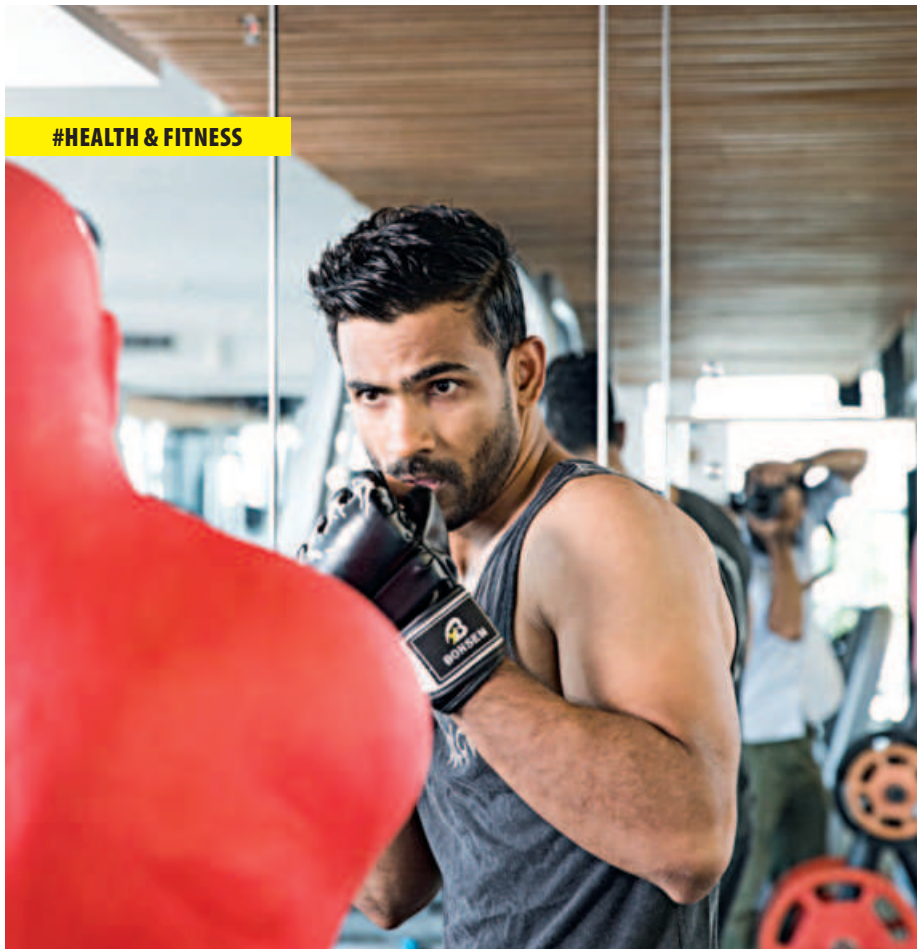


#HEALTH & FITNESS



An ideal workout

Going to the gym is not the only way to get fit and healthy as a home workout is just as great and effective. The busy work life, rush of traffic and the added monetary cost dampens the goodwill for gym visits, not to mention the on-going COVID-19 pandemic that keeps coming in waves, limiting our outside activities to bare necessities. Keeping that in mind, let's see how we can get started on home workouts.

Pick the right reason and room

It's very important to first decide why you want to workout at home. Home workouts not only save time and money, but also give you the freedom to tailor your fitness plans according to your needs. From losing weight to bulking up on muscles, or staying healthy, make sure you choose the right kind of exercises that benefits you most.

You need to pick a room that has enough space to place at least a yoga mat, like the living room of your apartment where you can safely stretch and exercise. Any other room that has sufficient space is also okay as long as air ventilation is a top priority because it's difficult to move around in closed spaces.

Get the right equipment

The best thing about exercising at home is you can do it without any equipment at all, just a free space and maybe a pair of bluetooth headphones with a good workout playlist! But you can also get affordable gears like skipping rope, resistance bands, hand exercise balls to incorporate in your workouts, all of them costs between Tk 30 to Tk 150 each.

