

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Don't involve yourself with other people's emotional problems. Plan some outdoor events. Your lucky day this week will be Monday.



TAURUS (APR. 21-MAY 21)

Take precautions while traveling. Opportunities to get ahead will be evident. Your determination will lead to flawless work. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUNE 21)

You will feel better about yourself. Chances to meet potential lovers are high. Try not to argue about trivial matters. Your lucky day this week will be Wednesday.



CANCER (JUNE 22-JULY 22)

Take pride in your achievements. Do not get involved in joint financial ventures. You could have a hectic week. Your lucky day this week will be Wednesday.



LEO (JULY 23-AUG 22)

Try to put time into your relationship. Don't push your opinions on others this week. Keep persevering to reach your destination. Your lucky day this week will be Sunday.



VIRGO (AUG. 23-SEPT. 23)

You will get great satisfaction from your efforts. Look out for yourself this week. Join a club to work off that excess energy. Your lucky day this week will be Sunday.



LIBRA (SEPT. 24-OCT. 23)

Don't make too many promises. Emotional relationships will be plentiful if you attend group activities. Your lucky day this week will be Tuesday.



SCORPIO (OCT. 24-NOV. 21)

Spend time with clients you enjoy spending time with. Don't let others take credit for your work. Think before you speak. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22-DEC. 21)

Family talks may get confrontational. Try not to get involved in risky joint financial ventures. Your lucky day this week will be Friday.



CAPRICORN (DEC. 22-JAN. 20)

You will revel in excess work. You can expect changes in your status. Self-deception is likely. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Plan a nice evening for two. Do not get involved in joint financial ventures. You could expect sorrow this week. Your lucky day this week will be Friday.



PISCES (FEB. 20-MARCH. 20)

You could meet your ideal mate if you mingle. You can make major accomplishments. Short trips will prove fruitful. Your lucky day this week will be Monday.

SKIP THE GYM...GET FIT BY KARIM WAHEED



No, jumping rope [or skipping, as some call it] isn't only for little girls. If you've watched any movie about boxing, or have ever walked into a boxing gym, you'll know it's a staple in a boxer's conditioning programme. It's also what ended my cardio plateau.

Here's what happened.

After years of running and jogging 3-4 times a week, boredom and fatigue set in. I needed change. Either that or give up cardio altogether and just train with weights, which I would've been fine with in my 20s.

Priorities change. In my 20s, working out was mostly about vanity. Now it's all about feeling good – keeping the heart healthy, steering clear of back/hip pain; looking good is a by-product.

I wasn't about to join a gym to use the cross-trainers, however [won't even consider stationary bikes; hate those]. Nothing against gyms, but I like fresh air during my cardio time. Also, not about to change the title of this column to "Don't Skip the Gym...Get Fit".

While doing some soul-searching, I came across jumping rope and claims that it's much more efficient at burning calories than running. So I decided to try it out.

After a month of jumping rope, I'm glad that I decided to give it a shot and

Let us be honest here. Workouts are not a fun activity for us to do on our daily routine. Despite that, we all want to cut down on sugar and use that yoga mat we bought last summer. If that is not working well enough for us, we join the gym.

FOR A MONTH OR TWO

With a month gone already, you know time is running fast and you need to get yourself together for a daily workout routine.

Workouts can bore us from time to time because it is either too much for us to handle or we just need an excuse to stop. But, what if you could actually YouTube your way through fitness and have fun at the same time? Seems impossible?

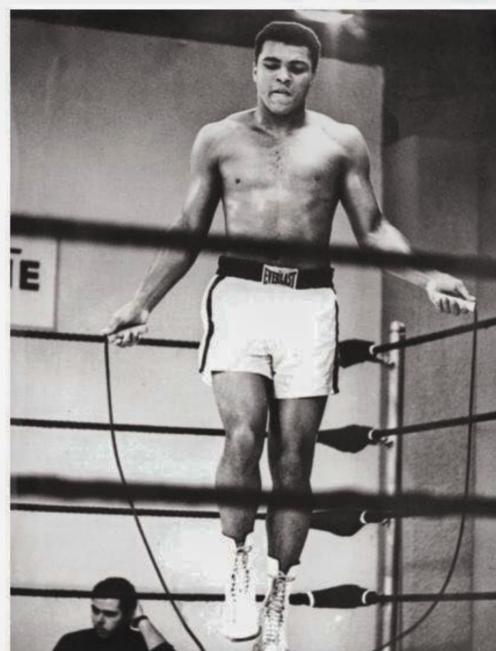
YouTube has thousands of channels for you to subscribe to, and it must be very confusing at times to stick to most of them. Exercising at home with the help of YouTube will not only cut down the budget on your gym list, but it will actually work.

