

Millennial feat

You will snap over 25,000 selfies in your lifetime!

IF YOU BELONG to the millennials' club - those born after 1980s - and continue your love with selfies till you grow old, you will have a collection of over 25,000 selfies during your lifetime, an interesting research has revealed.

According to a new survey conducted by Luster Premium White - a global maker of teeth-whitening products - 95 percent of people have taken at least one selfie, the *Daily Mail* reported.

As the selfie frequency goes up, they could end up taking an average of 25,676 self-portrait during their lifetime.

"Even a brief glance at a Facebook page, a Twitter feed or Instagram account confirms that millennials are dedicated to chronicling their lives with selfies, and they especially enjoy sharing them with their network of acquaintances," Damon Brown, CEO and co-founder of Luster Premium White, was quoted as saying.

The survey included 1,000



Americans.

"Beyond just millennials, most people now take selfies while on vacation or while celebrating to chronicle special moments with friends and family," Brown added.

About 63 percent of millennials said that a vacation trip is the most popular place to

snap a selfie.

More than half of the sample admitted that they fix their hair before taking a photo of themselves, and 53 percent of them said they check themselves out in the mirror.

Nearly 47 percent of the respondents confessed to prac-

ticing their facial expressions before taking their picture.

"It is important to make a good impression even if it is through a selfie shared with people you know online or in an email," Damon explained. The survey also revealed that a pupil take about seven minutes to take a selfie. *IANS*

Stay slim

Eat more fruits and non-starchy vegetables, suggests study

INCREASED CONSUMPTION of fruits and non-starchy vegetables is inversely associated with weight gain, says a study. "Our findings support benefits of increased fruit and vegetable consumption for preventing long-term weight gain and provide further food-specific guidance for the prevention of obesity, a primary risk factor for type 2 diabetes, cardiovascular diseases, cancers, and many other health conditions," the study said.

The research, conducted by Monica Bertoia of Harvard T. H. Chan School of Public Health, and colleagues, shows differences by type of fruit or vegetable, showed that starchy

vegetables, for example peas and corn, were associated with weight gain.

The researchers examined associations between changes in the intake of specific fruits and vegetables recorded in dietary questionnaires and self-reported weight changes in 133,468 US men and women followed for up to 24 years.

After adjusting for self-reported changes in other lifestyle factors such as smoking status and physical activity, an increased intake of fruits and of several vegetables was found to be inversely associated with weight gain.

The study was published in the journal *PLOS Medicine*. *IANS*

ALIGN YOUR LIFE

It's all about furniture

Buying furniture for your new home can be a tedious task. Many people go from pillar to post looking for that perfect piece to suit their home. Some want expensive furniture, while some look for bargains. In the end everyone wants his or her home to feel welcoming and comfortable.

There are no set guidelines in Feng Shui for buying furniture. However it is important to buy pieces that are in proportion to your home and complement the layout. Buying oversized pieces can cause havoc with energy stagnation. And too small pieces can give an empty look to the house and create a feeling of loss.

To begin with the furniture at the entrance of the flat or your villa should be snugly fitting. Oversized shoe cabinets or huge chairs blocking the entrance are generally not a good sign. Keep the entrance open and free. As per Flying Star school of Feng Shui, your entrance layout will be decided based on what element is predominantly present in that area. However as per Form school Feng Shui, shapes and sizes of objects in the entrance will impact the energy flow negatively or positively.

The living room sofas and coffee table should be in proportion to the living room and should not block THE walking path around it. Open space allows energy to easily move around.

The dining table is preferred to be either round or oval. If it is square then the edges need to be softened for smooth energy flow. The table size needs to be smaller than the dining room and there should be enough room for the energy to flow around.

In the kitchen place the stove in the corner, away from the door or walking path, as an exposed stove is not considered good in Form school Feng Shui.

Study room table must have a wall support and be kept away from the door for enhanced focus and concentration. Keeping television and music away from this room is a good idea.

The size of the bed needs to complement the size of the room. Oversized beds hamper energy flow and create stagnation in the bedroom. The bed must be kept on the solid wall away from the main door and window.

It is not always possible to hire a Feng Shui consultant or follow Flying Star school of Feng Shui to smoothen the energy flow within your home. Sometimes simple Form school Feng Shui furniture placement tips can open up energy and create a happy home!

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