

heartbeat

JAN/MAR 2013

Health

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12 RESOLUTIONS

(You Can Actually Keep!)

Want to make 2013 a fit and fab year? Exercise physiologist and trainer **Dee Dee Mahmood** shows you how, month by month

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JANUARY ADOPT A BALANCED DIET

The way to do this is to mentally divide your plate into four quarters. Fill each quarter with a whole-grain carbohydrate (rice, bread, noodle or pasta), a lean protein dish (such as fish or chicken without the skin), vegetable dishes, and fruit.

FEBRUARY S-T-R-E-T-C-H THOSE MUSCLES

Cut your risk of fractures by at least 20 per cent and start your fitness regime with light stretching exercises. Start your mornings with 20 minutes of gentle stretching. Don't bounce and don't force it — if you feel pain, you've stretched too far.

MARCH GET MOVING!

Exercise helps keep weight gain, stress and ageing at bay, and all it takes is just 20 to 30 minutes a day! This total exercise time can be split into 10-minute segments throughout the day. So simple changes to your lifestyle — like getting down from the bus two stops earlier and walking home — will all contribute towards the total.

APRIL DRINK UP!

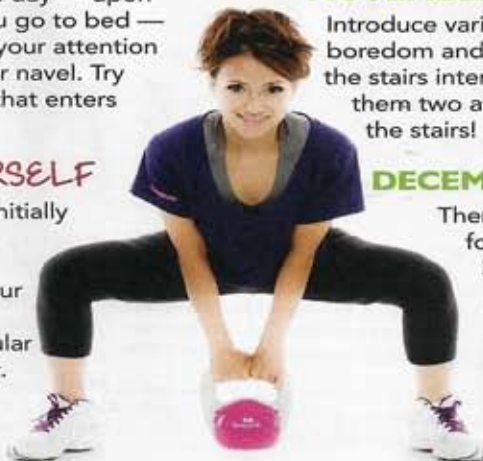
Find it hard to drink eight glasses of water a day? Increase your overall fluid intake with food with a high water content. These include fruits and vegetables such as melon and tomatoes and dishes such as soup.

MAY BREATHE CORRECTLY

Take at least 10 minutes three times a day — upon waking up, after lunch and before you go to bed — to take deep, regular breaths. Focus your attention on a point just behind and below your navel. Try to detach yourself from any thought that enters your head.

JUNE STOP STARVING YOURSELF

On a strict diet, you will lose weight initially but as soon as you stop dieting, the kilograms will pile back on. This is because your body will slow down your metabolism to match your reduced calorie intake. So schedule three regular meals a day, and always eat breakfast.



DEE DEE MAHMOOD (www.deedeefitness.com) has a Masters in Exercise Science and is currently pursuing a PhD in Sports Science & Sports Management.



JULY WORK ON YOUR BONES

Incorporate some weight-bearing exercises into your fitness regime. Regular 20-minute sessions of exercises such as cycling or swimming will help to strengthen your bones and ward off diseases such as osteoporosis.

AUGUST EAT AT A LEISURELY PACE

People who gobble their food are three times more likely to be overweight than those who eat at a leisurely pace. This is because it takes at least 20 minutes for your body to tell your brain that you are full. So slow down and enjoy the meal.

SEPTEMBER GET MORE ZZZS

Reduced sleep can actually lead to weight gain. Your body also repairs itself when you sleep, so between seven to eight hours of sleep each night is essential.

OCTOBER THINK POSITIVE

Put a rubber band around your wrist. Every time you find yourself stuck in a negative cycle, give the rubber band a flick. It will train your brain to stop thinking negatively. Use that moment to tell yourself that you can do it!

NOVEMBER MIX IT UP!

Introduce variety into your exercise regime to avoid boredom and challenge yourself further. Make taking the stairs interesting by taking them sideways or climb them two at a time. Rope in a partner to race you up the stairs!

DECEMBER ENJOY THE FESTIVE SEASON

There's a time for hard work and there's a time for play — and the trick to leading a healthy, balanced life is to give yourself a break now and then. Give yourself a pat on the back for the great year, take a short break, and enjoy time with loved ones! 🍷