

Global Hospitals Conducted another Movement of “Walk with a Doc” – The Walk of Life

~a mission to encourage healthy physical activity~

Mumbai, July 29th, 2018: With the mission to educate about the importance of walking, Global Hospitals, Mumbai, a multi super specialty tertiary care hospital hosts an hour-long morning walk every last Sunday of the month led by **Dr. Bharat Shah, Nephrologist**.

Walk with a Doc is active in hundreds of communities around the world. The mission of Walk with a Doc is to educate, exercise and empower. From doctors and patients to general public, anybody can join the movement with the mission to create a healthy lifestyle.

Doctor Bharat Shah conducted the walkathon on 28th July at Shivaji Park, Dadar where he educated the participants about the importance of walking, explaining them the DOs and DON'Ts. He also addressed the senior participants about kidney related diseases among many others, and described how most diseases are a cause of a lethargic lifestyle.

Dr Bharat Shah, Nephrologist, Global Hospitals, commented, *“To combat adverse effects of sedentary lifestyle one should inculcate walking as a mandatory activity in every day’s routine. Every individual should prioritize the need to exercise. Something as simple as walking is good enough to keep you active and away from lifestyle diseases. With Walk with a Doc initiative we believe that every individual will be able to live a healthy life.”*

About Global Hospitals: Global Hospitals is a 450-bed facility comprises of 17-stories, housing state-of-the-art infrastructure and advanced medical care facilities. The hospital offers end-to-end clinical, surgical and diagnostic services. It is equipped with a team of eminent medical professionals aided by qualified nurses and medical staff. Strengthening lives through compassionate care, innovative therapies and relentless efforts, it reflects in the DNA of our passionate team of doctors and dedicated clinical staff.

The Hospital offers advanced Endoscopic procedures, Hepatobiliary and Liver Surgeries, Surgical and Medical Gastroenterology, Bariatric Surgery and Robotic surgery. The hospital is a center of excellence for Orthopedics, Joint Replacement, Knee Replacement, Hip Replacement surgery. The hospital has round-the-clock services for emergencies, critical care and trauma.

About Gleneagles Global Hospitals, a Parkway Pantai Enterprise: Gleneagles Global Hospitals is part of Parkway Pantai, a fully owned subsidiary of IHH Healthcare. In India, Gleneagles Global Hospitals operates a chain of multi-super specialty hospitals offering tertiary and quaternary healthcare services with over 2,000 beds and state-of the-art, world-class hospitals in Hyderabad, Chennai, Bangalore and Mumbai. A pioneer in kidney,

liver, heart and lung transplants, Gleneagles Global Hospitals provides comprehensive multi-organ transplant services in the country.

Gleneagles Global Hospitals aims to strengthen and expand its leading market position as a destination for multi-organ transplant for patients from India, Middle East, Africa and South East Asia. We are committed to further our aspiration of making quality health care more accessible to all.

Website: <http://gleneaglesglobalhospitals.com/>

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