

Health camp concludes at press club



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A day long health camp conducted by Metro Gym in association with Guwahati Press Club analyzed the body fitness of nearly 70 Guwahati based scribes. The media persons have availed the opportunity to check their percent body fat & body composition analysis with [blood](#) pressure, [blood](#) sugar at the camp held on 23 January [2016](#).

It was [found](#) in the test that [over](#) 90 percent journalists had been suffering from lifestyle related problems tempted by bad eating habits, consumption of junk-food items, tremendous work stress with inadequate rest & leisure.

Praful Pawar, nutritionist & head trainer of Metro Gym Rajgarh observed, “Most of the participants are suffering from decreased metabolism. It is advisable for them to take some kind of physical activities regularly with short & healthy meals.” The support team of the camp included Bishnu Barman (fitness consultant & trainer), Uday [Sankar](#) Dhar (personal trainer) and Jintimoni Deka (fitness consultant).

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