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# Mid Week LIFESTYLE

MERRY CHRISTMAS

FAT FOUND IN OVERWEIGHT  
PEOPLE'S LUNGS FOR FIRST  
TIME | P26



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## Coolie No 1's Mirchi Lagi Toh: Varun tries hard to make the song work



"MIRCHI LAGI TOH", THE RECREATED VERSION OF GOVINDA AND KARISMA KAPOOR'S ICONIC TRACK "MAIN TOH RASTE SE JARAH THA", HAS BEEN CROONED BY KUMAR SANU AND ALKA YAGNIK.

## HONDA RECALLS 130,000 VEHICLES IN CANADA



**MARKHAM, Ont.** — Honda says it will recall 130,000 vehicles in Canada, including certain Fit, Civic, Accord, Insight and Acura ILX models, after announcing a similar recall of 1.4 million vehicles in the U.S. The automaker says 96,761 of the recalled vehicles need repairs for drive shafts that can break due to corrosion from winter road salt. That recall covers Honda Fits from 2007 to 2014, Accords made from 2013 to 2015, 2012 Civic hybrids, 2013 Acura ILX hybrids, and Acura ILX vehicles from 2013 to 2015.

An additional recall covers 33,150 Canadian vehicles that have a software error causing the rear camera, turn signals and windshield wipers to malfunction. The software bug is in Honda Accord and Accord Hybrids from 2018 to 2020, and Honda Insight vehicles from 2019 and 2020. Honda says it is contacting the owners affected by the recall, and Honda and Acura owners can also contact dealerships directly or enter their VIN number into Honda Canada's recall website.

## Smart insulin patch may help monitor, manage glucose levels in diabetes patients

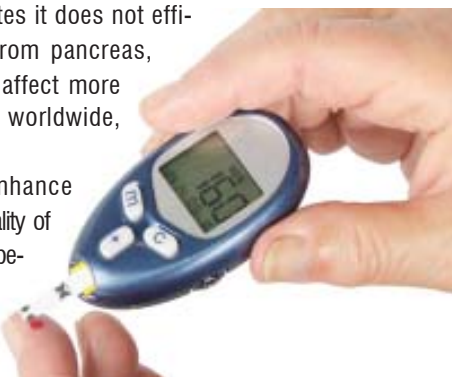
**BOSTON:** Researchers have developed a coin-sized insulin-delivery patch, an advance that may help people with diabetes monitor and manage their blood glucose levels, and deliver the necessary medical dose of insulin they need.

According to the study, published in the journal Nature Biomedical Engineering, the adhesive patch is about the size of a small coin, is simple to manufacture, and intended for once-a-day use.

The researchers, including those from the University of North Carolina (UNC) in the US, said the hormone insulin is naturally produced in the pancreas, and helps the body regulate glucose—the main energy-providing chemical from food.

In type 1 diabetes, a person's body does not naturally produce insulin, while in type 2 diabetes it does not efficiently use the insulin from pancreas, and together both types affect more than 400 million people worldwide, they said.

"Our main goal is to enhance health and improve the quality of life for people who have diabetes," said Zhen Gu, study co-author and a former professor at UNC.



## CANADIAN CONSUMER DEBT HITS \$2 TRILLION FOR FIRST TIME AS MORTGAGES BOOM

The debt carried by Canadian households has hit the \$2 trillion mark for the first time, driven up by rapidly rising mortgage balances, credit rating agency Equifax said in a report released Monday.

Canadians owed \$2.041 trillion on mortgages, car loans, credit cards and other debt in the third quarter of this year, up 3.8 per cent from a year ago. "Despite the pandemic, the third quarter was huge in terms of refinances and new mortgages," Rebecca Oakes, assistant vice-president of advanced analytics at Equifax Canada, told HuffPost Canada. The average new mortgage surpassed the \$300,000 mark for the first time, up 8.6 per cent from a year ago.

A prolonged period of low interest rates has helped Canadians' consumer debt to balloon by a third in just the past six years, according to Equifax data. It passed the \$1.5-trillion mark in 2014.

Record-low interest rates have pushed the monthly cost of owning a home to its lowest level in four years, according to economists at National Bank of Canada. Meanwhile, lockdowns have meant fewer things for consumers to spend on, driving up savings, resulting in bigger down payments.

Those things combined to push up the average home sale price by 15.2 per cent from a year ago, to \$607,250 in October, according to the



Canadian Real Estate Association. Oakes noted that car loans have also soared, up 11.7 per cent in a year, which she says may be linked to commuters switching away from public transit, at least temporarily, during the COVID-19 pandemic.



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# Here’s why some people stick to their fitness goals



Personality traits are a key indicator in determining how likely is it that a person will stick to their exercise goals, a study revealed. A new study uncovered a personality trait that may predict your likeliness of engaging in a physical task. It stated that individuals who make concrete plans to meet their goals are likely to engage in more physical activity, including gymming, as compared to those who don't. The findings of this study published in the Journal Psychological Science suggest that self-reported levels of a trait called 'planfulness' may translate into real-world differences in behaviour. Some people seem to be able to more consistently meet their goals than others, but it remains unclear if personality traits that have been found to promote goal achievement in the lab similarly encourage individuals to achieve long-term goals in their day-to-day lives, said lead researcher Rita M. Ludwig of the University of Oregon. Conscientiousness, a measure of individuals' orderliness and dependability on the Big Five Inventory of personality, has long been tied with healthy behaviours. Narrowing their focus to a single facet of this trait, planfulness, allows researchers to zero in on the psychological processes--such as mental flexibility, and a person's ability to make short-term sacri-

fices in pursuit of future success--that contribute directly to achieving long-term goals. "What's new in this study is that we used an objective measure of goal progress that could be recorded as participants naturally went about their lives: their check-ins at a local gym," Ludwig explained. Researchers examined this relationship by analysing the gym attendance of 282 participants over a 20-week period. They tracked the number of times each participant swiped into the campus recreation centre after enrolling in the study at the start of the winter 2018 academic semester. They also retroactively collected data on gym attendance throughout the fall 2017 term. The participants, many of whom were students, provided a written description of their exercise plans and completed measures of self-control and grit, in addition to the Big Five Inventory of personality and researchers' 30-item Planfulness Scale. While all participants experienced a similar decline in gym attendance over the course of each semester, individuals who rated themselves high on planfulness items such as "developing a clear plan when I have a goal is important to me" went to the gym more throughout both semesters. Researchers found that a one-point increase on the five-point Planfulness Scale corresponded with an additional 5.9 recreation centre visits during the fall semester, and an additional 8.5 visits after enrolling in the study for the winter semester. Planfulness was only significantly associated with the frequency of participants' gym attendance during the winter semester, possibly due to participants completing their physical activity plan later in the year, the researchers noted. "This work is broadly informative for those who are curious about how people pursue health goals, including their own patterns of thought around goals," Ludwig suggested. "It seems logical that people who are successful with their goals would be able to write in detail about their planning process," Ludwig added.

