




ARIES
(MAR. 21-APRIL 20)

Your creative ability will surface. Don't blow situations out of proportion. Don't lend money to anyone. Your lucky day this week will be Monday.



TAURUS
(APR. 21-MAY 21)

Visit loved ones who are ill. Spend time on yourself. Someone you work with may be emotional. Your lucky day this week will be Thursday.



GEMINI
(MAY 22-JUNE 21)

Focus your efforts at work. Help children with important projects. Take care of belongings. Your lucky day this week will be Sunday.



CANCER
(JUNE 22-JULY 22)

Extra people at home will make your week hectic. Work will be extremely productive. Beautify your surroundings by renovating. Your lucky day this week will be Sunday.




LEO
(JULY 23-AUG 22)

Avoid confrontations. Catch up with pending responsibilities. This isn't the week to be extravagant. Your lucky day this week will be Saturday.



VIRGO
(AUG. 23-SEPT. 23)

Take advantage of opportunities that exist. Communicate your grievances clearly. Friends from your past may come knocking. Your lucky day this week will be Friday.



LIBRA
(SEPT. 24-OCT. 23)

Your partner will get on your nerves. Try to soothe your nerves. Attend events that concern children. Your lucky day this week will be Monday.



SCORPIO
(OCT. 24-NOV. 21)

Love can be yours if you seek it. Keep your eyes open for amazing financial deals. Keep the promises you've made. Your lucky day this week will be Monday.




SAGITTARIUS
(NOV. 22-DEC. 21)

Get involved in fitness programs. Visit a country that excites you. Your leadership ability will enhance your reputation. Your lucky day this week will be Friday.



CAPRICORN
(DEC. 22-JAN. 20)

Partnerships will be successful. Concentrate on making money. Make some constructive improvements to your state of mind. Your lucky day this week will be Friday.



AQUARIUS
(JAN. 21-FEB. 19)

Avoid rash decisions. Clear up personal documents. Romantic opportunities will flourish through travel or communication. Your lucky day this week will be Sunday.



PISCES
(FEB. 20-MARCH. 20)

Make travel a priority. Attend functions that put you in the limelight. Avoid disputes. Your lucky day this week will be Tuesday.

SPOTLIGHT

Recent surge of plus-size models and Internet influencers have sent waves across the world, where it is seen as a form of normalisation, acceptance, and change. But the message it sends is not exactly clinically correct, or good, for that matter. Plus-size indicates you are above your standard weight, you have a high Body Mass Index (BMI); chances are you are obese too, and according to medical science, this means unhealthy.

The weight of obesity

HOW WILL YOU KNOW?

Through the year we sometimes gain and lose weight without paying much heed. But when the gaining starts it gets hard to stop it. Start by measuring your BMI. This measures your height to your weight and tells you if you are obese or not. A BMI of 18.5 to 24.9 means regular weight. Overweight is indicated by a BMI of 25 to 29.9. And if you have a BMI equal to or over 30 you are obese.

WAIST SIZE MATTERS

Where the fat is being deposited has a lot to do with the diseases that might follow with obesity. A waist size over 35 for women is considered obese, and for men it is a waist size above 40.

PHYSICAL DISORDERS LINKED WITH OBESITY

Cardiac illness

The most common diseases linked with obesity are heart diseases, and strokes. The extra weight often means you have high blood pressure and high levels of bad cholesterol. Both of these contribute highly to the chances of a stroke, or heart attack.

Diabetes

Most of the population that suffers from type 2 diabetes are obese. A balanced diet alongside a proper sleep routine and exercise can help prevent one from developing diabetes. If you already have diabetes, losing weight will help in controlling blood sugar levels and reduce the need for medication.

Cancer

Different sorts of cancers are linked to obesity and being overweight. Cancers in the colon, breast, kidney, oesophagus and endometrium (the lining of the uterus), and in some cases cancer in the gallbladder, the pancreas, and the ovaries as well are traced back to obesity.

Gallbladder diseases

Gallstones and other forms of gallbladder diseases are more common in people who are overweight, or obese. However, be careful to not overdo your weight loss, or try to achieve it too quickly in an unhealthy manner, as that too might cause gallbladder diseases.

Osteoarthritis

Almost all obese people suffer from osteoarthritis. This is because the joints of our bones are incapable of taking the extra weight being put on them. The tissue between the joints (cartilage) starts to wear away, causing severe joint pain. The knee, hip, and back are the most common places.

Gout

This is another one that affects your joints and is caused by excess uric acid in the blood. Crystals from the excess acid deposit themselves in the joints, causing pain. This is more common in overweight individuals than those who are not. Sudden weight loss is also hazardous, so be sure to check with your doctor, if you have a history of gout.

Sleep apnoea

Sleep apnoea is a condition that leads to trouble in breathing and heavy snoring which can lead to disruptions in the breathing cycle during sleep. This results in daytime sleepiness and can cause heart diseases.

Kidney problems

Since obesity causes high blood pressure and increases chance of diabetes, it can lead to chronic kidney illnesses, which is the result of the prior two. Losing weight slows down the disease and keeps your kidneys healthier. Keeping a low salt diet and controlled blood glucose level can also help.

Troubles during pregnancy

Overweight pregnant women have higher chances of developing gestational diabetes, preeclampsia (which is high blood pressure during pregnancy that causes problems for the mother and child), and lower chances of natural birth. The child is also at risk here of being stillborn (dying inside the womb), born too early or neural tube defects (defects in the spinal cord and brain).

Psychological damage

Physical disorders are not where the trouble ends. Feeling demotivated, rejected, and unattractive for being obese are common causes leading to depression. Exercising and physical activity help drive these symptoms away. But for when it does not, turn to therapy alongside physical exercise. This can be through a dietician or a group, but it will help speed up the recovery process.

WHAT YOU CAN DO

A balanced diet

While a portion of people love to cut out carbohydrates entirely for a fast transition, it is not always considered healthy. Our body requires carbohydrates to function properly, so it comes down to the selection of the type of carbohydrate you are having.

Lean towards unprocessed whole grains like wheat, brown rice, brown bread, and steel cut oats. When choosing vegetables, look for colourful ones as they will bring in a lot of variety of nutrients and minerals to your diet.

Potatoes are best to avoid.

When consuming fruits, do not discard the whole skin, consume what you can because you are going to need those fibres. Also avoid fruit juices as they have added sugar which leads to weight gain. Rely on fish and poultry for most of your protein intake, with as little red meat as possible. Proteins also include nuts, beans and seeds.

Careful with the beverages

If you are thirsty, get water. Carbonated drinks, fruit juices, shakes and all other options in the market are loaded with calories you do not want.

Calorie counting does not always work

Counting calories is one way a lot of people start, but it is a lengthy and hard process that does not always yield positive results. It is easier to simply avoid overeating and eliminating high-calorie foods altogether.

Do not skip meals!

Missing meals altogether might seem like an easy solution, but it will only lead you to binge eat later on. So have your meals at their designated times, with the breakfast being the heaviest.

