Press Release

‘Walk with Doc’: IMA’s new National President launches programme aimed at encouraging doctors to go for morning walks with their patients

Padma Shri and Dr B C Roy National Awardee Dr KK Aggarwal was sworn in as the 88th President of Indian Medical Association yesterday

New Delhi, Dec 29, 2016: Indian Medical Association (IMA) represents over 2.7 lakhs doctors practicing modern medicine spread across its 31 State branches and 1700 local Chapters.

In an innovative step, the association has launched a campaign urging its doctors to ask their patients to join them in their morning walk routine. The move is a step towards encouraging patients and doctors to indulge in a more active lifestyle.

Padma Shri Awardee Dr KK Aggarwal, President Heart Care Foundation of India (HCFI) and National President Indian Medical Association (IMA), stated that, “Sedentary way of life is slowly but surely killing us. We advise our patients to remain active and exercise everyday but seldom do they heed our advices. By asking them to join their doctors for a morning walk can be an encouraging step in encouragement. I request all doctors to invite their patients for a walk along with them in the park. This will enable the collective benefit of the doctor as well as the patient. Moreover, it will help foster an open and friendly relationship between the doctors and their patients.”

According to WHO, approximately 2 million deaths per year are attributed to physical inactivity, making it the leading cause of disease and disability worldwide. It is also the leading cause behind cardiovascular diseases especially, in the younger population.

“Earlier the focus was on heavy exercises and intense routines like running or cardio. Now, owing to the increasingly sedentary way of living, especially in the corporate world; the focus has shifted to ‘being on the move’.

You should always find opportunities to keep moving, make it a habit to not sit still for more than half hour at a time.
While at work take a walk often or get up from your desk now and then. 30 minutes of physical activity is essential everyday”, added Dr R N Tandon Honorary Secretary General IMA.

**Following are some tips to remain active throughout the day:**

1. When there is a choice, always choose stairs over escalators and lifts.
2. Walk to your workplace if it is within a short distance.
3. Get up from your desk every few hours for a quick walk.
4. While at a lunch/dinner buffet, sit far away from the serving table. This way you will have to walk every time you need a refill.
5. Do regular chores around your house; it is a good way to keep moving.
6. Move while talking on the phone.
7. Park farther away at the shopping mall and walk the extra distance.

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**About IMA:** Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 29 States and Union Territories. It has over 2, 53,000 doctors as its members through more than 1650 active local branches spread across the country.

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