# Pregnant women have no choice but to wear ugly clothes

When I became pregnant, I figured plenty of things were going to get harder as my belly grew bigger, such as getting a good night's sleep or sticking to my workout routine. One thing, however, I did not anticipate: how infuriatingly difficult it would be to find a half-decent outfit. A year ago, I believed the conventional wisdom that maternity clothes have vastly improved since my baby boomer mom and Gen-X cousins were pregnant. Now that I'm shopping for a third-trimester baby bump, I realize my faith was misplaced.

The maternity clothing market is a floral-festooned, polyester-laden sartorial wasteland. It utterly fails to account for either the varied lives women lead or the different ways they wish to present themselves. And the shopping experience ranges from maddening to puzzling. A post shared by A Pea In The Pod (@apeainthepodmaternity) on Mar 8, 2019 at 12:00pm PST. All of this amounts to an indefensible and avoidable failure on the part of the beleaguered retail industry. Great maternity departments should be an easy way to attract millennial moms — ostensibly one of the industry's most coveted demographic groups. True, newcomer websites such as Asos Plc and Boohoo Plc carry garments that reflect actual current trends. But much of what's out there has a distinct, one-note look I have come to think of as "mommycore": bland t-shirts, juvenile-looking babydoll frocks, uncomfortably low-cut wrap dresses, and flower patterns that resemble the upholstery on your grandmother's couch. The

industry's idea of creativity seems to be confined to inane tops stamped with Instagrammable messages like "#Milkmachine" and "I like to think wine misses me too." A post shared by Motherhood Maternity (@motherhoodmaternity) on Oct 1, 2019 at 4:26pm PDT Women embrace all sorts of styles in everyday life — edgy motorcycle jackets, elegant sheath dresses, Supreme-inspired streetwear. But in pregnancy, they have little choice but to sport the mommycore uniform. Need something to project confidence for a big client presentation? Ann Taylor has no maternity suiting to offer you, nor does Express or White House Black Market. Working up a sweat at the gym? Lululemon Athletica Inc. and Nike Inc. will be of little help. Searches for maternity gear on their websites turn up no specially designed products. Now, you might say this is what specialty maternity stores are for: They have outfits for all occasions that accommodate a baby bump. But consider what women are in for when they hit up one of these retailers. Destination Maternity Corp. is the corporate parent of its namesake chain, as well as Motherhood Maternity and A Pea in the Pod. The company's revenue has nosedived as it struggled to adapt to changing fashion trends, the rise of e-commerce and new competitors. It has had five CEOs in five years, a mess that culminated in an October bankruptcy filing. Put another way, the one company that essentially has had the U.S. specialty maternity market to itself has been spectacularly bad at giving expectant women what they want.

## Fat found in overweight people’s lungs for first time

**WASHINGTON:** Fat can accumulate in the lungs of people, particularly those who are overweight or obese, researchers have shown for the first time. Scientists already know that people who are overweight or obese are more likely to suffer with wheezing and asthma, but the reasons for this have not been completely explained. The new study, published in the European Respiratory Journal, suggests that this fatty tissue alters the structure of people's airways and this could be one reason behind the increased risk of asthma. "Looking at samples of lung, we spotted fatty tissue that had built up in the airway walls. We wanted to see if this accumulation was correlated with body weight," said John Elliot, a senior research officer at Sir Charles Gairdner Hospital in Australia. The researchers examined post-mortem samples of lung that had been donated for research and stored in the Airway Tissue Biobank.

## The ideal shoes for walking? Here are the top picks



Love walking for miles and miles? The good news is that you're doing your body, mind and soul a world of good. "Walking is an excellent exercise, and Indians have been walking to keep fit for almost four decades," says Jayant Arora, director of orthopaedics, bone and joint surgery at Fortis Memorial Research Institute, Mumbai. But your feet might not be as thankful. While most footwear brands advertise specialised walking shoes — with model numbers, limited-edition materials and foam designed to keep you going — it's possible to go wrong when buying a pair. Your feet bear much of the brunt of your walks, and poorly fitted shoes — too tight, too loose, wobbly, not quite arched, not quite flat — can generate a slow build-up of damage. "The biggest myth about walking is that walking more will make your knees hurt," says Dr Arora. "This won't happen if you pick walking shoes wisely. Flip-flops are an absolute no-no." Experts say you should consider your foot's shape and pronation (its side-to-side rotational movement). You'll get a good sense of how you walk from the wear-pattern of the shoes you already own. Does your sole flatten out at the heel, on the ball, inward, outward or more on one foot than the other?

## Move over tiny bags, oversized bags are the next big thing



Move aside tiny purses, oversized bags are the next big thing in the coming few months, according to influencers on Instagram who have been serenading literally elephantine sized totes. The carry-your-whole-life-with-you-totes is a departure from the mini and micro bags that have been in vogue over the past few months, reported style website Zoe Report. So much so that these giant bags have an entire Instagram account @BigBagClub dedicated to their superlative cult status. The feed of the page features bags of influencers photoshopped to exaggerated proportions just to showcase the trend in all its comic glory. Virginia Rolle, the graphic designer behind page says she came across a photo of an influencer carrying a huge Gucci bag -- on Instagram and that's when "the big bags took over." What began as what she thought a fashion meme soon became a dedicated page with Rolle photo editing bags to enlarge the already big bags. That is until fashion show collections, including those of giants like Bottega Veneta, actually rolled out impressive super-sized options. Rolle points out Bottega Veneta's Large Tote and Maison Margiela's Glam Slam as notable new rollouts. The recent surge in prodigious purses with its refreshing practicality and unrestrained space are appealing to Rolle and others who have always felt the need for bigger bags to hold multiple objects such as computer, agenda, wallet, umbrella, beauty case etc. The graphic designer says the fashion world finally understanding women's needs. "Big bags are a girl's best friend!" Influencer Chloe Harrouche of Loulou de Saison who wears the Khaite Large Circle Tote and Bottega Veneta was also quoted as saying "XXL bags are the new trend because they're the answer to the reality of life!"

