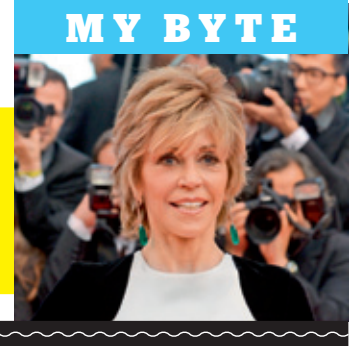


LIFESTYLE

It's never too late - never too late to start over, never too late to be happy."
JANE FONDA



'RE-WEAR IT'

Singer M.I.A. on sustainable style and the environment

London-based singer M.I.A. has been chosen by fashion brand H&M as the front figure of the World Recycle Week, starring in a campaign film inspiring customers to recycle their old clothes. With her style, interest for sustainability and passion for the environment, M.I.A. personifies the conscious consumer.

Why have you chosen to participate in H&M's garment collecting film?

When a global brand is embracing an environmental issue like the waste problem and calls for the need for change, then you have to encourage it. There are of course obstacles but you can't change everything in a day.

What does sustainability mean to you? What sustainable choices do you make in your own day-to-day life - for example, when travelling, eating, shopping.
Just be conscious!

Can fashion really be sustainable?

It needs to be!

What are your tips for a sustainable style?

Re-wear it!

Do you have a favourite item you have worn for a long time?

My mum's animal print shirt she bought in 1987 and I've still got loads of clothes designed by my uncle Bala who worked in fashion here in London in the 80's - and was my biggest fashion inspiration.

And finally - do you recycle your clothes?

I give a lot of my tour wardrobe and shoot wardrobe away. On the shoot for *Borders* where we had to style 1000 extras, all the clothes were sourced second hand on location in India. Everything was then donated to a local organisation in Chennai, India, that my friend and assistant director is involved in.



ALIGN YOUR LIFE

The Permanent Weight Loss Solution

I have often heard that to lose weight you need a strong willpower. To be able to resist sugar cravings and other fattening foods, you need your mind to shut off. Many have demonstrated that they are able to stay off sugar and carbohydrates for extended periods of time resulting in amazing weight loss. This would go on for a few months or a year and then suddenly they slip and start eating again and boom... the weight comes back! Many are stuck in this cycle and are not able to understand why this happens.

All over the world people tend to celebrate happiness with food. Festivals, weddings, important occasions, birthdays - all are celebrated with good food. From a young age you are taught that if you are happy, you eat. As simple as that. And so over the years that becomes your pattern. And the eating and sometimes overeating becomes an integral part of your life.

When you eat sugar or excess amount of carbohydrates, Serotonin is released in your body. This improves moods, makes you feel happy and calm. Once you start associating the feeling of happiness and calmness with sweet or high fatty foods, you tend to crave more and more of these foods. And before you know it you are overeating or addicted to sugar.

Another cause why people tend to turn to food is due to some emotional imbalance in life. Recovering from a broken relationship or overcoming a trauma can be very difficult. Even past emotional trauma can make you feel depressed. Abuse during childhood, violence or emotional abuse can cause havoc with your brain and impact your emotions in a big way. Therefore when people who have been through rough waters are looking for solace, they turn to food. The key to successful weight loss is not only working out and eating right, but also dealing with emotional issues. If your emotions take control of your life then will power takes a back seat.

Practicing emotional cleansing, hypnotherapy and meditation can help in letting go of the emotions and keep the extra kilos off. A permanent weight loss solution is an integrated approach where you train your mind, body and emotions to control your weight.

Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall well-being. Email align@shivaniadalja.com



Why senior citizens take to social media

NOT JUST YOUNGSTERS, senior citizens are turning out to be Facebook's fastest growing community, say researchers, suggesting that the elderly are joining Facebook for the same reasons that prompted teenagers to join it over a decade ago.

According to S Shyam Sundar, professor at Pennsylvania State University, older adults who are motivated by social bonding and curiosity tend to use Facebook as a form of social surveillance.

"Surveillance is the idea that you're checking out what people are up to. This is something that many older adults do. They want to see how their kids are doing and, especially, what their grandchildren



are doing," said Sundar.

Earlier studies suggest a positive relationship between bonding and bridging social capital and Facebook use among college students.

"Our study extends this finding to

senior citizens," added Eun Hwa Jung, mass communication researcher at Penn State.

The researchers found that the desire to stay connected to family and keep in touch with old friends or social bonding was the best predictor of Facebook adoption and use, followed closely by the desire to find and communicate with like-minded people or social bridging.

Curiosity is another motivation for senior Facebook users, Jung added.

The study, published in the journal *Computers in Human Behaviour*, found that senior citizens were not motivated to actively participate on Facebook when family and friends prod them to use the website. *IANS*