

CHECK IT OUT

A magical Christmas at Dhaka Regency

THIS holiday season, Dhaka Regency ushers in merry tidings with numerous options to celebrate the festive occasion, Christmas with style. With a plethora of dining and entertainment options at this renowned business hotel, the celebration promises something unique for everyone. The Grandiose Restaurant, the authentic specialty multi cuisine restaurant at Dhaka Regency will be offering Christmas Eve and Christmas day dinner with an elaborate buffet on both on 24 and 25 December. Regency's most popular rooftop garden restaurant, Grill on the Skyline will offer a splendid set menu

for both 24 and 25 December nights. The dinner guests will be greeted by Carol Singers in the lobby on the Christmas Eve and Santa is also scheduled to make a special appearance with gifts galore for the children.

On Christmas Day, Dhaka Regency is all set to bring out its biggest entertainment event for the kids, named "Christmas Kids' Party" at Grill On The Skyline from 11 pm. The kids can rejoice at the fun corners with extensive gaming arrangements, photo shoot with Santa, riding the mini train, jumping on the bouncing castle and playing all around the rooftop area. After all these

activities, our wise chefs have designed buffet snacks with kids favourites such as burgers, fries, cakes and many more. The program will commence with a cake cutting ceremony by the kids and Santa along with hotel management. There will be a musical performance by Ferdous Wahid along with cultural performance by the group of kids from ShishuPolli Plus and others. To spread out the celebrations throughout the country, the entire program will be broadcasted live on Boishakhi Television from 11:00 pm on Christmas Day. For more info please call 01713332661.

**TIPS**

Weight loss tips

WHEN it comes to losing weight, everyone seems to have their miracle cure and personal myths about what works and what does not. However, the process is not so simple. Take snacking for example – it is said to be always bad and adverse to losing weight. But in reality you don't need to starve to lose weight. Eating between meals does not have to be bad; having snacks in between meals might actually help you

eat less. Added to that it might also fight off the urge to binge eat later. Rule to remember – better to eat smaller meals than passing the calorie requirement in one sitting. But if you do tend to overeat, especially in winter, make sure to get back on the wagon. If you eat more now, cut back that amount from the next meal.

Another common mistake is that all carbs are bad. While processed carbs are high in sugar, beans and whole grains such

as those in brown rice and whole grain breads are actually beneficial for the body. Besides, the body uses carbs as fuel during exercise to burn body fat – a very good reason to not skip the bread. Instead, switch over from white to brown carbs.

Most dieticians recommend weight lifting to increase the amount of fat being burned. Weightlifting builds muscles; the more muscle content in a person's physique, the more calories are burned even

when the body is at rest. A lot of women have the misconception that weightlifting will automatically lead to an unappealingly muscular physique. Seasoned bodybuilders will assure you that becoming muscular is not so easy! Weightlifting will, at most, work out your muscles and tone your body. After your cardio routine, do some resistance exercises to build up those fat-banishing muscles.

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