

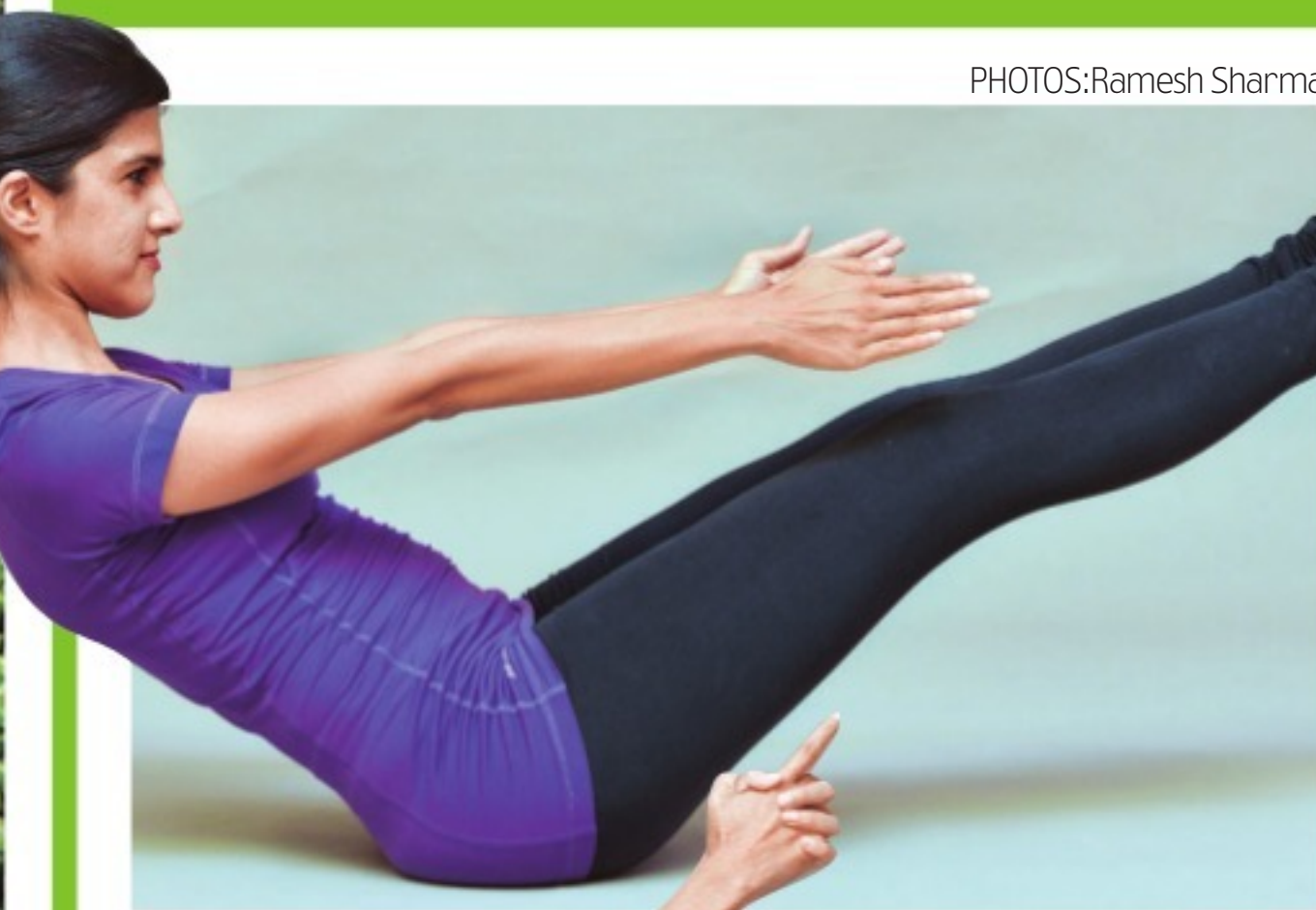
# HEALTH



PHOTO: MEN'S HEALTH / MUNEESEH TARSEEM

## YOGA POSES TO BURN MORE CALORIES

PHOTOS: Ramesh Sharma



### BOAT POSE

LAY down on the back and stretch the arms over your head. Breathe out and lift your feet and upper body off the mat. Now point your hands towards your toes. Keep the chest up and the spine straight. Maintain both the toes and the eyes at one level. Take deep inhalations and complete exhalation.