## EAT, STOP, REPEAT

Intermittent fasting may sound like another diet fad but researchers have conclusively found that the practice of routinely not eating and drinking for short periods of time resulted in longer life in heart patients. In the study by Intermountain Healthcare Heart Institute in Salt Lake City, Utah, researchers found that heart patients who practiced regular intermittent fasting lived longer than patients who don't. In addition, they found that patients who practice intermittent fasting are less likely to be diagnosed with heart failure. "It's another example of how we're finding that regularly fasting can lead to better health outcomes and longer lives," said Benjamin Horne, principal investigator of the study. While the study does not show that fasting is the causal effect for better survival, these real-world outcomes in a large population do suggest that fasting may be having an effect and urge continued study of the behaviour. In the study, researchers asked 2,001 Intermountain patients undergoing cardiac catheterization from 2013 to 2015 a series of lifestyle questions, including whether or not they practiced routine intermittent fasting. Researchers then followed up with those patients 4.5 years later and found that routine fasters had greater survival rate than those who did not. Fasting affects a person's levels of haemoglobin, red blood cell count, human growth hormone, and lowers sodium and bicarbonate levels, while also activating ketosis and autophagy — all factors that lead to better heart health and specifically reduce risk of heart failure and coronary heart disease.

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# Why you’re not losing weight?



### DO YOU FAIL TO CREATE NEGATIVE CALORIE BALANCE?

Negative energy balance is the single most important thing to lose weight. A negative energy balance reflects a state in which the number of calories expended is greater than what is taken in. A negative energy balance results in weight loss. Even if you think you are being very good with your diet, it is easy to underestimate how many calories you are actually eating. Make sure you are successfully creating negative energy balance everyday.

### DO YOU GET ENOUGH SLEEP?

Lack of sleep can contribute to weight gain because losing sleep makes you feel hungry and you tend to take extra calories. So getting at least eight hours of sleep is crucial if you’re trying to lose weight. Make getting eight hours of sleep a priority and you may just see some weight loss.

### IS YOUR WEEKEND DIET TOO RELAXED?

Even after five days of ‘good’ eating, two days of ‘bad’ eating will make you gain weight. To lose one kilo per week, you would need to cut 1,000 calories with diet and/or exercise for seven days. If you only follow that for five days, then eat way over your limit for the next two, you are taking two steps forward and one step back.

### DO YOU OVEREAT HEALTHY FOODS?

You cannot eat healthy food as much as you want. Over eating

healthy food can make you fat. Control your portion size. Just because a food is healthy doesn’t mean you can eat a mountain of it. Portion control is the key.

### DO YOU STILL EAT HIGH-SUGAR/ HIGH-CARB FOODS?

Sometimes, we consume foods without knowing that they contain sugar or carbs in high amounts. Sauces and ketchup contain lot of sugar and carbs, so avoid them. Buy plain breakfast cereal, avoid salted or sugar coated nuts, and do not consume too many multigrain biscuits.

### DO YOU HAVE A DESK JOB/ SIT ALL DAY?

If you have a desk job, you probably sit in one place for at least eight hours a day. And that is inhibiting your weight loss. Sitting at one place continuously can also slow down your metabolism and cause every morsel of food to get converted into fat. This is why people who have desk jobs have more belly fat and lower body fat. Start moving around every hour to keep the metabolism going.

### DO YOU OVERDO ALCOHOL?

If you like alcohol but want to lose weight, it may be best to stick to spirits (like vodka) mixed with a zero-calorie beverage. Beer, wine and sugary alcoholic beverages are very high in calories. If you often have three or more drinks a day, you are more likely to gain weight, no matter what type of alcohol you drink.

## EXERCISE FOR MENTAL HEALTH: HOW MUCH IS TOO MUCH, AND WHAT YOU NEED TO KNOW ABOUT IT



In the current scenario, where life is so demanding and people have no time for themselves, it is very essential to take good care of one’s mental health, which can be easily achieved by exercising daily. Many recent studies have concluded that exercise boosts our mental health and is directly linked to our self-confidence and self-esteem. But the question arises; how much exercise is too much? A study, which took place to throw some more light on how exercise affects mental health, unfolded some interesting revelations. This study was conducted by researchers at Yale University in New Haven, Connecticut. The researchers also tried to identify which types of exercises provided the maximum boost. They also wanted to conclude how much exercise is too much. These observations were published by The Lancet Psychiatry journal. The researchers found that different kinds of team-oriented sports, cycling, and aerobic exercise are the most beneficial to mental health. “Depression is the leading cause of disability worldwide, and there is an urgent need to find ways to improve mental health through population health campaigns,” notes study author Dr. Adam Chekroud. “Exercise,” he adds, “is associated with a lower mental health burden across people no matter their age, race, gender, household income, and education level.” The study participants were recruited from across the U.S. and had all participated in the Behavioural Risk Factor Surveillance System survey in 2011, 2013, and 2015. For their examination, the analysts utilised statistical data, additional information about the members’ psychological and physical wellbeing, as well as their fitness behaviours. The only specific mental health disorder that the researchers considered, however, was depression. The participants provided estimates of poor mental health issues they faced for over 30 days, and how much have they exercised during the same course of time. The participants reported an estimated 3-4 days of disturbed mental health. Comparing both the lots of people who exercise, and the one who don’t, the researchers concluded that the former reported 1.5 fewer days of mental health issues.

# JOY OF LIVING: SAY ‘NO’ TO SUICIDE AND NURTURE YOUR BEAUTIFUL LIFE

Over the last ten plus years, I choose to have my annual medical check-up at the Gujarat Cancer Research Institute (GCRI). This almost feels like a yearly pilgrimage, where the attitude and approach of the staff and doctors of the makes me feel good and breathe easy. A high point of these visits, over these years, would be the chats with a specialist in the gynaecology section. Even if she were not on duty for the check-up, I would seek her out and stop by for a few minutes to say hello to the very competent, successful, and helpful gynaecologist. We would talk on a host of issues from lifestyle, wellness to work-life balance, family, music and travel.