On the other hand, if you want to start with strength training, get dumbbells of 2 to 5 kg categories which will cost from Tk 350 to Tk 1000 and upwards. In addition, you can also get kettlebells with prices starting from Tk 1200 for the 4 kg variant.

Treadmills and exercise bikes offer good cardio workout options, but they can be

quite expensive. So go for them only if you want to invest for a home setup for a long time to come. Manual and electric treadmill prices range from Tk 7000 to Tk 25000 and more, exercise bike prices start from Tk 7000.

The ideal workout

Before any workout, a warm up is a must; it gets your heart rate up and prepares your body for the workout. Something simple as walking around the house, stretching your hands and legs is a good way to start your warm ups.

An ideal workout consists of cardio, resistance training and flexible moves. Cardio is all about intense workouts in short bursts that help to raise your heartbeat, like doing jump rope, jogging in place or just dance to your favourite music!

For resistance training, start with the basics like push ups, planks or abdominal crunches. You could also use dumbbells to incorporate strength training to your resistance workout by doing shoulder press, bench press, deadlift and move on to more demanding routine when you are more experienced.

Yoga is amazing for increasing body flexibility and calming the mind. You can do basic yoga poses like tree pose, triangle, bridge pose by yourself. If making a workout routine feels too worrisome, you can also check online for beginner friendly workout tutorials, with YouTube channels like Fitness Blender, POPSUGAR fitness and others.

Home workout offers the most convenient option for your fitness goals. With everyday life getting hectic in every turn, working out from home gives us the perfect opportunity to take care of our bodies and the flexibility to do things our way.

By Fedra Al Hossain

Photo: LS Archive/Sazzad Ibne Sayed

Workout do's and don'ts

Working out can get your desired results, only when you are well informed about the dos and don'ts. The key is to hustle wiser, not harder. Workout practices are varied but here is a list we came up with — for any workout — to help make every drop of sweat worth it.

PRE-WORKOUT

Food for fuel: You will be amazed by the wonders of eating right prior to your workout session. Although fasting is known as the quickest weight loss method, it is not recommended to work out on an empty stomach. Researchers at the University of Bath, found out that men who had a meal before their workout session burned more carbs in general and also had a boosted metabolism rate.

This does not mean that you can overeat either. A light snack consisting of a mix of carbs and proteins is suggested about two hours before you start working out.

Hydration for regulation:

Hydrating yourself 30 minutes ahead of your workout session is essential as water regulates your body temperature and the fluids in your joints. However, overhydrating will make you feel bloated, thereby weighing you down. Hence, the effective way is to hydrate in small amounts and avoid hydrating too soon pre-workout.

Stress less: Enter your workouts with a clear mind. Stress will only divert your focus and obstruct you from maximizing your gains.

Easy on the stimulants: Stimulants like caffeine can energise you and improve your performance but if not consumed in moderation, they can increase your heart rate, making you feel jittery and anxious.

Warm up, not stretch:

Stretching cold muscles leading to injuries. Rather, opt for a warm up like skipping rope or jogging. They will prepare your body for the strenuous physical activities awaiting you.

POST WORKOUT

Static stretching: Static stretching is the stretching of a muscle to its furthest point for about 15-20 seconds. Just because pre-workout stretch is not recommended, it does not mean you cannot stretch altogether. In fact, post workout stretch can cool down your body.

Hydration for restoration: Just as important it is to hydrate pre-workout, so is post-workout hydration, to replace the water lost through sweat.

Foam rollers over painkillers: An intense workout session can leave your muscles sore but that should not encourage you to give into painkillers. Painkillers can be hazardous to health if taken for a long period of time. Instead, try a foam roller: a cylindrical lightweight foam known used to relieve muscle soreness.

Staying in sweaty clothes: Change out of your sweaty clothes as soon as possible after working out to keep away from fungus and acne.

Don't waste your workout:

Keeping in shape requires strong will power which requires keeping away from temptations like a perfect piece of chocolate cake. Those sweet devious temptations can comfort you temporarily, but erase all your hard work and make you feel guilty later on. Therefore, keep track of your calorie intake and enjoy your food in moderation.

By Tanzila Kamal Prottyasha

Photo: LS Archive/Sazzad Ibne Sayed

