

Consulter in General & Preventive Medicine & specialist in Physical Education

In her treatment of patients, Dr Aline uses the holistic approach and considers each person's physical, mental and social health in the management and prevention of disease.

She tries to improve her patient's well-being by working together with other health care professionals to optimize the health of the patient.

Dr. Aline has an educational and professional background from various countries - Canada, USA, Honduras, Mauritius and France. She has been living in Mauritius since 1995.



DR. ALINE ATCHIA



Healthcare practitioner, specialising as a General Practitioner

Dr Bernard Piat is resilient, determined and enthusiastic when it comes to sport and sports medicine. It is shown through his personal experience with cycling at a national level in the early '80s, a first-team hockey player at University and completing the Marathon of Mauritius in 2017.

Bernard has a compassionate approach in sharing his knowledge and personal experiences by enhancing self-motivation in people who are eager to learn.



DR. BERNARD PIAT



1. Walk your way to Better Health

Saturday 4th September

Conference Room #3

4:00pm to 5:45pm

Why this simple activity could be your best health investment?

Walking has so many powerful health benefits and can have a bigger impact on disease risk and various health conditions than just about any other remedy that's readily available to you. What's more, it's free it's easy, and has practically no negative side effects.

Although you've likely been walking since you were about one year old, there are specific techniques that can help you avoid injuries, make walking more enjoyable, and increase the health benefits of walking.



Walking for 2.5 hours a week - that's just 21 minutes a day - can cut your risk of heart disease by 30%. In addition, this do-anywhere, no-equipment-required activity has also been shown to reduce the risk of obesity, diabetes and cancer, lower your blood pressure and cholesterol, and keep you mentally sharp.

1. Walk your way to Better Health

Saturday 4rd September
Conference Room #3
4:00pm to 5:45pm

We're going to focus on walking for health. This requires a more sustained effort, but it's totally doable - and the rewards are worth it.

Done correctly, it can be the key to losing and maintaining a healthy weight.

Start a regular walking program today, step-by-step learn to how to get started on a walking program, learn various types of walking, how much is enough and some of the reasons why that is an excellent decision and why walking may be the most perfect exercise for you.

No more excuses!

So don't wait put on your shoes, step out the door, and rediscover the joys of walking.



2. Hydration and sport

Saturday 4rd September
Conference Room #3
4:00pm to 5:45pm

These are the topics that will be covered:

- What is dehydration and what affects it?
- How much should I drink?
Day to day, during training and in relation to a race
- What should I drink?
Sports drinks, Water, water + sugar + salt and other bits and pieces.
- Should I also eat solids during training and/or races/events?
- When should I drink? Before, during and after races/events.
- Dehydration and performance. Does dehydration affect performance?
If so, how and how much?