A few months ago, as I was sipping in the day’s news along with my morning coffee, a news item of a suicide grabbed my attention. As I read about the person who had committed suicide, I felt a lump in my throat. India accounts for 33% of all suicides worldwide, where an estimated 250,000 people committed suicide in 2012. Suicides are highest among young people between the ages of 15 to 29, and this is the second ranking cause of mortality. Holding the notoriety of having the 18th rank out of 182 countries for highest suicide rates, India is in the worst ten percentile of countries across the world by suicide rates. My intention is not to further come

up with gloomy forebodings of our suicide rates and the misery associated with this. But, knowing these facts, understanding these concerns, can each one of us take a few actions to change this scenario - Tomorrow is ‘World Suicide Prevention Day’. Starting tomorrow, the entire month would be observed as the ‘Suicide Prevention Month’. To change the world we have to start with ourselves. Can our emotional and mental hygiene be on top of our ‘To Do’ list - Eating nourishing healthy food, drinking lots of water, getting enough sleep, exercising are simple acts that can ‘frame our days’. We could reconnect with our long-lost childhood friends like


storybooks, crayons, colours, songs, games, cameras and sports, in the company of young kids. Reaching out to help those that are needy and in pain can magically help clear the clouds in our own life.

## THE GLOW-RIOUS NEON: NEXT BIG TREND IN FASHION

If there’s a colour that’s having a celeb moment right now, it’s definitely neon. There’s just no way that you can afford to not take note of the bright trend being endorsed by Bollywood actors Alia Bhatt, Ayushmann Khurrana and Sara Ali Khan. Those in Hollywood are also turning heads; take for instance international stars such as Bella Hadid and Kendall Jenner. The trend from the ’80s is receiving a nod from the fash frat. Designer Narendra Kumar says, “The fashion scene takes inspiration from retro shades, so this neon trend is a strong revival.” The colour represents visibility, feels designer Sahil Aneja. He says, “It is ‘shocking’ and loud, making it perfect for people who are unapologetically themselves. It’s a playful colour, so wear it on occasions where you want to have fun.” Agrees designer Ashish N Soni, saying, “It’s a very camera-friendly shade as it makes one stand out and helps make a style statement.” Stylist Isha Bhansali, who styles actors such as Ayushmann Khurrana, believes that the hue is gender neutral and has a “futuristic mood” as that’s what “neon was always meant to be”. “The neon and fluorescent are back as a strong menswear trend, too. It’s graphic, geometric and it resonates with the digital age,” says Bhansali, adding that it is great for a music fest or a concert. The highlighter hue is available at high-street labels as well as in the local flea market, making it evident that it is not only those in the showbiz but also millennials who love it. Soni, however, is quick to caution people that neon needs to be styled correctly, as “one bad move can turn it into a disaster”. Aneja suggests, “If you love the colour, go all out with it. As for others, they can tone it down with small pops of neon paired with a simple outfit.” Kumar shares a few style tips: “This unrestricted hue has a sporty vibe. One can wear it to work or to the gym or as an athleisure wear to a club. If you want to add just a bit of neon to your outfit, go for a neon accessory like a bag or a belt. For Indian wear, one can pair a neon blouse with a bright sari.”

## Be yourself and design your own patterns

We are seldom conscious when we brush our teeth, apply a moisturiser or undertake any such mundane activity. Chores are generally performed mechanically. Apart from these nearly programmed rituals, a lot of unconscious behaviour gets ingrained within us and forms into a pattern. While these behavioural patterns may seem helpful as they may not tax our minds, such patterns come in the way of relationships. Here are a few examples of how. There was a husband who felt his wife wanted to be in control of everything. So, apart from going to work, he let her be in the driver’s seat about everything else. All major decisions were taken by her. Eventually, she became the man of the house and he couldn’t really connect with the woman he was married to. He wanted to leave her. Here, the wife didn’t realize her control wielding behaviour came in the way of their relationship. I have seen another case of a woman who was married earlier and had been through a bad marriage. She would hold back her love from her husband just because she was scared it wouldn’t be reciprocated like in her first marriage. Her pattern of self-protection by withdrawing her love from her husband drove him into the arms of another woman. A man’s depression though treated, came in the way of his marriage. His biggest fear was he wouldn’t be loved and thus longed for sympathy. The wife, on the other hand, was fed up with sympathy ruling the roost of their relationship and love taking a back seat. Eventually she divorced him. The man’s behaviour because of his fear became a cold, withdrawn and emotionless pattern hampering the dynamics of his relationship. With time the wife became emotionally emptied and ended up with an affair and eventually a divorce. When people try to change themselves inherently by becoming what they are not, they set a pattern of behaviour which doesn’t sync well with their persona and creates a conflict with the unconscious. Not being what one inherently is, always comes in the way of a relation



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# LATEST FITNESS TRENDS: PALEO DIET, MATCHA MANIA AND PLANT SHOWERS

**NEW DELHI, (IANS)** Every time there is a photograph of a celebrity showing off his or her toned and fit body, hundreds of thousands of fans search eagerly for their diet and workout plan so that they can follow suit. To become as fit as them, one has to follow a fitness code. Verun Rastogi, CEO of Mufubu and Nutritionist Namami Agarwal jot down the latest A-to-Z fitness regime.

\* Workleisure clothing: Athleisure contributed to the rise of wearing leggings outside of the gym, and now comfy clothes are making their way into the office. Basically, workleisure takes technical, sweat-wicking, and flattering fabrics and incorporates them into work, dinner, happy hour-appropriate pieces

\* Entomophagy: Bugs, anyone? They're a cheap and sustainable source of protein, so don't be surprised to find crickets on restaurant menus instead of Fear Factor reruns. If you're keen on trying the trend, just know that bug-based foods can still be heavily processed, so bear in mind what else you're eating in addition to crunchy insects.

\* Fat to fitness band: Move over, wristwatch, there's a new accessory in town and it's sleek, functional and wildly popular. These fitness bands are wearable devices that are strapped to the wrists tracking your every move. These can act as a substitute for a phone when you're out for a run and can be an accurate fitness trainer. Get yours Today.

\* Indoor plants: Living walls have entered a bounty of corporate spaces while eucalyptus shower bouquets are trending due to

the invigorating essential oils released when activated by heat and steam. Not to mention, plants are shown to boost moods, filter toxins, and produce oxygen.

\* Matcha made: Not only has this green powder (which is packed with caffeine and antioxidants) popped up in cafes across the country, but bakeries, grocery stores, and even beauty products have also gone mad for matcha.

\* Ketogenic diet: A low carb, high-fat diet, the ketogenic diet transforms your body into a fat-burning machine. You body runs entirely on fat, your insulin levels become low and fat burns drastically. The main focus of this diet is to get all the calories from the consumption of healthy fats rather than proteins or carbohydrates.

\* Paleo diet: Paleolithic living as a dietary model was introduced by gastroenterologist, Dr Walter L Voegtlin. Also known as the Stone Age or caveman diet, paleo diet includes consuming only fresh and organic fruits or veggies or meat. In the Paleo diet, there is no use of processed and canned food. Foods that have preservatives or chemicals are completely avoided in this diet.

