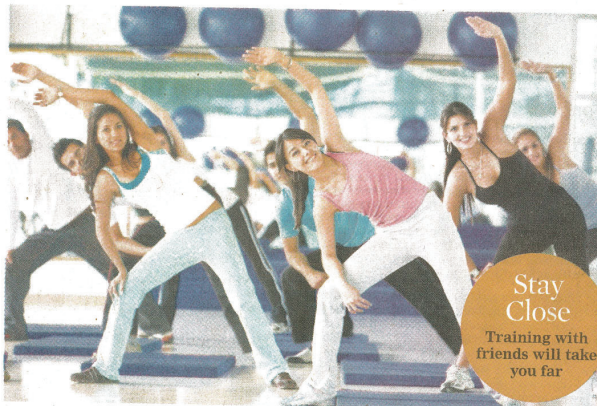


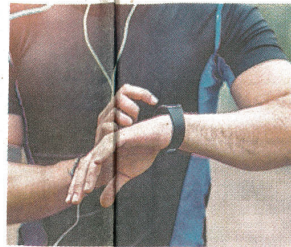
FEEL

BEAUTY & WELLNESS

THE SUNDAY
MAGAZINE



Stay Close
Training with friends will take you far



Track It
Keeping an eye on steps, heart rate, and sleep patterns is good



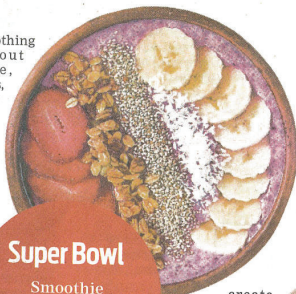
Hello, Childhood
Sport that you played as a child helps physically and emotionally

FITNESS, TRENDING NOW

With more people watching their weight and waistline, we speak to experts to find out the top fitness trends of the year

By NIDHI RAJ SINGH

There is nothing new about exercise, weight loss, or the desire to get healthier. New trends and fitness fads emerge every year and get popular. Some vanish, others stay. This year too, we have a few trends that have got everyone talking. Our experts tell us about some of these trends that not only sound promising but are also showing



Super Bowl

Smoothie topped with oats, nuts, berries are good

create a unified and complete system. "Friendly competition



rate, pace, distance and even sleep patterns," says Ramona Braganza, celebrity fitness trainer, who has worked on the likes of Halle Berry, Jessica Alba and Scarlett Johansson.

HELLO CHILDHOOD

Rao tells us why it is good to revisit a form of sport that you played as a child. "Participating in sports (basket ball, swimming or cricket) that you played as a child or young adult will help you not only physically but also emotionally," she says. It is due to intrinsic motivation associated with the sport. Playing your old game will motivate you to continue it while also losing some weight while you are at it.

TAKE A BREAK

While strength training will never get out of fashion (there are way too many benefits of it), interval training is the next big thing. Braganza, who has developed the now famous 3-2-1 Training Method (available on YouTube), tells us that it is good to alternate between high and low intensity exercises. It is known to burn more calories in a shorter period of time than doing a steady-state cardio.

SUPER BOWLS

Lately, Instagram has become the most coveted social media platform, with everyone looking for more followers. The rise of fitness gurus posting pictures of their protein shakes and food bloggers flaunting their super healthy (yet good-looking) breakfast has



Cooling Kidney and Spleen Heat Through Acupuncture

In traditional Chinese medicine, obesity can be classified in terms of emptiness, fullness, and full heat

By Dr RAMAN KAPUR

In 2005, two-thirds of America was overweight. Over 30 per cent adults and 15 per cent children were obese. And the number has tripled since 1980. While seven per cent of the US population eats at Mc Donald's every day, 25 per cent eat in other restaurants. Around 28 per cent do not take part in any sports. Obesity is causing diabetes in 10 per cent Americans and hypertension in another 33 per cent. According to the American Obesity Association, the annual cost of obesity in 2005 was \$100 billion, and it led to 300,000 deaths. The medical costs increased to \$147 billion in 2008. The National Health and Nutrition Examination Survey, 2010, found that 32.2 per cent men and 35.5 per cent women were obese. Approximately 17 per cent (or 12.5 million) between two and 19 years were obese. This trend is followed by European countries and they too have poor eating habits.

According to an Organisation for Economic Co-operation and Development (OECD) report, more than half of EU's adult population are overweight in

significant increase in body fat caused by a higher energy intake than energy consumption, leading to reduced quality of life and high morbidity and mortality risk. The classification is based on body mass index.

In traditional Chinese medicine, obesity can be distinguished in terms of emptiness, fullness, and full heat. Primary obesity is due to a weakness in the middle burner of spleen and stomach. There are four types of disharmonies. Spleen Qi deficiency with Phlegm-Damp blockage is a result of weakness, chronic illnesses, malnutrition, over nutrition, and too much sugar, sweets, white flour products, fast food, sweetened beverages as well as wet, cold, and raw foods.

The spleen and kidney Yang deficiency is because of lack in Mingmen-Fire of the kidney with inadequate heating of the middle burner and the spleen yang. Lack of transformation of liquids, weakened spleen Qi or Yang with subsequent kidney Qi and yang deficiency also causes it.

