

SKIP THE GYM...GET FIT

BY KARIM WAHEED



[Yet more] Diet and exercise myths

Who doesn't like browsing through articles about diet and exercise myths? I'll tell you what I don't like: the same old myths popping up on my newsfeed. For those of you looking for something that you haven't come across a zillion times already, here are some diet and exercise myths.

Better equipment brings better results

How many of you have invested money and time in an equipment and felt disappointed with the result? Right. We can't design fitness success into a piece of equipment any more than we can design a keyboard to make us better writers [I wish, though].

If you HATE it, it MUST BE good for you

Sometimes the body and mind tell us to stop but we must push through. Other times we should just listen and sit one out. The key is in understanding the difference between acute vs chronic desire. Acute desire is when you crave that aloo puri only when it's offered to you. It's when your muscles are screaming yet you push for just a few seconds longer. In short, this, you can ignore. Chronic desire is when your body and mind are constantly telling you something. That's what you need to pay attention to. If you hate an exercise and it repeatedly causes

pain in your joint(s), listen to your body and stop.

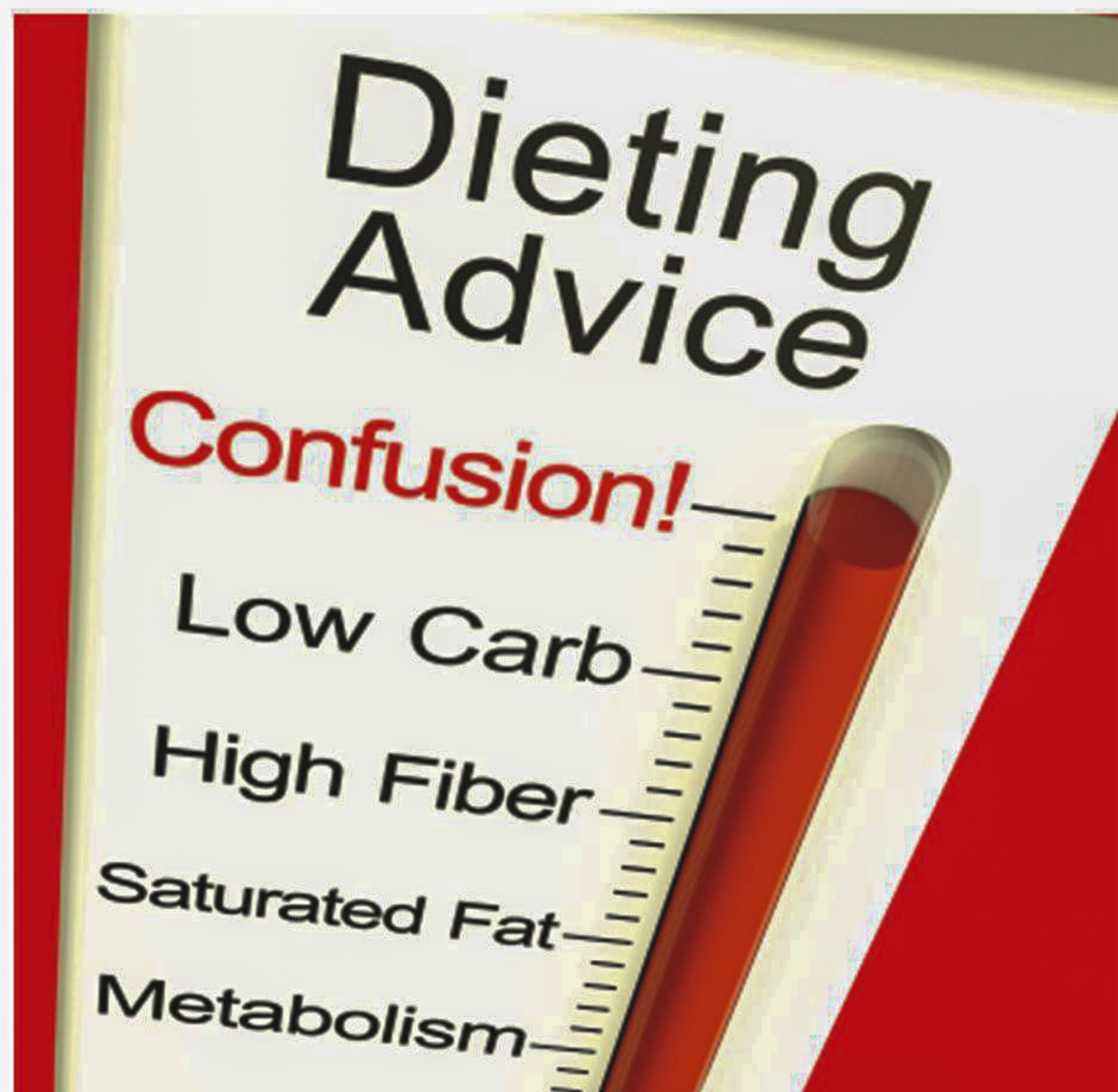
You can train to be lean

Everyone is looking for that magical exercise or routine that makes your body drop fat like one would sweat in a room with no fan/AC in deshi summer.

Here's the deal: when you exercise, you are training your body to be faster, stronger or more coordinated. You can train yourself to be able to do anything better. Training is about the capability of your body, not its appearance. Nature doesn't care if you have six pack abs. The fat on your body has a minor effect on your ability to do many exercises. In some cases, like bodyweight exercise, it has a bigger influence. Maybe doing pull ups tells the body to be lighter and thus cause more fat to be burned.

Certain foods are inherently bad/good for you

The value of all foods boils down to your ability to use them and their nutrients. If you eat a steak and can put it to use, then it's a good decision. However, if your body has no real need for it, it's not going to do you much good. That being said, sometimes there are health benefits to eating some-



thing beyond feeding the body.

Exercising every day leads to overtraining

