



LIFESTYLE

Fit in four minutes

Tabata metes out fitness in short, repeated flashes

FOR PEOPLE WHO are too bored or busy to spend an hour on a treadmill an exercise regime that was developed for athletes but is being taught in gyms may help to build fitness in less time.

The Tabata Protocol is a four-minute regime that measures fitness in seconds - 20 seconds of full-out work followed by 10 seconds of rest, repeated eight times.

Although it can boost fitness levels of the healthy and time-pressed, experts say it is not for everybody and should not be done every day.

"Tabata is about all-out maximum effort," said Jessica Smith, a Miami-based fitness expert and Tabata coach, adding it is a good workout in a shorter amount of time, especially for people who don't have hours to spend at the gym.

"The intensity has to be high to get the benefits, but you don't want to do it too often."

The Tabata Protocol was developed by Dr. Izumi Tabata after the Japanese scientist conducted tests on two groups of athletes, comparing moderate intensity training with high intensity interval training (HIIT).

He found that short bursts of highly intense exercise were at least as effective as hours of steady moderate training.

While Tabata falls under HIIT, its preset work-to-rest ratio is more specific, and usually more demanding, than other interval workouts, which can encompass anything from boot camps to circuits.

"HIIT has more leeway," said Smith. "The intervals can be longer."

The Tabata Protocol can be followed with kettlebells or on treadmills.

Rachel Buschert, who leads a Tabata group fitness class at an Equinox gym in New York, follows the proto-



Photos: File

You can cut down on your gym time with the Tabata regime

col as closely as she can in a group fitness setting.

"The idea is to tax your body in 20 seconds," she explained.

The high intensity work, which often consists of push-ups, squat thrusts and jumps, fills about 20 minutes of the 45-minute class. The rest is recovery, warm up and cool down.

For general fitness, a Tabata class twice a week is recommended, but should not be done on consecutive days. Buschert recommends people who try Tabata start from a base of aerobic fitness.

"If you can't do one push-up, how can you do 20?" she

said. "This is for that person who wants to up the ante."

Mark P. Kelly, an exercise physiologist with the American Council on Exercise, said HIIT has been proven effective in improving athletic performance and enhancing weight loss.

"During high-intensity intervals the heart rate goes really high and remains high even during the rest periods," he said. "Various hormones kick in that build muscles and burn fat."

HIIT also pushes the anaerobic threshold, the level of exercise intensity at which lactic acid builds up in the body faster than it can be cleared away, to enable the

exerciser to perform at even higher intensity.

Kelly said the Tabata Protocol, while effective, is definitely not for the beginner, but for the experienced and even advanced exerciser. Dizziness and shortness of breath are two quick indicators that people overdoing it.

Kelly advocates a well-rounded program, especially for the non-athlete.

"Harder or more is only better up to a point," he explained. "Do other things. Maintain flexibility, maintain good joint mobility. Do resistance to strengthen muscles. Do longer aerobics. Build your aerobic base first." Reuters

ALIGN YOUR LIFE

Relationship Feng Shui

SARA HAD BEEN looking for a life partner for years. She had tried dating websites, gone on blind dates and even asked her parents to keep an eye out for the right person. Three years had passed and she was still single. Finally she decided to turn to Feng Shui for help.

Upon inspecting her apartment in Dubai Marina, I realised that she had displayed paintings of a single women all over her apartment. These paintings created a feeling of loneliness in the house. In addition to that, her apartment was cluttered with oversized dark wood furniture, leaving very little room for energy movement. Every corner of her apartment was filled with things; there was no space for someone or something new to enter her life. After detailed calculations and application of Flying Star Feng Shui formulas, I realised that the relationship area of the house was her living room corner that was filled with old magazines and unwanted books.

It took me a few weeks to convince her to change things in her apartment, but she finally relented. The paintings of single women were replaced with pleasant pictures or family photographs. Some of the oversized furniture was sold and the remaining pieces were kept in such a way that they did not hamper the energy movement. Sara cleared the clutter and made space for new things and opportunities to enter her life. After some minor adjustment and changes, she was ready to embrace her future and a potential new relationship. Last I heard from her she was dating a nice man and things were getting serious.

Over the last few years I have helped many clients find the right person by implementing Feng Shui in their homes. Some basic changes in your home can help you attract the right person in your life. Feng Shui will simply create a balanced environment for the things to flow. By using suitable colours and natural elements such as plants and water, you can enhance various aspects of your life, and attract the right relationship in your life.

To begin with throw away unwanted things and open up space for new opportunities to enter your life. Have space in your wardrobe, bookshelf, and DVD shelf. Imagine your perfect partner and how he or she will fit into your life. By creating space, you are inviting new energy to enter your home. Kua number calculations are used in Feng Shui to determine your love direction. Once you know your love direction, you can use it in your favour by either sleeping or working in that direction.

This will also help you to attract the right relationship. These directions are based on your individual date of birth and can be used with the help of a professional Feng Shui consultant. Enhance your love direction with soft colours and light scented candles. Clean the energy in your house on a regular basis with incense and feel the difference immediately. Attracting a new relationship in your life can be easy, provided you are willing to let go of things that are holding you back and ready to embraces the changes.

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