

HOROSCOPE



ARIES
(MAR. 21-APRIL 20)

Your loved one will be stimulating. You will do anything to close your deals. Someone may be damaging your reputation. Your lucky day this week will be Thursday.



TAURUS
(APR. 21-MAY 21)

Encourage your family. You will meet and enjoy with new friends. Take the time to help those less fortunate. Your lucky day this week will be Monday.



GEMINI
(MAY 22-JUNE 21)

You can receive false information. Invest in profitable ventures. Consider making changes in your life. Your lucky day this week will be Wednesday.



CANCER
(JUNE 22-JULY 22)

Friends can give you good advice. Try to have some fun. Your partner will be emotionally unable to cope. Your lucky day this week will be Tuesday.



LEO
(JULY 23-AUG 22)

Partners may argue with you. Make sure that all personal documents are in order. Think of changing career directions. Your lucky day this week will be Wednesday.



VIRGO
(AUG. 23-SEPT. 23)

Try to solve the problem. Get involved in projects that are financially viable. Do not expect others to do your work. Your lucky day this week will be Saturday.



LIBRA
(SEPT. 24-OCT. 23)

Watch what you speak. Don't let age hold you back. Communication will be the source of your knowledge. Your lucky day this week will be Wednesday.



SCORPIO
(OCT. 24-NOV. 21)

Don't reveal private information easily. You can try to sell your ideas. Entertainment could cost you more than you expect. Your lucky day this week will be Saturday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Try to find out secret information. You will have exciting encounters if you drop your inhibitions. Invest in property. Your lucky day this week will be Friday.



CAPRICORN
(DEC. 22-JAN. 20)

Concentrate on your actions. Be careful in what you consume this week. Travel will promote romantic connections. Your lucky day this week will be Tuesday.



AQUARIUS
(JAN. 21-FEB. 19)

You're in need of love. You can certainly gain popularity. You can make major gains professionally by completing projects on time. Your lucky day this week will be Wednesday.



PISCES
(FEB. 20-MARCH. 20)

Things may not be as they sound. Do not neglect your family. Get together with friends and do something entertaining. Your lucky day this week will be Monday.

LS SUGGESTS

Beating the seasonal blues

As far as exercising is concerned, for most people, hibernation mode is on! Pools closed, low attendance at gyms and fewer joggers at the parks indicate that irrespective of your enthused summertime regimen; some of you are turning into sloths!

Yet, the *kachchi* season is in full swing, heaps of rich food from winter weddings will only add to the misery one is about to put oneself in. So as far as exercising is concerned the chilly evenings and the early mornings are no excuse to skip exercise.

Granted, working out in cold weather is more challenging than exercising in summer. You just need to muster a bit of courage to beat the seasonal blues and gather some willpower. One might think that winter workouts have some limitations but it does have to be true.

Even if you may not want to hit the gym, people can now maintain their fitness without having to step outside their home. With the advent of technology, one can easily find varied alternatives to workouts through different YouTube channels or workout apps that can be easily downloaded on a smartphone.

Here are some tips for the souls who want to exercise at home:

As you have a plethora of videos to choose from and with different types of workouts brought to you by these trainers, YouTube channels can definitely come in handy. With fun settings like 10-minute

by the owner of The Hammer Strength Fitness Club, Abul Fatah Saad, who has an extensive knowledge on health and fitness, is 'Before anyone starts their workout, a five-minute warm up is of utmost importance. Be it in the gym or at the comfort of their home, one has to stretch before starting their workout; otherwise intense exercises can cause wear and tear in their muscle and ligaments.'

Even with so many advantages, we seldom maintain this habit and fall victim to lethargy. In that case, waking up as early as possible and starting the day with the workout is one way to get it over with. It not only makes you feel energised, but also gets this anxiety out of your mind. Just get some loud background music and start moving to the beats.

But then again some people think that they can get more done by going to the gym. As one spends both their time and money, they are more inclined to do maintain their regular workouts.

Those who prefer the gym

Different people have different preferences and among them some are more into one dimensional exercise which becomes harder to carry on in winter. In that case gym offers a wide range of exercises to experiment with. Among a plethora of machines, you have the treadmill, spinning bicycle, rowing machine, mountain climber, etc.