### CHAIR POSE

KEEP the feet firm on the mat and parallel to each other. Stretch the arms out, maintaining them parallel to each other. Pull the chest back and keep the head, upper back, hips and heels in one line with each other. Lessen the arch in the lower back by tucking the tailbone in. Breathe in and out, extend the exhalations.



### WARRIOR POSE

START from a standing position with feet parallel to each other. Step forward with the right foot. Bend the right leg and hold the right thigh parallel to the floor, with the right knee slightly behind the right ankle. The left knee stays off the floor. Extend the left arm out as if pulling an arrow. Hold the pose with the chest wide open, keeping both hips facing forward and focus on breathing.



### WHEEL POSE

LIE down on the mat and bend your legs. Place your feet closer to the hips and the hands next to your ears with the palms firmly pressing down and the fingers pointing in towards the shoulders. Begin to press against the floor with your feet and then with your hands. Raise your body up and hold the position, maintaining the arch. Keep your head relaxed and focus on breath.



### PLOW POSE

Lie flat on the back. Now raise first both the legs and then the buttocks off the floor, until your body weights rests on your shoulders and your legs are straight. From there, slowly lower the knees to the ears one by one and let the toes touch the floor over the head. Slowly release the support on the back (hands and arms) and place both the palms down on the mat. Hold the position and breathe.

— Suggested by Zubin Atre, yoga expert

### SWEAT OFF THE WEIGHT

It's plain mathematics — the more you sweat, the more you burn. "Doing cardio exercise three to five times a week is associated with a higher metabolic rate at rest," says Dr Chaturvedi. When you exercise in the morning, it keeps your metabolism elevated for the rest of the day. Exercising is particularly helpful once you pass the age of 40, when your metabolism naturally begins to slow down. Your best bet is to get it done in the morning. Include high intensity cardio intervals since challenging yourself is proven to activate fat-burning genes, which translates to an increased post-workout calorie burn. Make those dumbbells your BFF!

### NO SKIPPING MEALS

Shedding a few pounds by starving yourself is the is not only the saddest but also the most unhealthy way to lose weight. When you lose weight by skipping your meals or not eating according to your body's calorie requirements, you lose muscle and fat. But when you gain it back, it's mostly fat, which burns fewer calories. You lose all the muscle mass. Skipping your meals over a period of time also results in loss of appetite. Don't stay hungry for more than three hours. A healthy snack can help you beat the cravings without starving yourself —

difference to and it will also your ability to keep your burn calories. metabolism stoked,

### HAVE MORE OMEGA 3

Why Omega-3? "It helps balance blood sugar and reduce inflammation, helping to regulate metabolism. It also reduces resistance to the hormone leptin, which has been linked to how fast fat is burned," explains Batra. While tuna and salmon are the richest source of omega 3, vegetarian can go for at least one serving of nuts like walnut, pistachio, almonds, etc, in a day. Besides this, including more anti-oxidants in your diet also help delete free radicals from the body, which are known to induce stress and inflammation in the body.

### EAT WHOLE

Fresh is always the best. Processed food is often high in sugar and fat. Plus, it offers little or zero nutrition value, and is high in refined carbohydrate. Body takes more time to digest it. "Fatty processed food interferes with your thyroid, which is your body's thermostat and determines how fast it runs," says Batra. Pick foods as close to their natural state as possible.

tipla.negi@mailtoday.in