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LIFESTYLE

EAT ON TIME

Latest research holds that not only the quantity and type of food but also the time of day when it is eaten plays a role in contributing to obesity. The study suggests that sugar drinking can impact body weight gain, depending on the time it is consumed - broadly classified as active and inactive periods.

Less you sit the longer you live

RESTRICTING THE TIME you are seated to less than three hours daily might boost your life expectancy by two years, says an analytical study. Similarly, cutting down TV time to less than two hours daily might extend life by almost 1.4 years. Several previous studies have linked extended periods spent sitting down and/or watching TV to poor health, such as diabetes and death from heart disease/stroke.

The results of life table analyses indicates that cutting the amount of time spent sitting down every day to under three hours would add an extra two years to life expectancy. Similarly, restricting time spent watching TV to under two hours daily would extend life expectancy by an extra 1.38 years.

"The results of this study indicate that extended sitting time and TV viewing may have the potential to reduce life expectancy in the US," write study authors. *IANS*



ALIGN YOUR LIFE

What's your aura today?

In this fast paced world full of gimmicks and glitter how aware are we of our own existence? How aware are we of our breath, our life or our energy? Most of us go through the daily chores as if someone has pressed a play button on a dvd player. But is that how we were meant to live? Our body absorbs everything that's going on around us; pleasant and unpleasant. It's like a sponge soaking in every ounce of thought and emotions. The more it absorbs the heavier we feel. Our energy is always surrounded by our thoughts and emotions. That brings us to a very important question, what is our energy and how does it affect us? Aura is a field of subtle, luminous radiation/energy surrounding a person or an object. This energy is known as prana in India or chi in China. So how important is it exactly to know your own aura and how can one learn to manage it?

Our auras are not only affected by external energies, but also by our own thoughts and feelings. Thoughts and feelings are energy too, and so if you are in the habit of having a large number of unpleasant thoughts and emotions throughout the day, you can bet they're lowering your vitality and affecting your aura. Your aura is like your personal signature; it stores all your stress and emotions. Higher the levels of stress heavier the aura. Once your aura is heavy you are likely to feel tired, depressed or even sick.

The way to leading healthier life is to clean or balance your aura on a regular basis. Take up any kind of relaxation technique that makes you feel good and helps you reduce your stress level. Meditation helps in reducing stress and calming the mind. Yoga also helps in achieving the mind/body balance. Reading a book or taking a walk in the garden or spending quality time with loved ones will also help you to reduce stress and balance your aura. The most effective way to instantly feel relaxed and cleanse your aura is to take a dip in the ocean. The use of sea salt has always been linked with health and therapy. Apart from being essential for the body's proper functioning, it is also as important in the world of medicine for many years.

Adapting a healthier lifestyle, taking up a stress busting hobby or going for a swim can help you lighten the load of your aura and in turn help you find that much needed balance in today's fast paced life.

Shivani Adelja is an Abu Dubai-based well-being expert. She runs the Alignment Insitute which offers unique and effective solutions that focus on stress management and overall wellbeing

Y

YOGA

Many asana in yoga are devised by watching the posture of birds. Krounchasana or Heron pose is one such. This is a very intense pose for stretching. This asana is therapeutically beneficial for flat feet.

Krounchasana or Heron pose:

This asana gives as intense stretch to the back of the legs in an upright, seated position, with the added bonus of working the abdominal muscles

TECHNIQUE:

- Sit on the floor with both legs extended in seated staff posture.
- Bend the right knee and bring the ankle on top of the left thigh. To avoid straining ligaments place the outer right ankle, rather than the side of the foot against the thigh.
- Bend the left knee in towards the chest and grasp the left heel with both hands. Keep pulling back on the heel as you straighten the leg up in the air. Bring the leg closer to your face. Press down and draw in the lumbar spine towards the navel to avoid rounding the lower back. Keep your shoulders relaxed as you stretch open the back of the extended leg.
- Now bend the left knee and grasp the foot with both your hands. Keeping your spine



Photos: Mohamed Mustafa Khan

elongated, open your chest and your sternum lifting as you fully straighten the left leg taking the foot up. Bring the left leg as close as possible to your torso.

- Now try to place your chin on the knee in this pose. Keep your spine straight and extended as you attempt this.

- Cup the heel with both hands.
- Hold this posture for a while.

BENEFITS

- It stretches the hamstrings, calves and the Achillean tendon.
- It stimulates the abdominal organs and the heart.

- This posture brings about flexibility of the hips, back as well as the hamstrings.

Avoid if you are suffering from any knee or ankle problems

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