

# Running fit

*Tips to maintain healthy joints*

**M**ANAGING JOINT PAIN is extremely important but difficult for any runner. So it is essential to keep a check on your body. Fitness expert Kristoph Thompson shares his tips in managing joint pain to help prevent sporting injuries and maintain healthy strong joints, reports femalefirst.co.uk.

**\* Maintain healthy weight:** This can be beneficial on joints. One study claimed that losing about a pound of weight delivers almost a four pound reduction in knee joint load for each step.

**\* Warm up/cool down:** Invest time to ensure the body is prepared for exercise by undertaking warm-up activities at the start of your session. The cool-down phase will help you to gradually reduce the intensity of activity and soreness in the joints and muscles.

**\* Strengthen muscles and increase flexibility:** Flexibility injury can occur when a joint is taken outside of its comfortable range of motion. A good test of strength and flexibility is the wall squat. Stand facing a wall, with your feet just wider than the hip-width and your hands on your temples. Try to squat down so your thighs are parallel to the floor, without your knees or any other part of your body touching the wall on the way up or down. Aim to complete five squats standing just an inch away from the wall.

**\* Allow time for recovery:** Knee injury can increase the chances of developing and aggravating osteoarthritis in many people. Should injury occur, allow enough time for full recovery and seek professional advice if symptoms persist. *IANS*



## Does coffee really cause dehydration?



**COFFEE HAS LONG** been blamed for dehydration due to the fact that caffeine is a mild diuretic. But experts suggest that such a drink can help with hydration, contributing to daily fluid intake.

During Nutrition and Hydration Week, which started on March 17 and goes on till March 23, members of the British Coffee Association, an organisation of the coffee industry in Britain, addressed the common misconception that people have about coffee.

According to their latest findings, caffeine, at levels consumed moderately throughout the day, is no more a diuretic than plain water, reports femalefirst.co.uk.

According to other British expert bodies such as the British Nutrition Foundation, moderate coffee consumption (up to four to five cups per day) can contribute to daily fluid intake and help to keep coffee consumers alert and hydrated.

They also say that drinking a variety of caffeinated beverages, including coffee, can contribute to meeting the body's requirement of fluids.

"Many people still wrongly believe that hot drinks, and particularly coffee, are not good for us because they are dehydrating. But in fact when you drink a cup of coffee all the water is absorbed and retained in the body adding to your hydration," said health expert Sarah Schenker. *IANS*

## ALIGN YOUR LIFE

### *Feng Shui Spring Cleaning*

**S**pring is the season of new beginnings, and a celebration of life. This season is also associated with love or romance. Spring brings hope and joy after the harsh winter months. Different cultures around the world celebrate the arrival of the season of spring. However in China, the season is welcomed with a dash of Feng Shui cleaning. A good spring cleaning of your home can do wonders for your personal energy; it will nourish and strengthen you.

Kick start your spring cleaning by clearing all the clutter. Go through your winter wardrobe and get rid of any clothes that you might not need for next winter. Look around your home. Are you surrounded by too many things that you don't need? Or are you collecting junk to satisfy your emotional needs? It is a good time now to start giving away things and open up your life and your home to new energies.

Pay attention to the entrance of your home, which needs to be clutter free and welcoming. Stow away shoes and bags. Display fresh flowers. Open up windows to invite natural light. And most importantly, keep the entrance area furniture free. The energy movement in this area will help in building good relationships in your home.

Invite light and energy into your home. Open up all the windows and clean them. Do away with heavy curtains and hang brightly coloured curtains to complement the season of spring. Let the house breathe fresh air. Display mirrors opposite windows with good views to attract good energy into your living room.

Clear the clutter from under the bed. We tend to store bulky items or unwanted junk under the bed. The logic is - if we don't see the junk, it does not exist! So time to look under the bed and remove all the forgotten and unwanted items. This will help in better sleeping patterns and will make your bedroom energy more vibrant.

Last but not the least - look for hidden clutter. Reorganising clutter in your wardrobe and wall unit does not qualify as spring cleaning. Go through all books, cds, DVDs, shoes and other personal belongings to see what you can give away. There are many charitable organisations that will be happy to take all your clutter.

The only way to embrace this beautiful season of spring is to de-clutter your life and enjoy the benefits of positive chi.

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