

# Don't wait, hydrate

*Sports drinks not viable over water, says expert*

**CORRECT USE OF** gym equipment and supportive shoes aren't the only essentials required for working out. Keeping hydrated is of the utmost importance, according to an expert.

Popular sports drinks maker Lucozade has recently been slammed as The Advertising Standards Authority has published a ruling that the high profile advertising campaign using the slogan 'Hydrates and fuels you better than water' has breached their Code.

Professor Paul Gately, Carnegie professor of exercise and obesity and director of MoreLife at Leeds Metropolitan University, said: "The claims made in this advert were not supported by the scientific evidence for carbohydrate electrolyte solutions.

"Sports drinks can help to hydrate during and after intense, endurance exercise, but there are many factors to take into consideration, including how physically active the person is to begin with and what they have consumed that day."

If you're a budding gym



person, it can be tempting to try any means necessary to boost your new gym regime, and sports drinks are just one of the range of accessories fitness fans are turning to in hopes of boosting results. But this shouldn't be the case.

"Most people exercise for less than 60 minutes per day and tend not to participate at an intensity in which sports drinks could make a positive

contribution. For the majority of people, water is the best choice," added Gately.

Five tips for healthy hydration during exercise:

- \* For most light intensity types of exercise including recreational swimming, golf and walking, and for any physical activity lasting less than one hour, water will rehydrate you adequately.

- \* Sip water in small amounts before, during and after

exercise.

- \* Replenish fluids regularly especially when sweat rates are high and/or exercising in warm environments.

- \* Perform at your best and pack a bottle of water with the rest of your sports gear.

- \* Sports drinks may be beneficial for those undertaking regular high intensity training and performance exercise lasting for more than an hour. *IANS*



## When light is right

*Gentle exercises have their own health benefits*

**EVEN LIGHT EXERCISES** like sitting on a balance ball, playing a musical instrument and gardening have a lot of health benefits, a study suggests.

People who do such exercises have favourable insulin and triglyceride (blood fat) levels than those who spend the day sitting on the couch, the study, published in the journal *Preventive Medicine*, said.

"Replace sedentary activities with light-intensity activities such as pacing back and forth when on the phone, standing at your desk periodically instead of sitting and having walking meetings instead

of sit-down meetings," Paul Loprinzi, assistant professor at Bellarmine University in the US, was quoted as saying.

Although these light exercises may not be as beneficial to your health as vigorous activities are, they are still "much better than lying on the couch, watching TV", said Bradley Cardinal, co-director of the sport and exercise psychology programme at Oregon State University.

For their study, the researchers analysed information from more than 5,500 US adults who wore accelerometers to record their movements. *IANS*

## ALIGN YOUR LIFE

*A fine balance*

**WE ALWAYS WANT** our environment Feng Shui friendly. The focus is often on getting the right shade of colour on the walls or placing that aquarium in the correct corner. Everything revolves around the placement of the items and following the right directions. Bit-by-bit, the house takes shape and Feng Shui is implemented. Everything is where it is supposed to be. And yet your life feels the same and looks the same. In spite of implementing dynamic Feng Shui friendly changes, you realise that you still feel stagnated at times and are not able to embrace the benefits of Feng Shui. Is it possible to feel like that?

Sara had implemented Feng Shui in her home but she continued to feel lost and complained that Feng Shui had not helped her. Just like Sara, I meet many clients who also have similar complaints, but are unaware of what needs to be done along side implementing Feng Shui for them to feel differently. The answer is simple - Feng Shui your inner and outer worlds together.

Feng Shui is an ancient Chinese science of energy management and when implemented correctly in a home, it brings about balance and harmony. The energy flow is balanced within the house in no time, once the changes are implemented. Many clients comment after the implementation that they feel differently in the house. They can't put their finger on what has changed, but something is different and they feel the calm. However there are always some clients who are not able to feel differently and that's when I know that they need to implement Feng Shui in other areas of life. Just by changing furniture or colour of the walls, one may not change his or her destiny. But implementing Feng Shui in your environment helps in calming the mind and inviting prosperous energy in your home. The change happens when the mind is in sync with all external changes. Shift happens when the mind is calm enough to detect positive energy flow.

So along with designing your home, why not also take some time out for yourself? By simply learning to calm your mind, you will immediately start feeling things differently. Switch off your cell phone, listen to music or simply go for a walk. The Feng Shui of your home can never be complete if you are not mentally ready to embrace the positive changes.

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