



DON'T WEIGHT TILL IT'S TOO LATE

It's a popular meme among millennials that we don't take care of our health. From sleeping late to skipping breakfasts and hoarding on lunch, and hours spent sitting with minimal physical activity, we should really be looking towards making our lives sustainable not just financially but physically as well.

Studies have shown that working out regularly helps with depression. But it's not like your running from your problems.

While there is no one-size-fits-all approach when it comes to mental health and physical health, we should think about what we are doing to our bodies and how it will affect us in the decades to come. Neglecting ourselves has little benefit apart from the instant-gratification one gets from procrastinating. Remember, the robots are right around the corner and they probably won't need to hit the gym.

– Rumman R Kalam, In-charge, SHOUT

THIS WEEK'S HORRORSCOPE

ARIES

Don't act like you don't like avocados.



TAURUS

Being a fruit is not that bad.



GEMINI

I miss seeing you smile and cry at the same time.



CANCER

Why would you put yourself in my shoes? They won't fit you.



LEO

Butterflies are not as overrated as you might think.



VIRGO

Are you going to heaven or are you going to heaven?



LIBRA

Yellow is a nice colour but yellowish-blue is a nicer colour.



SCORPIO

How are you so beautiful with and without make-up?



SAGITTARIUS

Pearls are the oysters of the sea.



CAPRICORN

Do you really need to make sense all the time?



AQUARIUS

Stop reading too much.



PISCES

Read a little bit more for your own sake.



APP REVIEW



MANAGE YOUR FINANCES ON THE GO

FAISAL BIN IQBAL

Platforms: Android, iOS

Money Manager, as the name suggests, is an application that helps you track your financial activities. The app has one of the simplest user interfaces I have ever seen and that's what makes it easy to use. People of all age groups can efficiently track their financial records with this app.

There are two tabs to work on in this app. The first one is your income or earnings. Under this section you can record your earnings or financial gains and also include their sources for

instance salary, bonuses, lottery money and so on. The second tab that is the expense tab that allows you to record your day to day earnings. You can even select the things on which you are spending your money for example food, clothes, entertainment, etc. All of this helps you to chalk out your daily expenses and lets you to track down your most frequent spending. A pie chart is also available to give you a summary of your financial gains and expenses.

The app comes free of ads and spams. In case you are having difficulty in keeping an eye on your budget and expenses, you can definitely give this app a shot.



MIXTAPE

PLAYTIME

STEREO HEARTS Ft. ADAM LEVINE
Gym Class Heroes



CURRENT JOYS
A Different Age



BILLIE EILISH
Come Out and Play



BACKSTREET BOYS
Quit Playing Games



Reach out to us at

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