

L LIFESTYLE

Get fit

A little vigorous exercise can help you live longer

IF YOU HAVE been planning to join the gym for years and are always scheduling your early morning jog for tomorrow, make up your mind fast as a large study has found that even small amounts of vigorous activity could help reduce your risk of early death.

Physical activity that makes you puff and sweat is key to avoiding preventable early death, the findings of the large Australian study of middle-aged and older adults showed.

"The benefits of vigorous activity applied to men and women of all ages, and were independent of the total amount of time being spent active," said lead author Klaus Gebel from James Cook University in Queensland, Australia.

"The results indicate that whether or not you are obese, and whether or not you have heart disease or diabetes, if you can manage some vigorous activity it could offer significant benefits for longevity," Gebel noted.

For the study, the researchers followed 204,542 people for more than six years, and compared those who engaged in only moderate activity (such as gentle swimming, social tennis, or household chores) with those who included at least some vigorous activity (such as jogging, aerobics or competitive tennis).

The study classified participants into separate groups: those who reported that none of their physical activity was at a vigorous level, and those who reported that up to 30 per cent or more of their activity was at a vigorous level.

The mortality rate for those who reported up to 30 per cent vigorous activity was nine per cent lower than those who reported no vigorous activity. For those whose exercise routine was vigorous for more than 30 per cent of the time, the rate of mortality was reduced by 13 per cent. The findings appeared in the journal JAMA Internal Medicine. *IANS*



NOT EVERYTHING ABOUT summer is shiny and bright as scorching heat and harsh sun rays of the season can play havoc with the skin. Skin gets battered as it tends to lose its natural tone and moisture leading to tanning, pre-mature ageing and sun spots. The common places where women notice skin tanning and sun burns are the back, face, sleeve lines and feet lines, especially around footwear straps.

Aparna Santhanam, skin care expert at Hindustan Unilever, shares some tips that can be easily followed to combat the damage with no fuss.

Here's what Santhanam suggests:

- **Look beyond SPF:** SPF is not the only measure of sun protection. Look for 'dual spectrum' or 'broad spectrum' sun protection lotion to also protect your skin against UVA rays.
- **The number game:** SPF number is just one factor. Higher is not always better. An

Skin tips for summer

The heat will not damage your skin if you take care



SPF of 20, if used properly, can protect your skin really well.

• **Keep tanning at bay:** Try and choose a sunscreen with an anti-tanning component to keep skin protected from immediate sunburn and tan response.

• **Give attention to body:** Women tend to use a sun protection lotion only on their face. It is important for them to understand that any exposed

part of the body such as nape of the neck, arms and back and even the back of hands and feet need protection from the harsh rays of the sun.

• **Even it out:** Sunscreen is most effective when applied evenly on skin and at least 15-20 minutes before stepping out in the sun. It ensures even tone by preventing uneven tanning.

• **Breathe like a yogi:** Yoga

rituals such as Shitli and Sitkari Pranayama are known to cool the body. Practising them every day is beneficial for the overall health of skin.

• **Drink it up:** It is very crucial to hydrate your body adequately throughout the day not just with water but also with foods that are known to be high in water content such as watermelon, tomatoes, carrots and cucumbers.

• **Summer essentials:** Using physical protection like umbrellas and scarves wherever and whenever you can provides the best protection for your body skin.

• **Holistic approach:** Meditation and deep breathing calm the mind, improve circulation and give a special glow to the skin. Take five minutes every day to breathe deep and rejuvenate the skin. *IANS*

ALIGN YOUR LIFE

What are you eating?

I strongly believe that the kind of food you tend to eat is directly related to your state of mind. And I am saying this because I have observed myself, and people around me for years. Every phase of my life can be defined with food. When I was in my twenties and living in Hong Kong, I constantly craved for different types of cuisines. My life was much different back then. Traveling all over the world in quest of a perfect life led me to some really weird food items along with some really strange life choices. In my thirties, it was all about getting a grip on my life and relearning the importance of eating healthy. I was trying to find a balance and that reflected in my choice of food. And since I turned forty, I am more in tune with myself and therefore I am rediscovering the dishes that I learned from my grandmother and mother. These dishes that I grew up relishing are my comfort zone. That's why it makes sense that I am attracted to them now.

Food plays an important role in everyone's life. Festivals, birthdays, celebrations – it's all connected to food. Therefore you will be attracted to certain food items depending on your mood and your thinking.

It's a known fact that when someone is under emotional stress, often they will be consuming sugar and a high calorie diet. We now know that sugar helps stimulate hormones that make you feel good. That's why most of us will be attracted to donuts and chocolates when the going gets tough. However some of us also eat sweets as it reminds us of happier times spent with our loved ones and somehow that makes a harsh reality a bit softer. Every piece of candy takes you back to your childhood, when life was simple and a small candy could lift up your mood. Eating sugar not only makes you feel good but also takes you down memory lane.

Next time you are reaching for that piece of cake, ask yourself: Am I eating this because I am stressed or am I trying to forget my worries? The key to dealing with sugar addiction is to choose your thoughts carefully and evaluate your needs at all times.

As you will deal with your inner turmoil and work your way towards clarity, you will automatically reach out for green and healthy items. When there is chaos, you will consume foods that will cause chaos within your body. But when you start balancing and seeking a stable life, you will start eating healthy.

Your tongue and stomach are merely a reflection of what you are going through. But the key is to realise that sometimes what you need emotionally can't be satisfied with food.

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