

#HEALTH & FITNESS

Pregnancy is harder than marathons, science shows

In a groundbreaking 2019 study published in "Science Advances", a scientific journal published by the American Association for the Advancement of Science (AAAS), evolutionary anthropologist Herman Pontzer of Duke University compared the metabolic strain of pregnancy to some of the world's most extreme endurance feats like the Tour de France or a gruelling ultramarathon. The result? Pregnancy outlasts and outpaces them all.

Pontzer's research found that pregnancy demands approximately 2.2 times a person's basal metabolic rate



(BMR), which is the energy required to keep the body functioning at rest. That's nearly double the usual energy output, sustained not for a few hours or even days, but for nine continuous months!

In comparison, elite endurance events such as the Tour de France (a physically demanding cycling event of global repute) push the body to about 4.9 times BMR, but only for a few weeks.

Pregnancy, in contrast, offers no such break. It's a continuous, slow-burning effort that reshapes a woman's physiology from the cardiovascular system, kidney function, hormonal balance, to the immune system, supporting the development of a new human being.

So, the next time someone shrugs off pregnancy as simply "part of life", remember that behind every pregnancy is a body working overtime, nonstop, doing what science now confirms is one of the most sustained feats of human endurance ever recorded.

By Ayman Anika
Photo: Collected

◆ HOROSCOPE ◆



ARIES
(MAR. 21-APR. 20)
Minor health problems may develop if you're over-stressed. You are best to work at home if you can. Face emotional problems head-on. Your lucky day this week will be Thursday.



TAURUS
(APR. 21-MAY 21)
Don't break any promises with children. Someone around you might not be trustworthy. Ask family members for help with projects. Your lucky day this week will be Wednesday.



GEMINI
(MAY 22-JUN. 21)
Don't neglect your family. Avoid being overly opinionated to prevent disapproval. Travel will stimulate your need for excitement. Your lucky day this week will be Tuesday.



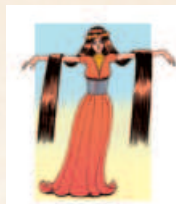
CANCER
(JUN. 22-JUL. 22)
You'll be popular and attract attention easily. Romance may develop through work activities. Take time for writing or journaling. Your lucky day this week will be Saturday.



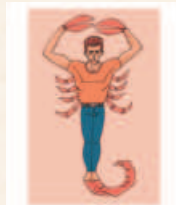
LEO
(JUL. 23-AUG. 22)
Use your charm to get your way. You can make pleasing changes at home. Plan carefully, but don't relying on others. Your lucky day this week will be Friday.



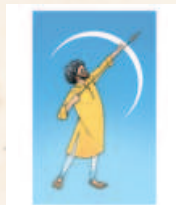
VIRGO
(AUG. 23-SEP. 23)
Group endeavours will entertain you. Help elders organise their personal papers. Be cautious while travelling. Your lucky day this week will be Monday.



LIBRA
(SEP. 24-OCT. 23)
Rely on co-workers to support your objectives. Avoid being too antagonistic with your partner. Meeting deadlines will earn your boss's approval. Your lucky day this week will be Wednesday.



SCORPIO
(OCT. 24-NOV. 21)
Consider residential moves carefully. Keep an eye out for future trends. Deal with government or institutional matters calmly. Your lucky day this week will be Wednesday.



SAGITTARIUS
(NOV. 22-DEC. 21)
Luck is with you. Don't push your partner if you want harmony. Handle friends and relatives tactfully. Your lucky day this week will be Monday.



CAPRICORN
(DEC. 22-JAN. 20)
Control your emotions and things will align. Your partner may test your patience. It's a good time to tackle home chores. Your lucky day this week will be Tuesday.



AQUARIUS
(JAN. 21-FEB. 19)
Make key decisions about your career path. Secret affairs could cause disruption. Be creative and outspoken when defending others. Your lucky day this week will be Tuesday.



PISCES
(FEB. 20-MAR. 20)
Someone influential is observing your efforts. A loved one might be displeased with you. Heart-to-heart talks will clear misunderstandings. Your lucky day this week will be Thursday.



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