

SKIP THE GYM...GET FIT
BY KARIM WAHEED



All you need is your own weight

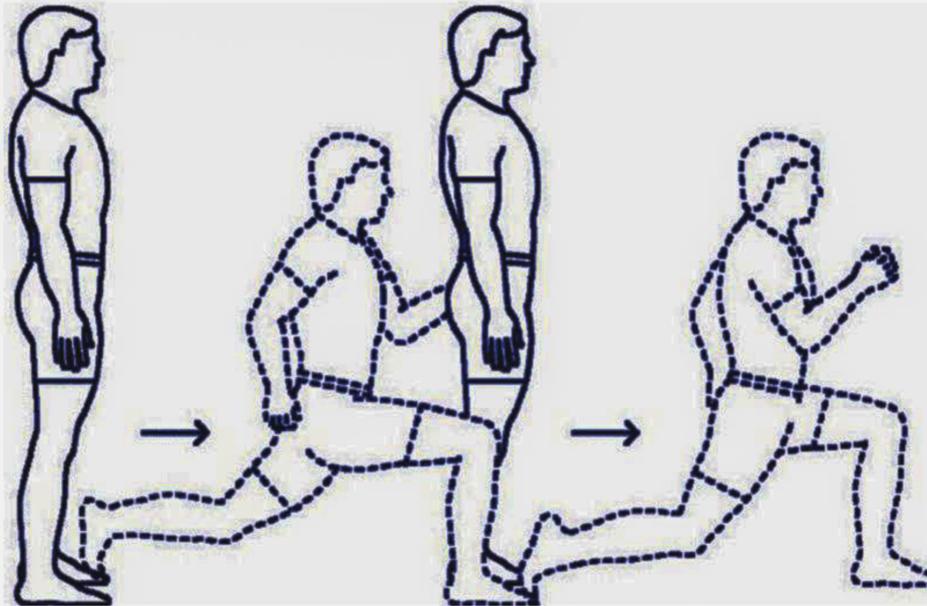
"Alternative" is one of my most favourite/frequently used words. I'm down for anything "alternative" – theories, medicine, lifestyle, etc., anything but "alternative facts". Bodyweight exercises are efficient alternatives to weight training. In this instalment, I'll go over a few such exercises that are quite effective in whipping you into shape.

PUSH-UPS

This is the most basic of bodyweight exercises and yet, arguably, the most potent. 'How many push-ups you can do' has been a definitive marker of one's physical fitness. The standard push-up activates nearly every muscle in your body, which yields far more than toned muscles and increased endurance. As you lower yourself to the floor, your back muscles are effectively stretched, and as you push yourself to the starting position your biceps obtain a full stretch.

LUNGES

Squats are great, but the fact of the matter is that your legs were largely designed for mobility. In fact, most of the work your major leg muscles perform are to move you from point A to point B. Lunges work your



whole lower body in a mobile fashion. They are also great for making your heart rate skyrocket and improving stability in the hips and knees.

BICYCLE CRUNCHES

These crunches create fire in the core because they require deep abdominal stabilisation and rotation. They also activate more muscle fibres in the rectus abdominis ["abs" in noob language] and obliques [which form that "V line"] than a standard crunch.

Each of these exercises pits your entire body against gravity. The most functional strength you can ever build is the ability to move your entire body in relation to the earth. It also ensures that every ounce of your body weight is used to create as much tension in the target muscles as possible.

These exercises will challenge your skill level. Designing a routine around these exercises should be easy. You can do a full body routine with 3 sets (10-12 reps) of each exercise.

A different approach to treating cancers

FROM PAGE 4

to detect lumps in the mammary glands may make the difference between a healthy life and prolonged sufferings" Dr See added.

Sharing her knowledge with Star Lifestyle Dr See Hui Ti expressed her concern that most women seem to ignore

the development of apparently benign, painless growth in their breasts. In reality, such painless growths are more susceptible to turning malignant (if they are not already).

Apart from gynaecological carcinoma, oncologist Dr Zee Ying Kiat, another Senior Consultant at the Parkway Cancer Centre, believes that cancer of the gastrointestinal tract is also high preventable, and if detected early has very good chances of complete recovery.

Unhealthy food habits are one of the leading risk factors for colorectal, gastric, liver and pancreatic cancers and for a country like Bangladesh, which only recently has witnessed a dramatic shift to changing food habits, the prevalence is not yet widespread, but steadily on the rise.

Dr Zee believes that one of the biggest threats, as far as gastrointestinal cancers are concerned, is that they have few or no symptoms in the early stages. This makes detection difficult. A patient may experience multiple symptoms, but as these do not necessarily indicate a malignant

growth only a specialist can make the necessary diagnosis.

Both Dr Zee Ying Kiat and Dr See Hui Ti expressed that treatment of cancer has come a long way from being a dreadful near-death experience. Although not to be trivialised as cancer still poses a great health risk and the psychological trauma patients and their families go

through, improvements in chemotherapy, radiotherapy, even surgical procedures can now ensure higher chances of recovery and good life.

The road to recovery presents unique challenges to each individual. The journey in cancer treatment may raise multiple issues and Parkway Cancer Centre (PCC) is there to help people suffering.

The battle against cancer is not easy, but through it all, the specialists at Parkway Cancer are there to support and guide the patients. They are there to give them hope.

By Mannan Mashhur Zarif
Dr See Hui Ti works as a Senior Consultant on Gynaecological Cancers at the PCC. She has

received her medical training from the United Kingdom and Singapore. Dr Zee Yin Kiat is a specialist in Medical Oncology at Parkway Cancer Centre. He is especially renowned for conducting trials involving novel targeted therapies for carcinoma in the gastrointestinal tracts.

For more information contact Parkway Cancer Centre (Dhaka), Suite B3, Level-4, House-10, Road No. 53, Dhaka 1212. +880 2-8850422.



WHY DO WE NEED TO TRIM OUR TUMMY FAT ?

Everybody desires a flat seductive tummy but with age, stress, sedentary life style, child bearing or lack of exercise can keep you far away from it. Sadly, tummy fat is not just about fitting into your clothes but also a big issue for long-term health.

Here are 4 reasons to work on shedding it:

1. The visceral fat of the tummy is "biologically active," & produces hormones (ladipeonectin & leptin) that affects appetite & metabolism & blood sugar-regulating insulin. **Fatty liver change** is one of its consequences.
2. Fatty acids released by belly fat are also linked to higher LDL (bad cholesterol) & lower HDL (good cholesterol) & pumps out cytokines promoting constant low-level inflammation & insulin resistance.
3. As large waists are estrogen receptor negative, it is more likely to develop breast cancer.
4. Tummy fat & reduces fertility and potency.



Shape up without surgery and pain



Its better late than never...

- **Ultracontour HIFU** (High Intensity Focused Ultrasound) can be an excellent answer to achieve a flatter tummy.
- This revolutionary French technique sculpts your body by eliminating the unwanted pockets of 'exercise & diet-resistant fat'
- Effective on fat of tummy, hips, love handles, thighs, back & arms.
- The multisequential ultrasonic waves burst the fat cells & drain the fluids & the waste immediately by Ultrasound Multi-Lymphatic Drainage (UMD).
- The procedure is permanent & shows circumference loss of 1-3 inches after the procedure.
- This fascinating procedure can be a non-invasive answer to those who are afraid of surgical intervention & more concern about shaping up themselves.



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