

# It's the time to exercise

By working out for just 20–30 minutes, three days a week, your energy levels can increase by leaps and bounds. Are you game?

Fight fatigue with a stretch break and practise deep breathing for five minutes. This cools the body by lowering the temperature and reduces anxiety and stress. It relaxes and balances the whole body. Keep your back straight and meditate for a while.

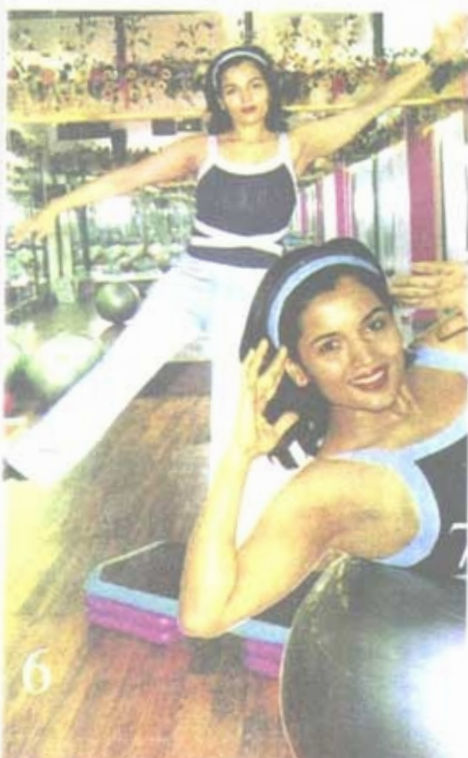
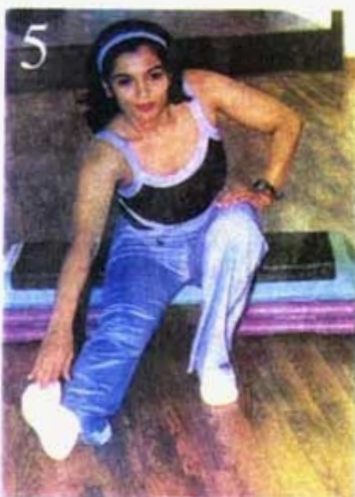
**2** Take a deep breath. Press your right nostril and exhale from left nostril. Again take a deep breath and press left nostril and exhale from right nostril. It increases the supply of oxygen to blood and purifies it by expelling the toxins. This helps increase concentration and reduce stress. Start with 12 repetitions and go up to 30.

**3** Stretch at your desk. This reduces muscle tension, gets your circulation moving and prepares you for more strenuous activity later. If possible, try to clench both hands together



behind you. Pull and hold for 10–30 seconds. This stretch increases the flexibility of arms and shoulder blades, expands the chest and improves respiration. It also tones the back and helps solve cervical problems.

**4** This stretch can be done sitting on a chair or your car seat. Place your hands behind you and lift the sternum. It improves back posture and spine curvature.





**5** This is my favourite stretch that can even be done in a car or aircraft. Most back problems arise due to tight hamstrings. This is a great hamstring stretch. It helps remove excess fat on the thighs and increases the flexibility of hip joints.

**6** Listen to music while you work-out on the step bench. Step is a great cardio workout. It burns lots of calories and provides an amazing aerobic workout. Do remember to wear the right shoes though!

**7** Swiss ball is an excellent way to get well-defined abs quickly. It's the same as your floor crunches but this time the spine is well supported by the ball. The hamstrings and hip flexors get activated and you achieve that fab six-pack in a jiffy.

**8** Never neglect your arms. Try push-ups. You could do them on floor, on the ball or even against the wall. Get in shape!

**9** Do wake-up stretches in the morning for a few minutes. They limber up your joints and energise your muscles. This is a full-body stretch where the toes are pointed out and arms stretched overhead.

**10** Strength training is the most time-efficient way to improve fitness. I'm sure that you have come across articles telling you how great strength-training (a.k.a. resistance training,

weight training) is. Well believe them, because they are true. If you're looking for a really quick, easy and efficient way to better fitness, this is it. You can add muscle or tone up what you already have. You can effectively drop extra body fat. And you can prevent or even reverse certain diseases, all in half-an-hour, twice a week! You don't need fancy equipment, elaborate exercises, or a gym membership.

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