

# WAIT, THERE'S MORE

You have failed to keep up with your new year's resolution on the first week. You are dejected. The first week of classes makes it seem like there's no way you can do another 51 of these. 2019 has gone bad at the start and it will remain bad till the end. Or will it?

'Morning shows the day' — is one of my least favourite proverbs (proverbs are not very nice in general in my opinion). I hate it because well, it's quite wrong. It really just entertains our tendency to make flash judgements on proceedings that go on for longer than the duration of a morning, that can turn from disastrous to marvellous by early afternoon. It might even hit another lull at 7 PM but by the time you go to bed, you will probably be reflecting on an eventful day that you will remember for multiple reasons, a handful of them good. And that's just one day, in a year, you get 365 of those. In 2019, we still have 355 left.

My year has started off pretty badly, but what I hope for myself and you and everyone else is that by the time 2020 rolls around, our year end Facebook status update drags on for at least 3000 words.

— Azmin Azran, Sub-editor, SHOUT



## APP REVIEW



# Keeping up with your diet and health

FAISAL BIN IQBAL

Platform: iOS, Android

Lifesum is a health and fitness app for your device which lets you keep track of your diet and exercise routine. It has a sleek and friendly user interface which is easy to use for people of all age groups. Once you have signed up into the app, you can choose your desired goal to either lose or gain weight or to just lead a healthy lifestyle. You can then go on to set up your daily or weekly weight loss/gain target and the app will be sure to

remind you of your goals.

Your diet can be monitored either manually by choosing the category of the food you take or automatically using a built in barcode scanner which will accurately gather the nutrition and other food values you are getting from consuming the particular product. You can also keep track of how much water you are consuming every day. The app can also monitor your exercise routine once it is connected with your digital fitness band. There are premium features available for this app, however, the ones that come with the free version are pretty amazing too.

## THIS WEEK'S HORRORSCOPE

### ARIES

It's a new year and a new life.



### TAURUS

Don't go chasing white rabbits.



### GEMINI

Don't forget that you are a star, which means you are a ball of hot gas.



### CANCER

Do you have a friend you can trust?



### LEO

Some people think they are cool. Are you one of them?



### VIRGO

Your birthday should matter only to you.



### LIBRA

Don't live your life in a bubble. Get an attached bathroom.



### SCORPIO

Blue is the colour of sadness and water.



### SAGITTARIUS

I like oranges as much as I like you.



### CAPRICORN

Books are meant to be read and written.



### AQUARIUS

I guess you could say you are drowning in sorrows.



### PISCES

Get a new calendar as soon as possible.



## MIXTAPE

### BUGS

ALEX G  
Bug

DEVENDRA  
BANHART

Little Yellow Spider

TAME IMPALA

Forty One Mosquitoes  
Flying in Formation

LINKIN PARK

Crawling

OWL CITY

Reach out to us at

[shoutds@gmail.com](mailto:shoutds@gmail.com)