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BRIDGE THE GENERATION GAP

IDEAL PUJA ROOM

Life Less Ordinary
CELINA JAITLEY

She & He

BLENDING THE OPPOSITES

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MANAGING MAIDS

New memo: Working in an office is no longer a valid excuse to remain unfit and sedentary

Go for DESKERCISE

- It's hard to find time to exercise, but now you don't have that excuse anymore. You may think you don't have time to workout at work, but there are opportunities everywhere if you pay attention. All it takes is a little planning and some inspiration to squeeze in the exercise all day long. You already know the drill about being more active at work.
- Sit on an exercise ball instead of a chair. This will strengthen your abs and back and you'll work on your posture without even trying.
- Set an alarm to go off every hour to remind you to stand up and move around. Even if you just swing your arms or take a deep breath, you'll feel more alert.
- Use the restroom on another floor and take the stairs
- Use a pedometer and keep track of how many steps you take. Aim for 6,000 to 10,000 steps a day.
- Leave something important in your car (your lunch, your briefcase, etc.) so you have to run out to get it (and take the stairs)
- Deliver documents or messages to co-workers in person rather than by email
- Go to the mall for lunch and park on the opposite end of the food court. Don't forget to buy something healthy.
- Get a headset for your phone so you can move around while you talk.

Be creative. Any movement is better than none; so don't feel like you have to do sprints all day long. Adding short bouts of exercise throughout the day will help you burn more calories and will also reduce stress so you can easily smile at your boss when she piles more work on you.

Exercise Equipment

If you have your own office, consider keeping a resistance band, ankle weights and even a couple of sets of dumbbells in your desk drawer. You can squeeze in some quick upper body exercises while you're on the phone. If you work in a cubicle or don't want people to see you exercising at your desk, all you really need is a chair and a couple of large, full water bottles you can use for any dumbbell exercise. Following is an excellent circuit routine to follow targeting all the body parts.

1- Use your office chair to do a set of push-ups. You can start with a set of 10 push-ups & target to do at least 3 such sets over a period of time. This will give you great strength in your arms, shoulders & chest to do your daily activities effortlessly besides giving you a great posture, form & shape.

2- if you have your own separate office which has a space for mat, utilize it to do mat exercises. This one targets your hips & legs. Lying on your side, take the leg forward & backward without arching your lower back. Do at least 20 repetitions on each side.

3-Make your workout a complete workout by toning your abdominal. This is again done lying supine on the mat. Crunch your abdominal. Remember the movement is not coming from your cervical spine (avoid moving your neck) but from your abdominal. Exhale on your way up & inhale down for more effective ab crunch. Do correct & focused move for 20 repetitions to get those 6 packs wash board abs.

4- Reverse curls- in this you take the legs up in air & try to curl



them in towards you. Try to raise your hips off from the floor for at least an inch & you start feeling the effect on your lower abdominal. Do a set of 20 to get rid of extra flab.

5- Isometric stretch-It is also referred to as T stretch because you are drawing a T figure with your hands & legs. Lying on your side, you lift up on one hand to come into this position & hold & maintain this for at least a minute. Don't forget to do it on both the sides. This will help you not only to strengthen your wrist and arms but will also affect your core muscles.



6- Aiming to get tight gluteus muscles, add some squats to your workout. Squats are all time favorite exercise for all the fitness trainers world over. It is a close kinetic chain exercise, which requires no equipment but uses your own body resistance. This can be done standing in a place. This is like sitting on an imaginary chair. Do 20 repetitions and then also assume this position & hold for a minute. This will not only work for your hips but also your thighs.



7- another exercise besides squats, which is considered to be very effective world over, is lunges. Again it targets the thigh muscles like quadriceps & hamstrings. Take one leg behind, & raising the heel of the back leg goes down & up for 20 times on each leg. Remember the knee of the front leg would not cross beyond the toes at any time. Angle of knee flexion beyond 90 degrees can cause injury to the knee joint.



8- the most effective isometric stretch for the whole body is called plank position. Do not confuse it with inverted V in which the tailbone is pushed up towards the ceiling. Hold this position for minimum one minute & you will achieve an excellent core strength, perfect posture, and well-toned body.

