

Stretch and sizzle

Hollywood celebs who went the yoga way

HOLLYWOOD CELEBRITIES LIKE Reese Witherspoon and Jennifer Aniston swear by yoga to keep themselves trim. Here's a list of stars who practise yoga, a discipline that goes back to ancient India, religiously, reports online.com.



Jennifer Aniston: The *Friends* star has been training with yogi, wellness expert and author Mandy Ingber for years. Aniston credits her trim and toned figure to the relaxing yet powerful practice.

Vanessa Hudgens: "I become fitness-obsessed, sometimes I work out twice a day," said the *High School Musical* star. She said she loves to practise yoga because it's good for the mind and the soul.



Reese Witherspoon: The actress is passionate about her yoga practice with expert Kirschen Hagenlocher. "We practise strong flow around three times a week," said Hagenlocher.

Gisele Bündchen: The model relies on the calming practice to strengthen long, lean muscles and tone her body.



Miranda Kerr: The model considers yoga to be one of her favourite fitness regimens.

Morale killer

Smokers lack motivation, get tired easily



REGULAR SMOKING HABITS may lead you to suffer anxiety and depression which, in turn, make you less physically active and motivated in daily life.

The research, led by Karina Furlanetto from Universidade Estadual de Londrina, Brazil, is the first study to show that smokers are less physically active than non-smokers.

"Our research has demonstrated a reduction in the objectively measured level of physical activity in daily life of adult smokers compared with non-smokers," said Furlanetto.

Besides presenting poorer lung function, exercise capacity, quality of life and symptoms of anxiety and depres-

sion, smokers also walked less than non-smokers in daily life, the researchers added.

They took 60 smokers and 50 non-smokers and asked them to wear a pedometer for a minimum of 12 hours per day, over 6 days. The results showed that smokers walked less on a daily basis. When their capacity to take long breaths was tested, their lung function was found to be reduced and this impacted their ability to exercise.

When smokers were asked to rate their own health-related quality of life they reported feeling more tired, and lacked the motivation to change their inactive behaviour, said the study published in the journal *Respirology*. IANS

ALIGN YOUR LIFE

A new you

MOST CLIENTS I know want to lose weight. They don't know how, but are keen to lose those extra pounds. Many have tried going to the gym, but have soon fallen off the wagon. While some have turned towards yoga and Pilates. But somehow many are back to where they started. So the question is - what can you do to stay on track and how do you motivate yourself?

First and foremost, it is important to know when and why have you added on weight. Most people start piling on weight during emotional trauma. Second chakra is the seat of emotions and is located in your lower abdomen. Emotional stress causes this chakra to go out of balance. Food cravings and sugar addictions are a result of this imbalance. So it is best to start working on your emotional issues either through hypnotherapy or meditation. Understanding your emotions and what triggers food cravings is the key to weight loss. The best way to align your second chakra is through the practice of pranayama as taught in yoga. Correct breathing patterns, regular meditation and emotional cleansing will help in restoring your second chakra.

It is then time to activate your first or root chakra to boost your energy levels. This chakra represents survival and physical energy. The colour connected to the root chakra is red. So start your day by boosting your energy levels by eating something red like strawberries, apples or tomatoes. Through the practice of yoga you can also activate your root chakra. Yoga postures such as Star pose (Tarasana) and Frog pose (Mandukasana) help in opening up your root chakra.

Once you have taken care of your emotional issues and your physical energy level, it is time to boost your metabolism. The thyroid gland is located in your throat chakra and by opening up this chakra you will be unlocking your potential. The practice of yoga recommends Fish Pose to balance the throat chakra along with practice of Bhamri pranayama, which is a breathing technique to balance this chakra.

Last but not the least, maintain a daily journal by logging all your activities and food intake. This will help you to keep a check on your emotions and control food cravings. Create a vision map for your weight loss. Place your old photographs, how you would like to look and what support system you need on your vision map. Keep this visible in your home or office and remain focused at all times.

Weight loss is never easy. But by balancing your chakras you can create a new you.

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