\* Atkins diet: This diet completely eliminates carbohydrates and focuses on proteins and fats for the daily source of energy.

\* Dukan Diet: The Dukan diet is designed by the French nutritionist and dietician, Pierre Dukan. This is a protein-based commercial fad diet similar to the ketogenic diet, as both focus on the consumption of fats and proteins but omits carbohydrates.

## 'Teens drinking regularly face worse alcohol problems than adults'

**SYDNEY, (IANS)** Teens aged under 17 who drink alcohol weekly are three times more likely to binge drink and be dependent on alcohol as adults compared with their peers who don't drink, an Australian-led research said on Wednesday. "The study further debunks the myth that teen experimentation with alcohol promotes responsible drinking, instead it sets a young person up for later-life drinking problem," Xinhua news agency quoted Professor George Patton from the Murdoch Children's Research Institute as saying. The researchers looked at the drinking patterns of 9,000 adolescents in Australia and New Zealand. The findings suggest that delaying drinking alcohol would have "significant public health benefits" as well as showing that public health messages "need to focus as much on frequency of drinking as the amount consumed", said lead author Edmund Silins. "Discouraging or delaying alcohol use in adolescence is likely to have substantial benefits in adulthood in terms of preventing harmful drinking behaviours which adversely affect health and well-being," he added.

## Multivitamins may not prevent cardiovascular diseases

**NEW YORK, (IANS)** If you are taking multivitamin and mineral supplements to protect your heart's health, think again. A new analysis of 18 studies has found that it does not prevent heart attacks, strokes or cardiovascular death. The study, published in the journal Circulation: Cardiovascular Quality and Outcomes, found no association between taking multivitamin and mineral supplements and a lower risk of death from cardiovascular diseases. "We meticulously evaluated the body of scientific evidence. We found no clinical benefit of multivitamin and mineral use to prevent heart attacks, strokes or cardiovascular death," said lead author Joonseok Kim, Assistant Professor at the University of Alabama at Birmingham. According to the researchers, the American Heart Association does not recommend using multivitamin or mineral supplements to prevent cardiovascular diseases.

## POSITIVE ATTITUDE DURING PREGNANCY MAY KEEP YOUR KIDS IN SHAPE

**LONDON, (IANS)** Did you know even your mood and attitude during pregnancy can have an effect on the body weight of your children when they grow up? A new study has found that teenagers are less likely to be overweight if their mother or father had a positive attitude during pregnancy. Negative attitude, or a lack of self-belief in your ability to bring in changes to your lifestyle through your actions, may be associated with unhealthy weight gain in your children during teenage years, suggests the study published in the International Journal of Obesity. "We've been able to show that a lack of self-belief in a parent's ability to influence change by healthy eating, stopping smoking or breast feeding is a contributing factor to their child being overweight by the time they are 15," said lead study author Jean Golding, Professor at University of Bristol in Britain.

## Tablet games may offer speech therapy to children: Study

**MOSCOW, (IANS)** If your child is unable to communicate effectively, then engaging him or her to tablet-based games is likely to act as a speech therapy and boost the kid's motivation and satisfaction, according to a study. According to researchers, games can also be used both in hospitals and in outpatient activities. "Gadgets can be really helpful, and not merely entertainment devices. In speech therapy, more and more practical activities have been based on computer games lately. Kids can solve crosswords and puzzles, pronounce words that are difficult for them," said Andreja Istenic Starcic from Kazan Federal University in Russia. Previous studies comparing tablet-based and traditional math programmes showed that kids can become more involved in gamified tasks on tablets than in traditional textbook tasks. For the new study, published in the journal Behaviour and Information Technology, the team conducted case studies with a small number of children aged between 3-12, who manifested speech problems. The results indicated that the use of tablet games for therapy purposes had a positive impact on children's motivation and satisfaction. "The results showed that tablets have a positive influence on social learning among children. While traditional therapy leans on instruction, the practitioners in the tablet therapy actively involved children and tried to motivate them," Starcic said.

## Flavours in e-vapours attracting smokers: Study

**LONDON, (IANS)** Flavours in e-vapours are attracting and retaining smokers into the vaping category, a US-based study has found. The findings suggest that the majority of e-vapour product users, who had switched from smoking cigarettes to using vaping products, are shown to have increasingly likely initiated vaping with non-tobacco flavours, and to have transitioned from tobacco to non-tobacco flavours over time. "The results show that non-tobacco flavours, especially fruit based flavours, are being increasingly preferred to tobacco flavours by adult vapers who have completely switched from combustible cigarettes to vapour products," said lead author Christopher Russell, Deputy Director of Centre for Substance Use Research (CSUR). For the study, published in the Harm Reduction Journal, the researchers assessed the first flavour and current e-vapour product flavour used by 20,836 adult frequent vapers. The researchers found that nearly 16,000

had completely switched from smoking to vaping, while 5,000 were dual users who were smoking and using e-vapour products. In the study the most popular currently used e-vapour flavours in the US were fruit/fruit beverage, where up to 82.9 per cent of sampled users reporting regular purchase and use of vape liquids in this category. This was followed by dessert/pastry flavours at 68.5 per cent while tobacco and menthol flavours ranked as the fifth and sixth most popular currently used flavours respectively. The researchers also looked at the flavour first time users typically used when starting to vape. The proportion of first vaping product purchases that were fruit-flavoured increased from 17.8 per cent, of first purchases made before 2011, to 33.5 per cent between June 2015 and June 2016, the researchers said. Tobacco-flavoured first purchases almost halved during this time from 46.0 per cent pre-2011 to 24.0 per cent between 2015-2016, they added.

## MEN MORE LIKELY TO BUY EXPENSIVE RING FOR ATTRACTIVE PARTNER

**NEW YORK, (IANS)** Your looks can affect your male partner's choice for buying an expensive engagement ring, says a study. The findings showed that men are more likely to purchase expensive rings when paired with attractive women, whereas women who rated themselves as being physically attractive were more likely to go for larger, more expensive rings, regardless of their partner's looks. "The finding is consistent with the notion that desirable women expect greater resource investment from their mates," said Madalyn Taylor from Western Oregon University in the US. For the study, published in Evolutionary Psychological Science, the team included data from 590 participants with an average age of 30 years. They were presented with a photograph and some brief information about a member of the opposite sex. Participants had to imagine themselves as the boyfriend or girlfriend

of the depicted individual, who were pre-rated to be attractive or unattractive. Women had to choose the smallest ring they were willing to settle for. In turn, the male participants had to indicate the size of ring they would buy for their imaginary girlfriends. The results support the notion that men are willing to purchase larger, more expensive engagement rings when imagining themselves mated to a more attractive woman. This finding corroborates previous research on mate attraction tactics, which showed that men use symbols of financial success to attract desirable mates. Further, it also provided an indirect support for the idea that women are willing to settle for a less handsome partner if his ratings can be upped by another form of compensation, such as being financially better off.