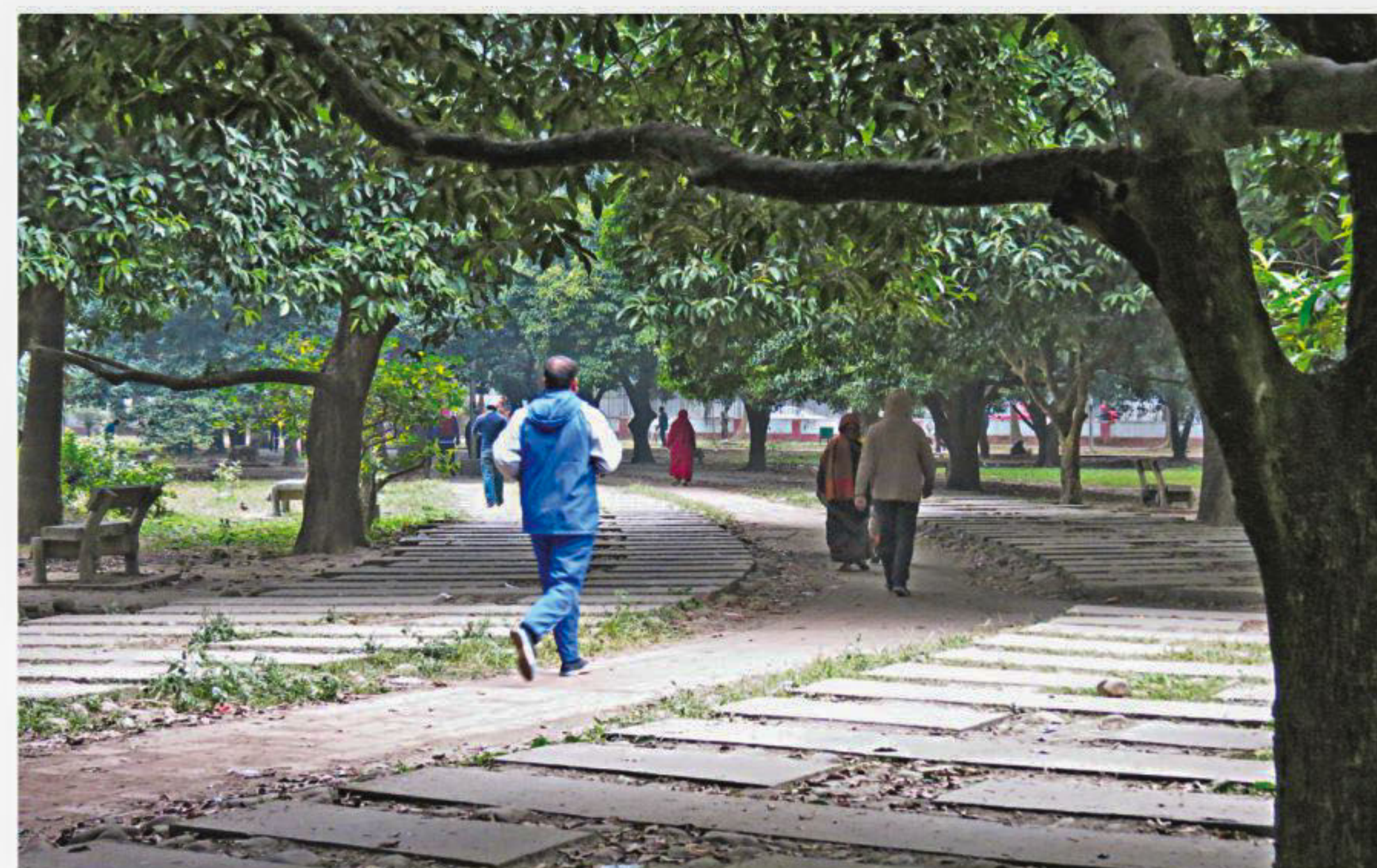
Swimming for an hour can lose up to

Regarding this matter, the experienced Saad says, "It is seen that the attendance of gym descends to 50 percent of what it is in summer. Due to the cold weather people cannot manage time in the morning.

It is even harder to lose weight or gain muscles during winter as you sweat less. But one should not cease getting exercises completely because that will be more detrimental to your body."

He further adds that for people wanting to lose weight consistency is a must. It is 70 percent diet and 30 percent exercise regimen.

As winter is the time for almost all festivities, people gain calories more than they lose. They are also low on energy and



whole body workout, 15-minute intensive training workout, yoga, Pilates, strength, you can choose to learn what fits your mood and style.

Popular posts like POPSUGAR fitness, Turbulence training, Jen Sinkler, FitnessBlender are of immense help as well. Yoga with Adriene is particularly good option, which wonderfully shows each yoga *asana* with sharp precision. All you need is to put on some workout-friendly clothes, some equipment like weights and a mat. Some people owning equipment like spinning cycles, treadmill and dumbbells have more options to them and can also get a trainer to show them around. But it has to be kept in mind that the exercises have to be done carefully and with proper guidance; otherwise one might easily get injured.

Another important thing pointed out

400 to 500 calories whereas running for 30 minutes on the treadmill can invariably do the same for you. On top of that you can run or jog on a treadmill, or do aerobics.

The rowing machine does great work on both the upper and the lower body, burning at least 400 calories. Ten minutes on the mountain climber or the stepper and you are good to go. The workout on such a machine is so intense that only professionals can manage to do it for 30 minutes.

The gym not only brings variation in your workout pattern, it also helps you to maintain consistency. Many gyms have the great rule of making the members accountable by making it compulsory for them to come to the gym four days consecutively. They call the members if they fail to come, retaining regularity.

tends depend on food more than ever. Even a 30 minute brisk walking can help a person maintain an ideal body weight and keep them energised.

Once again, crank up the music, get your workout gears on and start the workout.

Remember that there is no alternative to exercises in order to lead a healthy life. Just do not be a couch potato and go get moving and lastly- Hibernation mode: off!

By Mormee Mahtab

Photo: LS Archive/Sazzad Ibne Sayed
Special thanks to Abul Fatah Saad, Hammer Strength Fitness Club, Road #11, Plot #67/D, Block-E Banani (4th and 5th), Dhaka. # 01916663726. Hours: 7AM- 10AM. Check their Facebook page - facebook.com/HammerStrengthFitnessClub.

