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Is Your Digital Addiction Making You Obese?

By **Dr. Muffazal Lakdawala** (https://www.Grazia.Co.In/Autor/Dr.-Muffazal-Lakdawala) | May 12, 2019

The touchscreens are getting bigger and it's tipping the scale on our weighing machines.



The obsession with the Internet, Social media is widely prevalent worldwide. From online gaming to watching videos on YouTube to posting photos on social media, to browsing the net, people are spending a lot of their time on their phones or computers.

Our dependence on the digital platform for work as well as pleasure has led to corporates pumping in more money to reach out to their customers' online needs. This helps them reduce their logistical expenses as well. But this leads to a vicious circle that will ultimately hamper our own life.

This also leads to a more sedentary lifestyle and lack of physical activity. Add to this the fact that over the centuries we have moved from being hunters for food as in the stone age to gatherers of food in the medieval ages to the present times where food is aplenty and food choices and preferences have changed. Processed food and sugar is what today's food has in plenty. One no longer has to work hard to get their food as well, food can now be delivered right at your doorstep, by just a few clicks on your mobile.

This addiction to the internet is part of the epigenetics of a bigger problem called obesity. According to a recent study, there is a correlation between internet addiction and obesity. The study surveyed adolescents who completed socio-demographic forms, an Internet addiction scale, the Pediatric Quality of Life Inventory, the Pittsburgh Sleep Quality Index, and the Epworth Sleepiness Scale. The results showed that obese adolescents faced a high addiction rate for the internet, higher daytime sleepiness and lower quality of life. It also proved that obese adolescents indulged in less physical activity due to internet addiction. Child psychologists have warned that increased time on the phone or tablets has led to longer-term Attention Deficit Disorders, learning problems as well as growth retardation in extreme cases.

A few simple solutions to reducing one's addiction to the internet is to make sure you keep rationing your time spent on the phone or social media. Make a conscious effort to spend less time browsing Facebook, Instagram or other social media platforms. Keep your phones away during a meal and also an hour before you sleep. Commit to a healthy lifestyle by indulging in physical activity for at least 30-45 minutes daily. Eat right, healthy and don't snack on the couch whilst watching TV or your phone. Develop a hobby which is outdoor and away from your phone, like photography, hiking, a sport you like over even reading. Remember that phones and gadgets were meant to make your life simpler not complicate it further. Don't let them rule your life and health.

Dr. Muffazal Lakdawala is the Founder and Chief Surgeon at Digestive Health Institute by Dr. Muffi.

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Westside's newest collection is all kinds of feisty

By **Team Grazia** (<https://www.grazia.co.in/author/team-grazia>) | February 19, 2019

We are big fans of all things fiery and the colour red just speaks to us. Couple that with leopard prints and stripes and we are just raring to go. Here's looking at what NUON available exclusively at Westside has in store for every kind of fashionista out there.

Chic alert

If a pair of shorts speak to you on a spiritual level, then pair them with this flirty top that with tie-up detailing at the back gives it the extra 'oomph' factor.

Get this look: Animal Print Blouse – INR 999; Shorts – INR 799

Jumpsuit mania

The bright red shade of this jumpsuit is bound to make people's heads turn and the off-shoulder detail just makes it all the more desirable.

Get this look: Bright Red Off-Shoulder Jumpsuit – INR 1,499

Layer it up

We love versatility over everything else and this outfit is all about that. Wear the dress on its own or layer it over a pair of jeans and a basic tee and you'll win brownie points in the style department.

Get this look: Dress – INR 1,499; T-shirt – INR 699; Jeans – INR 999

Prints galore

Nothing says cute as much as this leopard print skater dress with its button detailing which gives you the girl-next-door vibe making it the perfect dress for any casual outing.

Get this look: Skater Dress - INR 999

Flirty & fresh

Cropped and striped, it really doesn't get chicer than this. Pair it with a pair of shorts and you are ready to paint the town red.

Get this look: Blouse – INR 999; Shorts – INR 799

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