Mental tension, emotional stress, anger, unsteady eating with cold and wet food, and repeated unsuccessful dieting

leagues, not only makes exercising more fun, but it also builds socially coherent systems. In a community set up, you get to bring along a friend, or make new friends, and that always has a positive effect. When two or more people are involved in an act, they work together in logical and consistent ways to

TRACK IT
Wearable technology became hugely popular last year. In 2017, it seems to take another leap as more sophisticated versions are being launched at regular intervals. "It is a good idea to invest in wearable technology gear that track everything from steps, heart



is something good about Acai bowls for sure. These are thick, freshly-made fruit smoothies topped with nuts, berries, seeds and oatmeal. It is supposed to fuel your metabolism without adding unnecessary calories. So, if you are looking to shed some weight or lead a healthier life, find what excites you and don't wait for tomorrow.

ear diseases, pulmonary complications, gastrointestinal disorders, and some cancers. In Germany, obesity and its related diseases account for around eight per cent of the annual health care costs. Obesity can be defined as a body weight higher than that found in a reference population. WHO defines morbid obesity as a chronic condition with a

anger, impaired descending function of the stomach with symptoms of heat in the stomach. Excessive hot and greasy food, fast food, alcohol, and hot cooking methods such as roasting, grilling, braising, and frying can release this pattern. The author is Head of Acupuncture at Sir Ganga Ram Hospital, New Delhi

HEALTH CAPSULES by Bron Smith

IS NASAL IRRIGATION EFFECTIVE AT TREATING COLDS AND SINUS CONGESTION?



NASAL IRRIGATION HAS ITS ROOTS IN AYURVEDIC MEDICINE. IT CAN BE EFFECTIVE AT RELIEVING SYMPTOMS OF SINUSITIS OR RHINITIS IN PATIENTS WITH PERSISTENT PROBLEMS," ACCORDING TO A 2009 STUDY. OVERALL, NASAL IRRIGATION APPEARS TO BE AN EFFECTIVE COLD REMEDY.

Health Capsules is not intended to be of a diagnostic nature.

TIP TO FOLLOW



GET FIT WHILE CLEANING THE HOUSE

Our mothers cry themselves hoarse asking us to keep our room clean. When nothing works, they'd tell us how mopping (the old style) burns calories, but we never pay heed. Until now. According to several studies in the US, it has been established that doing household chores aids in weight loss. Sample this. Washing and drying a full sink of dishes for an hour can burn up to 100 calories. Cleaning the bathroom for 35 minutes is equal to walking on the treadmill. So, instead of spending on gym, better clean your house.

Game Your Brain to Deal with Depression

Playing video games makes people feel they have some control over mental breakdowns

By ADITIRAY

Much has been speculated over the years about the various ways phone and video games could be negatively impacting the brains and behaviours of youth, but a new research suggests that it's not that bad after all. Games may be a viable treatment for depression, finds a study. Published in the journal, "Computers in Human Behaviour", the study claims games could give players a positive shift in perception that is needed to combat mental health issues such as depression and anxiety.

Researchers introduced 160 students with mild depression to six "brain training" video games, each based on neurophysiological tasks that have been shown to enhance cognitive control among those experiencing depression.

A specifically designed game, which adapted neurophysiological training tasks, helped subjects feel they had some control over their depression. But this was unlikely to have long-term benefits, say the researchers. It can help people cope with depression, especially if they receive text reminders to play, scientists in the US have found.

Researchers from University of California, the US, looked at results from about 160 students (around 21 years) who said they suffered from mild depression. "Three-fourths were women, and more than half of the subjects were of Asian heritage, followed by white, Latino, and other ethnicities. Using six, three-minute games, the study found in most cases that playing the specifically designed game helped sub-



Signals of Sadness



Frequent: Constipation, headache, poor appetite, substance abuse, or weight loss



Behavioural: Agitation, excessive crying, restlessness, self-harm, or social isolation



Mood: Anxiety, apathy, discontent, guilt, hopelessness, loneliness, panic attack



Sleep: Excessive sleepiness, insomnia, or restless sleep



Food: Excessive hunger, fatigue, or loss of appetite

jects feel they had some control over their depression.

Each game was an adaptation of neurophysiological training tasks that have been shown to improve cognitive control among people experiencing depression. Portraying depression as something caused internally because of biological factors and provid-

ing a video game-based app for brain training made participants feel that they could do something to control their depression. This supports other research that shows that games can induce cognitive changes.

Chennai-based psychologist Uma Swamy says, "Eating right and sleeping on time are

simple things that one can follow at home. Playing games regularly on phone can help in setting targets. When we look forward to doing something, it lights up our mood and wards off depression."

Researchers found that portraying depression as a condition caused by external factors led users to spend more time playing the game. However, this result was due to immediate engagement and was unlikely to have long-term benefits, researchers said. Through carefully designed persuasive message prompts, the games can be perceived and used as a more viable and less attrition-ridden treatment option, researchers say.

Swamy adds that challenging friends on Facebook and playing with them will keep the loneliness blues at bay.

PRODUCT REVIEW

THE BELIEVABLE, SKIN-FRIENDLY COVER-UP



While it is not uncommon in the US, Korea and Japan to create crowd-sourced beauty products, Just Herbs did it for the first time in India. This is what enticed me to try its new Skin Tint. The formula was developed after getting a feedback from brand's 450 customers that hail from different background, places and belong to cities from Chandigarh to Chennai. I used this herb-enriched skin tint for 15 days and have found it better than my daily CC cream. It works like a light foundation cum broad spectrum sunscreen cum spot corrector. While there is only one shade, it matched with my skin shade. What makes the glow on the skin believable is its medium coverage. It blurs imperfections, masks large pores and primes blemishes. Since it has Ayurvedic herbs in it such as Indian Kudzu and Mace, it is skin friendly too. (justherbs.in)

by Nidhi Raj Singh

