

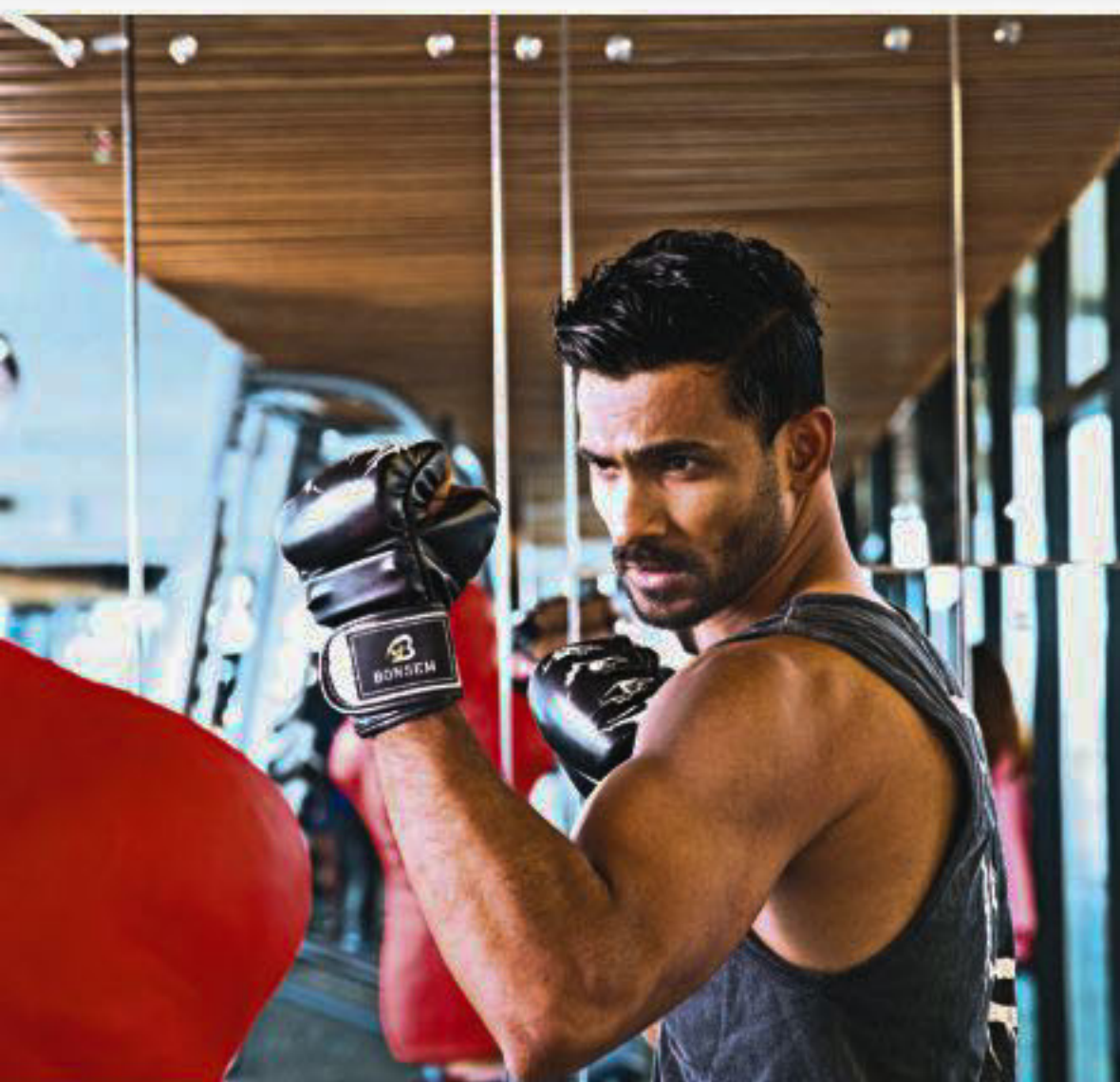
THINSPIRED

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Workout and Daily Life – The Balancing Act



While we try our best to balance our lives; planning everything in advance is not possible. We can only try to reduce our stress levels as much as possible. Work and family are always on the platter, and we must add in a healthy lifestyle, fitness and exercise as well.

Fitness has to be an important part of our lives and no matter how lazy or tired we feel, it must be incorporated into our daily lives - to be able to live healthily.

Here are few pointers to do it well.

MAKE HABITS OUT OF LIFESTYLE CHANGES

Once you start living a disciplined life, you will want to work on adapting good habits all throughout the day. Pre planning, and prioritizing what's important can enable you to live a stress-free life. Habits are easy to create with dedication, attention and proper motivation. Pre planning your grocery and syncing them to the meals can help you eat better. Packing healthier lunch and snacks can only be possible if meals are planned ahead of time. Having 4-5 mini meals a day and following a clean diet can be beneficial in losing weight while living a healthy lifestyle.

BOOST YOUR VITAMIN D LEVELS

In most third world countries including Bangladesh, a lot of people suffer from



Vitamin D deficiencies because they work indoors. Vitamin D is considered as a key element to enhance our energy levels. So try to go under the sun as much as possible. People who have small kids can take their children out to play in the parks and gardens and do a little family activity, boosting the family-health balance meter.

A BACK UP PLAN IS MUST

If there is a setback to your exercise routine, or you have had an unhealthy meal, don't worry! You can always work harder the next day. Try to exercise and do some outdoor activity, maybe do the groceries by walking to the store, or walk up the stairs instead

of taking the lift, or dance at home to your favourite songs (dancing eliminates stress drastically).

Outsourcing your meals to healthier food delivery companies can also make a huge difference. Ask help from family members to take care of the kids or household chores while you are out at the gym.

These are just few ideas, all you need to do is set it in your mind that you are going to live a healthy life and the rest of the world eventually help you with it.

Photo: LS Archive/Sazzad Ibne Sayed

For a tasty way to get into this balancing act, see the recipe on page 14.



*Applicable for all mobile operators

To know about any nutrition related information, call our **Nutritionist!**

Call us **08000-161271** (Charge free)*

Saturday-Thursday
From 10:00am to 7:00pm

Good Food, Good Life™