

## HOROSCOPE

**ARIES**  
(MAR. 21 - APRIL 20)

Sudden romance could end abruptly. Problems with large corporations or institutions are apparent. Your lucky day this week will be Thursday.

**TAURUS**  
(APR. 21 - MAY 21)

Concentrate on solving existing problems. Put your energy into behind the scenes activities. Don't beat around the bush. Your lucky day this week will be Monday.

**GEMINI**  
(MAY 22 - JUNE 21)

You can make profitable investments. Try not to hurt your partner's feelings. You have much to offer. Your lucky day this week will be Sunday.

**CANCER**  
(JUNE 22 - JULY 22)

You will have a great insight when dealing with others. Try to be tolerant of the moods of others. Your lucky day this week will be Monday.

**LEO**  
(JULY 23 - AUG 22)

Use discretion, especially if involved with someone from work. You may have difficulties with someone close to you. Your lucky day this week will be Saturday.

**VIRGO**  
(AUG. 23 - SEPT. 23)

Problems with appliances or electrical gadgets will drive you crazy. Try to spend time with those having similar interests. Your lucky day this week will be Sunday.

**LIBRA**  
(SEPT. 24 - OCT. 23)

Sudden disruptions will cause upset and a change of routine. You'll be surprised how much you can accomplish. Your lucky day this week will be Tuesday.

**SCORPIO**  
(OCT. 24 - NOV. 21)

Restrictions may be difficult to live with. Joint ventures may lead to dead end projects. Travel will be quite exciting. Your lucky day this week will be Sunday.

**SAGITTARIUS**  
(NOV. 22 - DEC. 21)

You will have the ability to capture the interest of others. You can make extra cash by moonlighting. Your lucky day this week will be Monday.

**CAPRICORN**  
(DEC. 22 - JAN. 20)

Changes in your home will be positive. Property investments should payoff. Travel and family gatherings should be in order. Your lucky day this week will be Wednesday.

**AQUARIUS**  
(JAN. 21 - FEB. 19)

Be careful not to get involved in other people's personal affairs. Too much talk might lead to hassles. Your lucky day this week will be Sunday.

**PISCES**  
(FEB. 20 - MARCH. 20)

Not the time to take risks. You may enjoy doing something musical for entertainment. Lowered vitality could affect your work. Your lucky day this week will be Monday.

SPOTLIGHT

# Run, Dhaka, Run!

Early humans may have taken up running around two million years ago. Ten thousand years ago, hunter-gatherers ran 15-75 miles a day, but it was Pheidippides (490 BC), a Greek runner, who put running on the map.



He is supposed to have run 150 miles to carry the news of the Persian landing at Marathon to Sparta in order to enlist help for the battle. Scholars believe the story of Pheidippides may be a myth, yet the legend had legs and was the genesis of the modern marathon.

'Cardio', short for cardiovascular (also known as aerobic) exercise, is a potent tool for getting in shape. Widely familiar cardio exercises are: walking, jogging, running (but not sprinting), swimming, cycling and stair climbing.

Cardio is good for us for a number of reasons: weight loss, stronger heart and lungs, increased bone density, reduced stress, and better sleep, among others.

Out of all cardio workouts, I consider running/jogging to be the best, particularly in the context of Dhaka. Anyone can do it, it is all-inclusive, there is very little skill needed and it costs virtually nothing (aside from a decent pair of running shoes and non-chafing apparels).

**Definition of running:** to go steadily by springing steps so that both feet leave the ground for an instant. During walking, one foot is always on the ground. Jogging is running slowly, and sprinting is running fast. We all know how to run, but do we all



know how to run correctly?

**Head:** Look forward. Do not bend forward or look down at your feet.

**Shoulders:** Keep them relaxed.

Shrugging, tightening, and creating tension in your shoulders and neck will waste energy and deplete you quickly.

**Torso:** Stretch yourself up to full height

with no strain from the torso.

**Legs:** Keep your knees low (unless you are sprinting).

**Arms:** Keep them close to the body; swing forward and back and not across your body to minimise torso rotation.

Breathe deeply, exhale fully. Start with a five-minute brisk walk to warm up. When you feel ready, start running/jogging. If you get out of breath, slow down or walk again. Once you have caught your breath, start running again.

**Running etiquette:** Do not run/walk in herds and hog the track. Cattle walk in herds; people should not. If you are serious about getting in shape, save the chitchat for the benches when you rest. Do not block someone running behind you on the track; if you are slower than the person approaching you from behind, make way.

Places in Dhaka where you can run/jog: Ramna Park, Chandrima Udyan, Dhanmandi Lake walkway, Gulshan Lake. If you are an early bird, you can pretty much run on the sidewalk anywhere in Dhaka; the whole city is your playground then.

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