

LS SUGGESTS

The perfect running playlist

Whether you are working on the treadmill or training to run for a marathon, a good playlist can make a big difference. With Facebook and Youtube having taken over most of our lives, it is really hard to make time to go for that run that will keep the scary fats away. Maybe all you need is some motivation! What do you need to hype yourself up every morning to go for that much needed run?

The answer is: the perfect running playlist.



Remember, there are many reasons why music should be a major part of your workout. For starters, it is a good distraction. It ups your effort and helps you stay in the zone. Your beats can help you work out a pace for your exercises whether it is running or something else. Music can also elevate your mood and make you want to move.

For starters, what you may want to do is start off your playlist with some light tunes. This will go well with when you are getting ready and stretching for that jog to come. Nice tunes can be anything depending on what kind of music you are into. You can opt for jazz classics or stick to some rock instrumentals. You can go light and melodic with Red Hot Chilli Peppers or go groovy with some Louis Armstrong.

Once you have put on your clothes, hooked up the iPod and stretched a bit, you are ready to get out there and face the day. Turn on your health fitness app on and switch from slow tunes to something with a little more hype. Obviously hyped-up music will vary from person to person but nothing works better than songs that have a beat drop. This is when a song goes from being slow to really intense and then BAM, drops that catchy beat.

You can find good dubstep and trap songs with amazing beats in hugely popular Youtube channels such as Monstercat and Trap Nation. Let the beat drop and pick up your pace.

If however, heavy base and beat drops are not to your liking, you can never go wrong with rock and roll. Some Guns n' Roses or some Led Zeppelin albums should definitely make the cut. You can also go that extra length and turn on, "But I would walk 500 miles and I would walk 500 more." If nothing works, that will definitely get you going.

Make sure you use this time for yourself because chances are that this will be the most "me time" that you will find in your busy schedule.

Be sure to relax, focus on your breath and body and definitely enjoy the surroundings. For those of you who do not really do playlists and instead use Youtube bookmarks for your music, you are better off creating that perfect playlist for yourself.

Your Youtube playlist would be incomplete without some of the best selling artists of this century such as the highly entertaining and controversial, Kanye West and Canadian rapper and songwriter, Drake. You can also add some Sia and Ellie Goulding to give your playlist some depth. And who can forget music legends such as Skrillex and Eminem?

So set up that perfect playlist and go for that run. Stay fit and healthy and be sure to jam and work up a sweat tomorrow!

By Naveed Naushad
Photo: Sazzad Ibne Sayed

ENHANCE YOUR CURVES

AT THE RIGHT PLACES



Voluptuous curves can give you a feminine look that doesn't come along with a too straight or plump figures. As a woman, one of our most natural physical gifts is having curves, and there are some amazing ways to enhance your curves you may not know about, or might like to know. I am talking about the French technology ULTRACONTOUR. The non-invasive option for trimming your abs, love handles, hips and thighs and enhancing curves. Do you know that the fat cells are



limited in number. They swell up when we gain weight and shrinks when we lose. The goal of ULTRACONTOUR is to reduce the number of fat cells without surgery or pain with better shape than Liposuction or other surgical option and makes it easy for you to maintain the curves with even



weight gain. You may have tried diet or exercise which may help you to burn calories and lose overall body weight but most women have fitness goals beyond just slimming down. Since a slimmer waist is key to having captivating curves, you may find ULTRACONTOUR worth doing.



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