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LIFESTYLE

# Travel pests

*If you want to enjoy a trip, steer clear of these types*

**I**F YOU ARE not travelling alone, you end up with people who are either fun to be with or downright annoying - travellers who will make you plead for the trip to come to an end. Huffingtonpost.com shares a list of such types of travellers:

**The latecomer:** Travelling with people who are always late will ruin your plans. It is always better to tell such people to arrive much earlier than the planned time.

**The motormouth:** Sure you want to talk to the person you're travelling with, but you also enjoy some quality downtime. People who can go on talking, don't care if you're reading, listening to your iPod, watching a movie, or even trying to sleep. This annoying traveller needs stern and clear boundaries.

**The lazy bones:** Yes, vacations should be about relaxing, but they should not be about doing absolutely nothing



throughout the day. It's okay to sit on the beach for hours on end, but the lazy bones likes to sleep in until 11, then have lunch for long hours, then finally make it to the beach, where they'll nap the day

away, and you'll be lucky if you even get a night out on the town the entire trip.

**The overactive traveller:** They will also ruin your travel plans in numerous ways. For example, waking up for a 4am

hike on a 5,000 foot mountain or swimming with the sharks. They are not the kind of people you want to bring with you if you plan to lay on the beach, sipping on a drink and working on your tan. *IANS*



## Knot a problem

*Six ways to lose weight before your wedding*

**WITH ALL THE** sweets pouring in days before your wedding, it leaves little scope for you to think about weight issues. So stay focussed and set realistic goals to flaunt a fabulous figure on your big day, says an expert.

Muffazal Lakdawala, obesity expert at Fortis Hospital, Gurgaon, India shares healthy ways to lose weight before your wedding day:

**Set realistic goals:** Keep targets and goals to help stay focused. Healthy weight loss is about one kg per week. **No fad diets:** Stay away from crash diets that promise quick results. The more weight you lose faster, the quicker you will gain. Follow a diet and exercise regime that will give you long term results.

**Don't stay hungry:** The easiest way to ensure that you don't overeat is to ensure that you're never starving. Start your day with a healthy breakfast to boost your metabolism. Egg whites with whole wheat bread, fresh fruit and yoghurt with nuts, oatmeal with skim milk or *poha*

with added vegetables or idlis with sambhar consisting of lots of vegetables, are healthy breakfast choices. A quick-filling snack is better than skipping your meal completely as you will be more likely to overeat at your next meal.

**Make exercise regime fun:** No diet regime will work if it is not coupled with some form of physical activity. Gymming might not interest everyone. Swimming or dancing or a sport that you enjoy can keep you hooked.

**Manage stress effectively:** Wedding planning can be very stressful, so plan well and stay calm. If you are prone to emotional eating, do not store chips, sweets, cookies, chocolates in your house.

**Maintain a food diary:** If you want to keep a check on your progress, maintain a food and exercise diary. Write down everything that you consume throughout the day and also mention your exercise regime. It will help get you back on track in case you indulge. *IANS*

## ALIGN YOUR LIFE

### *Building Feng Shui*

**D**uring my years in Hong Kong, the designs of the buildings fascinated me. The architectural concepts of these buildings were commendable. I remember walking down Central Island one evening and stopping near a famous bank building to admire the beautiful stone lions placed outside. They looked majestic and powerful. Over a period of time I realised that most of these buildings were constructed based on the principles of Feng Shui. Every object or statue on display in and around these buildings was part of Feng Shui design. Designing the city of Hong Kong through Feng Shui has helped to create prosperity within the region and ensure it remains one of the most prosperous cities of all times.

Over the years I have travelled to different countries to teach Feng Shui. The first things I do after I land - is to put on a pair of walking shoes and explore the buildings. Looking at the surroundings always gives a glimpse into how the economy is faring. The designs of the buildings tell a story to those who are willing to listen.

So that brings me to an important question - what kind of building designs are recommended in a city? To answer this question one must look at the growth of the country and how the city was planned. Many cities around the world see a rapid growth and as a result of that, buildings are constructed as and when they are needed. This results in odd shaped buildings within close proximity to each other. The best way to implement Feng Shui is to design and plan the locations of the buildings based on certain energy enhancement principles. It is ideal to have square or rectangular shaped buildings as it depicts stability and grounding. Triangular shaped buildings have gained popularity as it represents aggression and ambition. However the fierce energies created by such buildings need to be neutralised. In many Asian countries round or curved surfaced buildings are constructed to ward off the negative energy created by odd shaped buildings. Planting tall trees or creating a tall fence also helps in containing the energy within a building. In many Feng Shui friendly buildings in Asia, stone-carved lion statues are placed outside the buildings to protect the good energy. The statues are purely symbolic and this concept is similar to the practice of hanging an evil eye charm outside the main door here in the Middle East.

So next time you visit a new city, take a walk around to understand the city's story through its buildings.

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