

Sort your wardrobe

It's time to get rid of faded, shabby clothes

FED UP WITH a daily battle with your overcrowded wardrobe? It's time to clear out the wardrobe and make way for some new stylish pieces.

To sort out the problem, follow tips from stylist Lucy Turner, reports femalefirst.co.uk.

- Take everything out of the wardrobe and bin anything that is damaged and tatty immediately. While the wardrobe is empty, give it a quick whiz around with the Hoover.

- Sort the remaining clothes into three piles - keep, store and sell. Be ruthless - if any cloth hasn't seen the light of day for six months then it's time to say goodbye.

- The store pile should contain items that will be worn again, like out of season clothes and special occasion outfits that one does not need daily access to.

- Make sure everything in the store pile is clean. Tackle any niggling jobs like missing buttons and loose hems before you pack them into storage bags. Stash them in the loft, garage, under a bed or anywhere except the wardrobe. But remember to ask yourself - 'Will I ever really wear this again? If not then sell it.'

- Hang clothes according to the type - trousers, dresses, jackets, so that one can immediately see what he/she has. Investing in slim line hangers will instantly double the hanging space.

- Turn your hangers round so they all face the same direction. Whenever something is worn, hang it back facing the opposite direction. Review your wardrobe again in six months, anything still facing the original direction in six months should be stored or sold. IANS



Junk food alert

Watch out for what your kids eat after games

IS YOUR KID getting fatter after joining school sports? Making your kids participate in school sports is not enough to keep them healthy. Researchers have now found that the unhealthy food that they are often treated to after the games may make them fatter.

Because of the unhealthy snacks and sugar sweetened drinks that they are served after the training or a match, the children may actually end up consuming more calories that they burn while exercising, the researchers said.

"Though youth sports are an excellent way to promote physical activity, social in-

teraction and positive health behaviours, the food environments are often characterised by less healthy food options with high calorie contents and lower nutrient density," Joseph Skelton, associate professor of paediatrics at Wake Forest Baptist Medical Center in the US, was quoted as saying.

The study involved boys aged eight to 11 who participated in games at a youth baseball field in the US. Most snacks served after the games were high-calorie food items included French fries, sweets and cookies and sugar-sweetened drinks. The study appeared in the journal *Childhood Obesity*. IANS

ALIGN YOUR LIFE

Get off the couch

Mariam had been running away from going to the gym for years. She loved her favourite TV shows way too much to budge from the couch. Weeks turned into months and months into years - and before she knew it she had gained 40 pounds. Alex had been an outdoor person all his life. He loved rock climbing and surfing. But since he moved to the UAE, all he did was stay indoors due to the heat and play games on his iPad. He became anti-social and in no time he had piled on a lot of weight. I myself went through many changes in my life. And with every change I added on weight just to protect myself from the unseen dimensions of life.

We all go through ups and downs but we all cope differently. Some of us turn to food, some turn to medication and some simply lose weight due to excessive stress. Come summer, most people I know in the UAE prefer to stay indoors and stay glued to the TV. They only realise that they have added on additional pounds when they can't fit into their wardrobe come winter.

So why not do something different this summer? If you are a water person and like spending time swimming then look no further, because there are many indoor swimming pools in hotels and gyms. Many centres around town offer rock-climbing facilities, if that is your thing. Alternatively, UAE has many options for yoga classes. There are many types of yoga to choose from. The best way to pick a class is to go for one session and explore. Many gyms offer one free class, so that you can decide on what to choose. Even though temperatures are soaring during the summer, early mornings and late evenings are good for walking outdoors. Many public parks are available if you wish to choose that option.

If you are the type who can't exercise alone, then find a friend or a family member who can be your partner. It would be easier to stick to a workout schedule if you have someone to support and motivate you. Alternatively hiring a personal trainer can also help in embracing exercise. Just last week I decided to let go of my laziness and hired a personal trainer. Her motivation has carved a new way of life for me. Needless to say, it is the best decision I made in the last few years. So this summer don't fall into your old patterns and remember to get off the couch.

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