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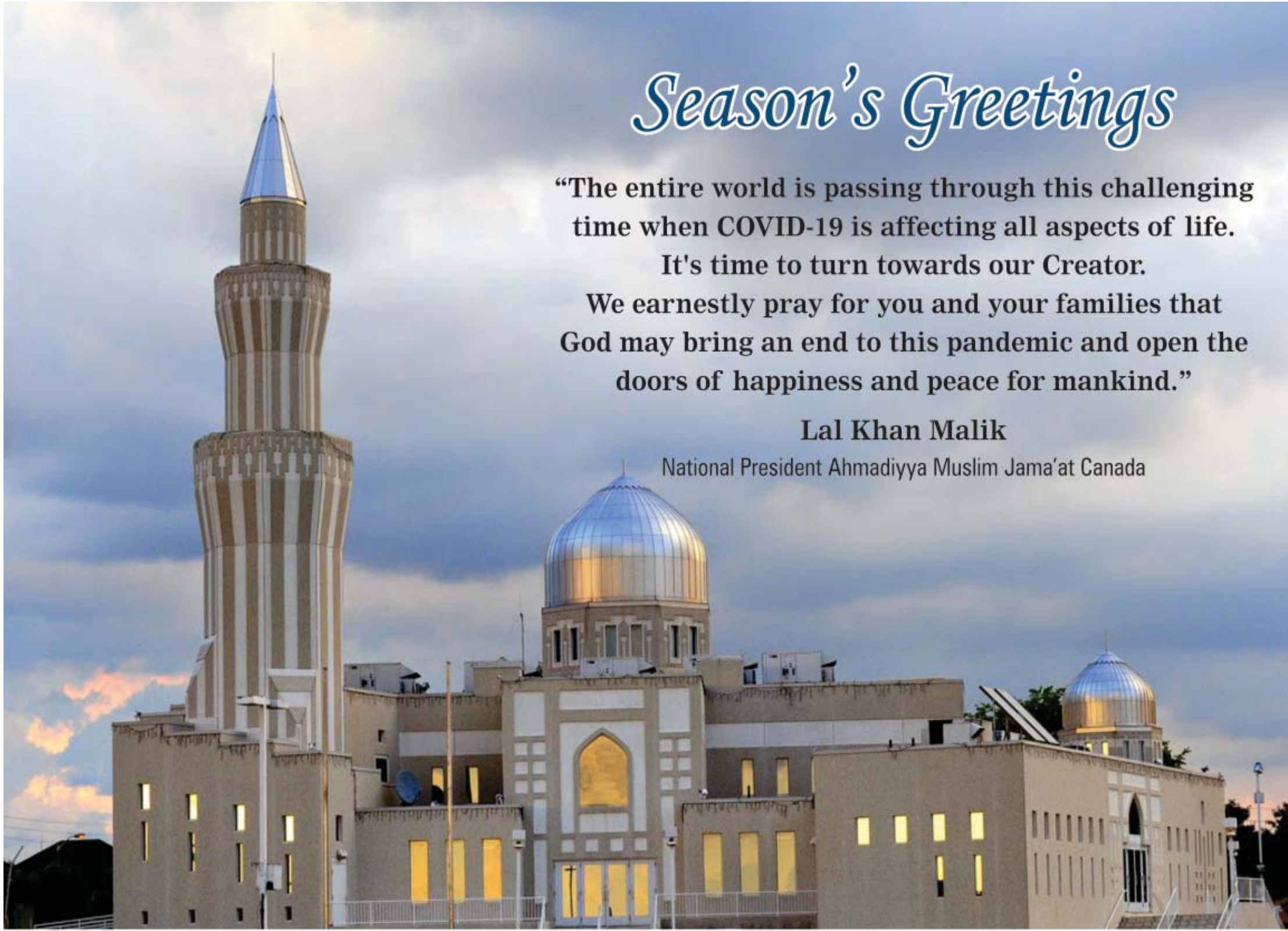
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# Season's Greetings

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# PIMPLE PATCHES: EVERYTHING YOU NEED TO KNOW ABOUT THEM



There was a major fad for sheet masks some time back. Instagram was full of people posing for selfies with sheet masks and skincare hashtags. There is no denying that when one faces skin conditions like acne they tend to lean towards trendy over-the-counter acne treatments which are high on promise but ultimately fail to deliver results. Pimple patches also referred to as acne healing patches which are essentially small, circular hydrocolloid (hydro-kull-oid, if your tongue is stuck) or salicylic acid bandages. These work by absorbing the dirt, oil and excess fluid from the pimple and further drying it up.

These little pimple patches have one simple rule. Don't pick, just patch it up. But, they also have a secondary benefit i.e they prevent you from touching your face too much and can be a skin saver for those who are chronic pickers.

**Do pimple patches really work?**

The idea of a sticker which absorbs impurities and heals pimples might sound too good to be true, but looks like it does work. These stickers contain salicylic acid and hydrocolloid which suck the impurities and further dry the pimple. The patch keeps the pimple and gives it time to heal. However, pimple patches are probably best meant for smaller breakouts that aren't so deeply embedded under the skin like papules; little spots filled with pus.

As far as cystic acne (most severe form of acne, in which the pores in the skin become blocked, leading to infection and inflammation) is concerned, micro dart patches might allow a slightly deeper penetration of active ingredients but they won't provide the most dramatic results.

**Should you try them?**

If you are someone whose guilty pleasure is picking at your zits, then pimple patches are your protective best friends as they prevent the temptation to pop. And if you deal with smaller breakouts, you'll probably be successful with them.



However, remember that pimple patches aren't a solution or the end game. Everyone's skin is different and plain hydrocolloid stickers, might work for some people and not for others.

