

## MUSING

## Air travel agonies

**T**RAVELLING by air is rarely a pleasurable experience for me. I especially dread long flights. The idea of visiting Bangladesh excites me, but the sheer number of hours to be spent inside an aircraft dampens my spirits.

I am not that tall but even so, my 5'6" body frame cannot sit comfortably on an airplane seat. I turn and twitch during the entire duration of a flight and wonder if plane seats are becoming smaller. I eye other passengers and feel a pang of envy - many people enjoy long stretches of sleep on long

flights, but I never can.

My in-flight agony has doubled, or perhaps tripled, in the last two years. Flying in the air with a two-year-old is anything but enjoyable. My husband, who is my daughter's favourite parent, suffers endlessly when we travel. Watching his in-flight plight stresses me out even more.

My toddler almost goes on a hunger strike when she is travelling. We have returned completely untouched trays of meals to air hostesses in the past. When my child is awake she does not let us eat. For some unknown reason,

I am almost always hungry when I am in the air. Food makes me happy when I am flying; it also gives a sleepless passenger like me a reason to keep herself busy for some time. But with a wide awake toddler at your side, you can only eat peacefully in your dreams.

I check and re-check my watch to see the number of hours travelled and still left to be travelled. I also check my flight status on the in-flight entertainment system, which otherwise does not appeal to me. On most occasions, my headset lies unopened during a flight, for I do not enjoy watching movies or

listening to music when air-travelling. But to keep myself busy I sometimes peek into the screens of fellow passengers! I just watch what they watch on their screens.

When inside smaller airplanes that only take domestic routes, I feel claustrophobic, which is worse than spending sleepless hours in the air. So yes, air travel is anything but pleasurable for people like me. I wish a day comes when airplanes would fly faster and reduce the agonies of passengers for whom air travel is a torture.

**By Wara Karim**

## TIPS

## What is the Right Diet for You?

**W**E often hear experts recommending a healthy diet, but what does that mean for you? There cannot be a universally-appealing diet because we all have differences in age, biological compositions, height, weight, and many other aspects. As a result, we must begin to believe that there is no one-size-fits-all diet.

Nowadays, different forms of diet are promoted in the media. That becomes confusing for a time-starved yet health-conscious population. In an effort to lose weight magically, many individuals read up all the diet books and blogs, and try out most of the latest diet fads, only to be utterly disappointed. That is when they start feeling guilty

for everything they eat. They count calories painstakingly before each meal. In short, they stop enjoying this natural process of eating! What people need to realize is that a line needs to be drawn between food and factory-processed junk food. They also need to be clear about how much to eat.

So will a juice cleanse or the 5:2 fast diet work for you? Or will you just follow one of the diets that your favourite celebrity endorses? Surprisingly, the answer is no! There is no one diet that is healthy for all of us. How can it be so when we have different cooking styles, different taste-buds, and different budgets? No quick fixes will work.

Weight loss and diet control are long-term processes which requires a shift in our attitudes towards food. At the end of the day, you not only want to have a lean body, but also a healthy glow and a meaningful emotional outlook.

The key to achieving weight loss and selecting the right diet for yourself is to understand that you are unique. Going vegetarian may not always be healthy for you because you need to really monitor your protein intake in that case. Similarly, simply eating red meat may not ensure a healthy body for you. Generally, a proper diet must contain vegetables, proteins, and moderate amounts of fat.

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