While there are pushups and lunges, you can try different types of exercises to switch in between. For various types of workouts, there are some significant channels that are worth subscribing to-

YOGA WITH ADRIENE

As spiritual and ascetic, yoga itself is, it will not only help you sooth your mind

Jump like a kid or a boxer



can confidently vouch that it is indeed better than running on several grounds, besides being more fun.

Jumping rope works most of the muscles. Arms, shoulders, core, and legs are engaged when jumping rope which provides a more efficient workout than your casual running. Although the muscles in your calves are exerting most of the energy, your quadriceps, hamstrings, and glute-muscles are also working. As you jump and keep balance, you are using your chest, back, and core muscles. As

you turn the rope, you are utilising your forearms, triceps, biceps, and shoulders.

Using a weighted rope – which is what I do – is a great way to increase the upper body recruitment and energy you exert while jumping.

How to do this

Select a rope that is not too long or too short. Find the proper length for you by stepping on the centre of the rope and pulling the handles straight up; the handles should come close to shoulder height. Start jumping by standing with your feet together, torso tall and your elbows slightly bent. Use your wrists to rotate the rope, not your arms. Push off with the balls of your feet just high enough to clear the rope and land with relaxed knees.

For a beginner, 30 seconds of consecutive jumping or about 50 repetitions would be good enough. Perform 3-4 sets with rest periods lasting 60-90 seconds. Gradually, increase the duration and intensity of your sets. My personal best at the moment: 300 reps per set; 2000 per workout.

The only thing stopping you from jumping rope should be bad knees.

Consult your physician before you take the leap.

Send your fitness-related queries to lifestyleds@yahoo.com

Photo: Collected

REVIEW

SUBSCRIBE TO SLIM!

but it will also help you to cut down some weight. 'Yoga with Adriene' is a popular channel which will help you with YouTube exercises of all sorts. If you are a beginner and hesitant that you are not flexible enough, then you do not need to worry because Adriene's channel will help you with every step.

PASSION 4 PROFESSION

"Quantity is something you count. Quality is something you count on".

While they promote themselves with catchy phrases, you will notice that the videos are all animated and controlled by a computerised voice. The plus point to this is, the movement of the characters are more visibly accurate to follow rather than just rewinding it a few seconds back just because you missed out on a step. Starting from squats to abs workout, they have every category of exercises which can be done very easily.

FITNESS BLENDER

Now, this is a channel which is accessible for both men and women. Run by the couple, Daniel and Kelli, "Fitness Blender" comes with a variety of playlists for you to choose from and what is most interesting about their videos, apart from the white graphical background is that, they have a fitness meter for you to follow up on your exercise and breaks in between them. All in all, a thumbs up to Daniel and Kelli. Couple goals anyone?

ZUMBA FITNESS

Why 'Zumba Fitness'? Because laughing while working out burns more calories! With this amazing catch phrase, 'Zumba Fitness' will move your hips like you never moved them before. With an exciting range of playlists, which includes Latin to K-pop, get ready to groove with them. So, what are you waiting for? Hit that subscribe button!

If you liked 'Zumba Fitness' you might as well want to check out 'The Fitness Marshall' by Caleb Marshall. You will not regret it. Just give it a look.

BLOGILATES

The super cheerful Pilates instructor Casey Ho has more than a million subscribers for the diversity she brings on her videos. With POP Pilates, fusion of workouts and that charismatic confidence, she puts out, you would want to subscribe to this one. From working out, to making healthy meal, to answering questions from her fans, Casey Ho has never failed to charm her followers. So, smile and subscribe!

It is always wise to win over your laziness. Try these different channels to boost your muscles with. All these aside, a healthy diet is a must but of course, we can always cheat on that with a piece of cake or two. So, get those Adidas kicks on and channel your way to fitness!

By Sumaiya Tasnim