## WINTER SUPERFOODS TO HELP BOOST YOUR HEALTH AND IMMUNITY

During winters, the resultant heat loss demands compensatory strategies resulting in increased food intake for its thermic effect. Cold weather leads to a drop in our body temperature, stimulating our appetites. This is because the intake of food helps to generate internal heat, subsequently leading to a rise in body temperature. Shweta Mahadik, Clinical Dietician, Fortis Hospital, Kalyan shares a list of some nutritious and easily available ingredients which are a must in winters:

### TIL SEEDS (SESAME)

Til seeds are superfoods that should be part of your diet during winter. They are full of good fats mainly Polyunsaturated Fatty Acids (PUFA) that reduce blood cholesterol, high blood pressure, and plays an important role in preventing cardiovascular diseases and cancers. Regular intake of Til seeds makes the body warm and it is a winter superfood. Til is also rich in Calcium and keeps the bones strong. The Zinc helps to strengthen the bones and increase bone density. Til can be consumed in the form of Til laddoo, Til chikki, Til poli also in the form of chutney, and roasted til seeds can be sprinkled in salads. During winters, some people are more susceptible to catching common diseases cold and flu, coughs, respiratory ailments, sinusitis, etc. Having Jaggery in your diet is a very good option during winter - as a cleansing agent. It cleanses the lungs, stomach, intestines, respiratory tract, and esophagus. Jaggery is far complex than sugar, as it is made up of Sucrose. It is rich in minerals like Magnesium, Calcium, Phosphorus, Iron, etc. Some studies found that Jaggery digests slower than sugar, and releases energy slowly - not spontaneously. Have Groundnut chikki, dry fruits laddoo, Gulpapadi, Groundnut laddoo, Halim laddoo, Gulpoli, Jaggery, and dates chutney, etc.

### GINGER TEA

On a cold morning, most of us enjoy Ginger tea. However, Ginger does a lot than just adding a hint of flavour to your favourite beverage or dishes. In traditional Chinese medicine, Ginger is used for its warming effect. Ginger increases body temperature, which is ideal if you are suffering from a cold. It can be used for throat infections and to relieve congestion in Sinusitis. Consumption of ginger reduces cold and conquers a dry, irritating cough by increasing human Bronchial Smooth Muscle Cell (BSMC) migration. Some studies reveal that Ginger has many therapeutic properties, including antibiotic, antimicrobial, antioxidant, and anti-inflammatory effects. Have Ginger tea, Ginger kadha, Ginger wadi, add Ginger in soups & veggies, and in chilli pickles, etc.



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# HELP PEOPLE IN NEED TO BECOME BETTER PARENTS

Providing social support specifically to people in need activates regions of the brain involved in parental care, scientists say. The findings may help researchers understand the positive health effects of social ties. By comparison, providing “untargeted” support such as giving to charity does not have the same neurobiological effects, according to the study published in the *Psychosomatic Medicine: Journal of Biobehavioral Medicine*. Researchers from University of Pittsburgh in the US performed a pair of experiments to evaluate brain responses to providing different kinds of social support. In the first study, 45 volunteers performed a “giving support” task where they had a chance to win rewards for someone close to them who needed money (targeted support), for charity (untargeted support), or for themselves. As predicted, participants felt more socially connected, and felt that their support was more effective, when giving targeted social support. The subjects then underwent an emotional ratings task including functional MRI scanning to assess activation of specific brain areas when giving social support. Providing support, regardless of who received the support, was linked to increased activation of the ventral striatum (VS) and septal area (SA) — regions previously linked to parental care behaviours in animals. However, only higher activation of the SA when people gave targeted support was associated with lower activity in a brain structure called the amygdala — sometimes linked to fear and stress responses.



In the second study, 382 participants provided information on their behaviour in giving support and underwent a different emotional ratings task with functional MRI scanning. Once again, those who reported giving more targeted support to others also showed reduced activity in the amygdala. In both studies, giving untargeted support was unrelated to amygdala activity. “Humans thrive off social connections and benefit when they act in the service of others’ well-being,” researchers said. The study shows that giving targeted support may be uniquely beneficial. Both targeted and untargeted support are linked to increased SA activity, supporting the “warm glow” theory of providing support: we help others, directly or indirectly, simply because it “feels good”.

## Post COVID-19, 55% GenZ women want to be their own bosses: Report

55% of GenZ women want to be their own bosses, up from 43 percent in 2019, according to a new report. When asked what would drive their confidence, women surpassed men in saying “launching a business would most improve their confidence”. The findings are from the Girls With Impact’s 4th annual report, “What’s Inside the Minds of GenZ... during COVID?”. While it’s generally known that GenZ (ages 14-22) is the most purpose-driven generation, this heightened awareness came through this year as they have been reactive to the most pressing issues of 2020 -- from #BlackLivesMatter to climate change to COVID-19. In a shift from 2019, when asked how they want to make an impact, 63 percent of GenZers said they want to “personally create something innovative” -- now ranking as their number one priority while 53 percent want to become entrepreneurs. Nearly one-half (47 percent) want to work for a company that is doing something innovative. “People don’t go to work for the money - - they want to make an impact,” said 16-year-old Neha Shukla, CEO of SixFeetApart. “GenZ is taking action on the issues facing our world. This isn’t only demonstrated in their personal beliefs, but what they expect in the workplace,” said Jennifer Openshaw, CEO of the nonprofit, Girls With Impact. Aside from success, getting a job, and mental health placing among their top three worries, concerns over racism took a leap. Racial worries jumped 6x with 6.8 percent of all GenZers saying it was their single greatest worry vs just 1 percent in 2019. Diversity and inclusiveness translated into their workplace priorities; GenZ said they most valued “respect” and a “great manager” (vs an “older, experienced team” and “fun”, which ranked on numbers 1 and 2 in 2019). More women than men ranked diversity as a priority. Turning to the toll of COVID-19, mental health worries have spiked 14 percent since 2019, ranking third as a top concern - perhaps the result of seeing family members lose jobs. Worries about grades also rose, up 20 percent over the previous year.

## How COVID-19 lockdown increased binge drinking: Study



Harmful drinking among adults increases the longer they spend at home in lockdown, according to a study published in the peer-reviewed *American Journal of Drug and Alcohol Abuse*.

The research, based on a survey of nearly 2,000 over-18s in the US, is the first to highlight the relationship nationally between hazardous drinking and life stresses triggered by the COVID-19 pandemic and the associated ‘lockdowns’.

The findings show the odds of heavy alcohol consumption among binge drinkers - those who, within two hours, consumed five or more drinks for men and four and above for women - rose an extra 19 percent for every week of lockdown.

The odds of increased alcohol intake overall for binge drinkers were more than double that of people who did not drink excessively (60 percent vs 28 percent), especially those with depression or a history of the disease.

