

Resist that fat

Twenty minutes of weight training reduces belly fat

JUST 20 MINUTES of weight training can reduce abdominal fat that a lot of men tend to gain as they age, research has suggested.

Combining weight training and aerobic activity leads to even better results in terms of maintaining a healthy weight and waistline, the findings showed.

“This study underscores the importance of weight training in reducing abdominal obesity, especially among the elderly,” said senior author of the study Frank Hu, a professor of nutrition and epidemiology at Harvard School of Public Health (HSPH).

The researchers studied the physical activity, waist circumference, and body weight of 10,500 healthy US men aged 40 between 1996 and 2008.

Their analysis included a comparison of changes in par-

ticipants' activity levels over the 12-year period to see which activities had the most effect on the men's waistlines.

Those who increased the amount of time spent in weight training by 20 minutes a day, had less gain in their waistline (-0.67 cm) compared with men who similarly increased the amount of time they spent on moderate-to-vigorous aerobic exercise (-0.33 cm), and yard work or stair climbing (-0.16 cm).

Those who increased their sedentary behaviours, such as TV watching, had a larger gain in their waistline.

“Engaging in resistance training or, ideally, combining it with aerobic exercise could help older adults lessen abdominal fat while increasing or preserving muscle mass,” said lead author Rania Mekary, researcher at HSPH.

The study appeared online in the journal *Obesity. IANS*



Food for thought *Fast food could slow down your kid's brain*



EATING FAST FOOD

affects not only your child's general health but could also slow down his/her brain, a new research suggests.

The researchers found that children who eat the most fast food score less in tests for maths, science and reading.

“Research has been focused on how children's food consumption contributes to the child obesity epidemic,” lead researcher Kelly Purtell from the Ohio State University in the US was quoted as saying.

“Our findings provide evidence that eating fast food is linked to another problem: poorer academic outcomes,” Purtell added.

Lack of iron in fast food leads to a slowing in development of certain processes in the brain, the researchers suggested.

For the study, the research-

ers used data from a sample of 8,500 school children from the US, whose fast food consumption was measured at the age of ten.

This was then compared against academic test results three years later.

Children were asked how many times they had eaten a meal or snack from a fast-food restaurant, including outlets such as McDonald's, Pizza Hut, Burger King, and KFC.

Those who consumed fast food daily scored an average of 79 points in science, four points less than those who never ate fast food.

Similar differences in academic achievement were observed for reading and maths, the Daily Mail reported.

The study appeared in the journal *Clinical Pediatrics. IANS*

ALIGN YOUR LIFE

The myth about Chakra Balancing

The new age wave has taken over the world and everyone seems to be an expert on chakra balancing. Articles are written, workshops are conducted, and new forms of yoga are invented - all in the name of chakra balancing. I have met people who claim to clear your karma in one session, while some claim to possess powers to balance your chakra in a few minutes. We have indeed become an age of instant problem solving. Very soon we might have an app that could help us clear our chakras or do healing via your phone. Anything is possible, right? Wrong.

Chakra cleansing and balancing surely takes more than a few minutes of your time. For some people it takes years of physical and mental discipline, to work on their chakras. There is no instant solution for this. So the question is: do you need to work on your chakras and if yes, then where do you start?

Chakras are spinning vortex for energy located within your energy body. These chakras govern the physical, mental, emotional, and spiritual health. So when you go through an emotional crisis or physical problems, it is normally the result of imbalance in chakras.

These days everyone wants to work on higher chakras such as the third eye and the crown chakra to enhance their intuition and spiritual growth. However, what everyone misses out is the development of lower chakras. Let me explain - the lower three chakras known as root, sacral and naval are to do with your physical and materialist life. While the top three chakras known as the throat, third eye and crown represent the higher dimensions or spiritual growth. Heart chakra, which is the fourth chakra, is the balance between the top and bottom chakras. Before you proceed to work on higher chakras, it is highly recommended to work on lower chakras.

The root chakra represents the physical life, sacral chakra represents the emotional life and the naval chakra represents the mental life. If you want to progress in life and work on balancing your chakras, you need to start bottom up. If you have worked on your physical desires, sorted out your emotional problems and disciplined your mind to focus on what is important, only then you are ready to work on higher chakras.

Balancing chakras is like building blocks, play attention to your foundation and you build whatever you desire on top.

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