

Slow progress

Running fast increases health risks, says research

JOGGING FAST COULD do more harm than good, researchers have found, adding that just an hour of slow running per week could bolster your chances of living long.

"If your goal is to decrease risk of death and improve life expectancy, jogging a few times a week at a moderate pace is a good strategy. Anything more is not just unnecessary, it may be harmful," said Peter Schnohr, researcher at the Frederiksberg Hospital in Copenhagen, Denmark.

Jogging from one to 2.4 hours per week was associated with the lowest mortality rates and the optimal frequency of jogging was no more than three times per week.

The researchers looked at 5,048 participants in the Copenhagen City Heart Study and questioned them about their activity.

They identified and tracked 1,098 healthy joggers and 413 healthy but sedentary non-joggers for 12 years.

While strenuous joggers were as likely to die as sedentary non-joggers, light joggers had the lowest rates of death, the findings showed.

"It is important to emphasise that the pace of the slow joggers corresponds to vigorous exercise and strenuous jogging corresponds to very vigorous exercise," Schnohr said.

"When performed for decades, this activity level could pose health risks, especially to the cardiovascular system," Schnohr added.

The study was published in the *Journal of the American College of Cardiology*. IANS



Addicted to TV? *You might be depressed, lonely*

BINGE-WATCHING TV SERIES such as *Game Of Thrones*, *Breaking Bad* or *Broadchurch* is linked to depression and loneliness, says a recent study.

People who suffer from low moods are more likely to spend hours or days viewing multiple episodes of their favourite programme online or on DVD. But by doing so they could neglect work, relationships and even their family, reports dailymail.co.uk.

Researchers from the University of Texas in Austin said that binge-watching should no longer be considered a "harmless addiction" and that people should think twice before settling in for a long session in front of the TV as it can affect your health.

They studied 316 people aged 18 to 29, asking how often they watched TV and how often they experienced negative emotions such as loneliness and depression.

The team's full results will be presented at the Conference of the International Communication Association in Puerto Rico in May.

However, lead researcher Yoon Hi Sung said that the findings should be a wake-up call.

"Even though some people argue that binge-watching is a harmless addiction, findings from our study suggest that binge-watching should no longer be viewed this way," she said.

"Physical fatigue and problems such as obesity and other health problems are related to binge-watching and they are a cause for concern. When binge-watching becomes rampant, viewers may start to neglect their work and their relationships with others.

"Even though people know they should not, they have difficulty resisting the desire to watch episodes continuously," added Sung. IANS

ALIGN YOUR LIFE

Turn Things Around

MANY CLIENTS ASK if Feng Shui impacts divorce. What kind of energy instigates divorce and does Feng Shui play a major role? The answer is simple – yes, Feng Shui can create havoc in relationships. However to be fair, Feng Shui alone cannot make or break relationships. But it does help in creating a conducive environment in relationships. To understand what I am saying, you must first understand the basics of Flying Star Feng Shui.

The main basis of Flying Star Feng Shui is that the energies in our universe keep changing over a period of time. These energies can be further divided into three categories – moving energy, stable energy and stagnant or bad energy. The aim of Flying Star Feng Shui is to identify the location of these three types of energies and balance them. Firstly, moving energy is considered to be good for money, growth and prosperity. It is important for this energy to be constantly moving as it is recommended to have movement in your career and finances. Therefore placing water fountains, an aquarium or television in this area supports the required movement.

Then we come to stable energy. This energy is quiet and peaceful. It represents your relationship and family life. Therefore it is never recommended to place moving objects or a water fountain in this area. This area needs to be away from noise and activity. The logic is that if you want your marriage or relationship to be stable and harmonious, then keep it away from any kind of distraction. If this area is imbalanced and has too much activity, it leads to disharmony in relationships. Sometimes it can fuel the crack in your relationship.

And the third type of energy is stagnant or static. This energy is outdated and affects health and mental wellbeing. Therefore it is advisable to reduce or destroy this energy in your environment.

There are specific ways to balance these three energies. The study of Flying Star school of Feng Shui mainly focuses on how can you improve your surroundings and enhance good energies by using the five elements – water, wood, fire, metal and earth. Using these simple elements you can enhance, reduce or destroy the energy in your surroundings.

However unknowingly placing active objects in your relationship area can create fights and disharmony in your relationships. It might not lead to a divorce but for sure it will fuel arguments within your family and with your partner. Therefore before taking a drastic step of filing for a divorce, why not implement Feng Shui to see if things can be turned around?

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