Fat isn't the worst but it's no joke either

It's easy to get fat. Or should I say "opulent"? Is "fat" considered politically incorrect? Something somewhere will offend someone anyway.

I was fat once. It wasn't the end of the world. I mean, sure, insensitive a-holes will crack jokes every now and then, but fat isn't the worst one can be. You know what's not a joke though? Childhood obesity. Lack of outdoor playtime, academic pressure, junk food addiction, abundance of junk food – fat happens without effort. And the consequence? Obese children are more likely to have high blood pressure, high cholesterol, impaired glucose tolerance, insulin resistance and type 2 diabetes, breathing problems, joint problems and musculoskeletal discomfort, gallstones and more.

Loving calorie-dense food isn't a crime but burning those extra calories is important too. Get moving.

– Karim Waheed, Editor, SHOUT

MIXTAPE

GYM

Skunk Anansie
Search and Destroy
◉

The Black Eyed Peas
Pump it
◉

Orgazmo
Now You're A Man
◉

Felix Jaehn ft. Jasmine Thompson
Ain't Nobody (Loves Me Better)
◉

Jason Derulo
Want To Want Me
◉

Avicii
The Nights

APP REVIEW

podcastaddict

YouTube
FOR YOUR EARS

ROBINA BHUIYAN

Platform: Android

Podcasts are growing increasingly popular and iOS users are lucky because podcast apps are already built into their phones and iPads. For Android users, podcast apps come in many forms and prices, which can be daunting for people who are new to podcasts.

Podcast Addict is a user friendly application that new users can tackle without a hitch. This is a free podcast app that has all the standard options, and also allows you to customise each individual podcast, along with themes, display mode and widgets. The user friendly interface enables both live streaming and downloading, making this an ideal platform to listen to your episodes offline. The app also offers integration of RSS feeds and YouTube channels, making this the only player you require for your audio/visual needs. The built in Chromecast support means you can play your podcasts from your television set or home audio system. The advantages are simple – it is free, efficient, and customisable.

It is therefore safe to say that this is undoubtedly, the best podcast application out there right now. Most user reviews are glowing, which is a testament to its excellent functionality.