING**