The human body was designed to be used every single day. Our ancestors never took a day off, so that raises the question: do we

really need 3-4 rest days a week? No, you shouldn't run a marathon every day, but being active 2-3 times a week and then sitting on your behind for the rest of the week doesn't make a lot of sense.

FOR THE LOVE OF FOOD

BY KANISKA CHAKRABORTY



Warung warriors – part II

M loved the deep fried squids so much that we went back to Warung Parahyangan for dinner the next day.

Our dinners in Bali tended to be late ones as we used to wake up late, have a heavy breakfast, laze around a lot, doze off, have late lunches, early evening coffees.

We walked in around 10pm, to a relatively quiet and diner-free warung that was so lively during the day.

Ordered the fried squid, added a whole fish grilled with Balinese spices, repeated the chicken with mushroom and the steamed rice.

The squid was salt laden, over fried to the point of being bitter. The lovely golden colour of the morning was gone and was replaced by deep unappetising ochre.

The fish had a charred appearance with a lot of lemongrass and chilli paste.

The chicken was tough and flavourless.

We were wondering how could there be such change within the same day. That is when I ventured into the same kitchen to find all the ladies were gone. The menfolk had taken over the cooking and had obviously messed up. Lesson learned. Not to go to a warung late at night.

But we are the warung warriors. So next day we walked into another warung, albeit for lunch. One with no name. One where we found out no one speaks English. Two women manning a single stove. One burly man sitting quietly and smoking.

A glass case half filled with cooked food of all ilk. M imme-



diately went about befriending the women. Soon, they were calling out each other's names, for no rhyme or reason.

We pointed out what we wanted to eat.

Some fried fish, some egg in a light gravy, some eggplants simple cooked, some chicken, some tofu. And steamed rice.

While the food was nothing extraordinary, it was very satisfying.

The eggplant dish was a simple stew with a little onion and ginger. The egg was cooked minimally with chilli and onion.

The ubiquitous lemongrass was missing.

The fish was crisp fried.

The rice warm.

The warung owners friendly, talkative and helpful without speaking much English.

Food, after all, needs no other language.



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