

Working style

How to jazz up your office wear

EVERYONE WANTS TO look stylish and comfortable at the workplace. Soft flowing blouses, wide legged pants and draped jackets can help in achieving the desired look.

Femalefirst.co.uk suggests a few fashion tips to help professionals.

- **TOPS:** Avoid shirts in the high heat, soft flowing blouses are a lot more comfortable and will allow your skin to breathe.
- **PANTS:** Again avoid anything too tight, cotton is your friend here. Soft, wide-legged pants will work for some people, but if you're short you'll want to wear heels to elongate the legs. You might find that some wide-legged pants are a little too casual for your particular job.
- **JACKETS:** Soft, draped jackets are a lot lighter and will help to keep you cooler than a structured blazer. Black, navy and

grey are obvious colours, but inject some different hues into your work wardrobe via your jacket with summer brights. It will lift your whole look, even if the rest of the outfit is black.

• **CULOTTES:** Culottes have made a comeback once again this year and they're perfect for dressing for work in summer. They're smart, easy to wear and will show off your summer tan - without being too short. Again, wear with heels if you're a little short to help elongate the frame.

• **DRESSES:** Smart summer dresses are ideal for work, plus they will take you straight to a night out with friends as well. Keep them just above the knee at their shortest length. Peplum dresses are still very on-trend and are super flattering for all shapes and sizes. Don't be afraid of prints and colours too. Just remember to keep the rest of the look toned down. *IANS*



Set the tone

Achieve toned midriff with right food, exercise



CELEBRITIES ALWAYS INSPIRE others with their flat, toned stomachs.

One can achieve that perfect midriff if one follows the right exercise regime and diet, says an expert.

Personal trainer and outdoor fitness expert Rob Jones shares five tips to achieve a toned stomach, reports femalefirst.co.uk.

- **It's not all about sit-ups:** Sit-ups and ab crunches work your six-pack. But for better defined abs, spend the majority of your workout on exercises that burn more calories and shift body fat.
- **Be consistent:** Dedicate time every day to focus on your training and make abs an integral part of each and every workout.
- **Hone your diet:** You eat your way to a six pack, so watch what you munch on and focus on foods and sports supplements high in protein that help muscle growth and keep body fat low.
- **Vary your workouts:** Vary your ab workouts daily to work the different muscles that run across that area of the body for the perfect balance.
- **Core and more:** Include both isometric exercises (holding exercises such as a plank or side plank) with dynamic exercises (where you contract the muscles such as an ab crunch) in every workout. *IANS*

ALIGN YOUR LIFE

Health Feng Shui

Very often I get clients and readers asking me the question, "How can I enhance health corner in my house?" There are so many Feng Shui books and websites that claim to know how to go about this. Many even recommend strange items to improve health. For example, some Feng Shui practitioners suggest that if you place a bowl with salt water in the center of your apartment, your health will improve. Or some believe that if you place a metal wind chime in the center of your apartment, you will lose weight. All of the above are nothing but myths or superstitions. Many different schools of Feng Shui suggest that the center of your home is your health corner. This kind of wrong information is likely to cause more damage than improve things.

So the question is where is your health corner and how can you balance it? The answer is simple. There is no particular health corner designated in your natal chart in the Flying Star school of Feng Shui. Balancing different areas and aspects of your home through Feng Shui elements will improve the health of all residents. The Flying Star school of Feng Shui focuses on enhancing current prosperity and reducing the power of the not so favourable elements in your apartment. Once all the energies have been balanced, health will automatically improve. A similar concept is applicable in our everyday life. Our physical health improves when we adapt a good lifestyle, sleep early, work out regularly and eat healthy. However if you are only eating healthy but not working out, your health will never improve. Similarly when all elements are balanced and the good energy is enhanced in your home through Feng Shui, your health will automatically improve.

There are certain elements in Flying Star Feng Shui that do cause health problems. Earth energy attached to Flying Star number 2 and 5 tend to create havoc with physical and mental wellbeing. To combat this problem, hanging a six-rod metal wind chime is recommended. Metal weakens earth and reduces illness.

So remember, improving health through Feng Shui means balancing your home through enhancing or reducing the five elements.

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