1. Carried out by experts at the University of Texas Health Science Center School of Public Health, in Dallas, the study also highlights:
2. During the pandemic, binge drinkers on average drank four drinks per occasion, compared to two drinks among non-binge drinkers.
3. Participants who drank at harmful levels during the pandemic would consume seven drinks maximum on one occasion. This is compared to a maximum of two per session during the pandemic for those who did not.

Living with children in lockdown minimally reduced the odds (by 26 percent) of turning to the bottle for people in general. The researchers are now calling for new intervention and prevention strategies for people in isolation at risk of hazardous drinking. Otherwise, they say there could be long-lasting health consequences.

“Increased time spent at home is a life stressor that impacts drinking and the COVID-19 pandemic may have exacerbated this stress,” said Sitara Weerakoon, a Ph.D. candidate from the University of Texas.

“Future research should consider the potential for depressive symptoms acting as a moderator (a factor that changes the impact) in the relation between the time spent under a shelter-in-place mandate (lockdown) and binge drinking. Additional research is (also) needed to develop the best treatment for people with substance use disorders who may be more susceptible to adverse health outcomes,” added Weerakoon. The study aim was to identify a link between COVID-19-related stress factors and changes in alcohol consumption and binge drinking since the pandemic began.

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# THIS IS HOW AIR POLLUTION DAMAGES CHILDREN’S HEALTH



Air pollution is the new tobacco and the simple act of breathing is kills 7 million people a year and harms billions more, said Dr Tedros Adhanom Ghebreyesus, the director general of the World Health Organisation (WHO) in an interview with The Guardian on Saturday. An estimated 91% of the world’s population is exposed to air pollution, which is the world’s biggest environmental health risk, causing 4.2 million deaths from poor outdoor air and 3.8 million from household exposure from dirty cookstoves each year. In India, pollution kills 1.1 million people, according to the State of Global Air 2018 report, which links air pollutants to 10.6% of all deaths in the country. Apart from asthma other respiratory diseases, pollution causes deaths from

stroke, chronic obstructive pulmonary disease, heart disease, lung infections, and trachea, bronchus and lung cancers. For children, the risk begins in the womb and continues through the newborn and early childhood periods, which has prompted the WHO to put the spotlight on air pollution and children’s health in a new report being released on Monday, two days before the world’s first Global Conference on Pollution and Health on October 30- November 1. With the air quality in northern India deteriorating rapidly leading up to the Diwali, when the level of PM2.5, a fine dust that causes and exacerbates respiratory and lung diseases, was in Delhi last year 16 times more than the national standard and 40 times higher than the international safe limits of 20 microgram per cubic meter for PM10 and 10 microgram per cubic meter for PM2.5. Delhi has 38 real-time and 10 manual stations, compared to a handful in other major metros, where data is inadequate. The mother’s exposure to polluted air has been linked to adverse pregnancy outcomes, including premature birth, low birth weight, abnormal birth length and head circumference, and small size for gestational age. Children’s developing lungs are the most susceptible to injury because they are breathe in faster, are more active, spend more time outdoors, and have immune systems that are still developing. Children exposed to pollution have lower maximal lung functional capacity and are more susceptible to infections and the toxic effects of air pollutants as adults, leading to more exacerbations of chronic lung diseases, such as asthma and cystic fibrosis, and increased hospitalisations. Smog, the toxic mist produced when airborne dust, carbon particles, noxious gases and ozone react chemically in the presence of sunlight, prevents ultraviolet B range reaching the earth’s surface, leading to vitamin D-deficiency weakening bones in children. The human skin needs coverts 7-dehydrocholesterol to cholecalciferol (vitamin D3) on exposure to ultraviolet B from the sun needed to build strong bones and prevent bone-loss (osteoporosis) in later life.

## LIPID IN HUMANS CAN HELP CONTROL BLOOD SUGAR

**SAO PAULO:** A team of global researchers has discovered that a lipid—produced in response to cold by brown adipose tissue in the human body—helps reduce blood sugar. The discovery with the lipid known as 12-HEPE can pave the way for new treatments for diabetes, said the team from Brazil, the US and Germany. The group also observed that a drug used to treat urinary dysfunction increases the amount of 12-HEPE released into the bloodstream in human patients. White adipose tissue, one of the two types of adipose tissue in mammals—including humans—stores excess energy as fat. The other kind is brown adipose tissue, which converts energy from food into heat and contributes to thermal regulation. The function of the lipid “12-HEPE” was unknown until the group discovered that blood sugar was reduced more efficiently in obese mice treated with 12-HEPE than in untreated mice after they were injected with a concentrated glucose solution. According to the paper published in the journal Cell Metabolism, the beneficial effect of 12-HEPE on glucose tolerance in obese mice was due to its promotion of glucose uptake into both skeletal muscle and brown adipose tissue.

## WHY WE EAT MORE WITH OTHERS THAN WHEN ALONE



People eat more with friends and family than when dining alone, according to a new study released on Saturday that suggests that the phenomenon called ‘social facilitation’ is a possible throwback to our early ancestors’ approach to survival. Experts at the University of Birmingham led a team of researchers in Britain and Australia who explain that ancient hunter gatherers shared food because it protected against periods of food insecurity. This survival mechanism, they say, may still persist today, leading to people eating more with friends and family because eating with others is more enjoyable and enhanced reward from social eating could increase consumption. Besides, social norms might ‘permit’ overeating in company but sanction it when eating alone, and providing food becomes associated with praise and recognition from friends and family, strengthening social bonds. The study highlights that, as with many species, humans tend to share a common food resource. Most humans are no longer hunter-gatherers, but mechanisms similar to those that once served efficient foraging continue to guide our dietary behaviour. Research leader Helen Ruddock said: “We found strong evidence that people eat more food when dining with friends and family than when alone. ...People want to convey positive impressions to strangers. Selecting small portions may provide a means of doing so and this may be why the social facilitation of eating is less pronounced amongst groups of strangers”. “Findings from previous research suggest that we often choose what (and how much) to eat based on the type of impression that we want to convey about ourselves. Evidence suggests that this may be particularly pronounced for women eating with men they wish to impress and for people with obesity who wish to avoid being judged for overeating.”

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# REASONS WHY YOU MAY HAVE SUDDENLY BEGUN TO GAIN WEIGHT



Obsessing about your weight is redundant, since the human body is unpredictable and the scales keep tipping this way and that, every now and then. And, unless there has been a drastic change of weight, in terms of loss or gain, there really isn't anything to worry about. If, however, you notice that you have put on a few extra kilos of late, and are wondering how that happened, here are a few possible explanations. Read on.

**BINGE EATING**

You are eating unhealthy, and your diet consists mostly of processed foods. Microwave dinners, sugary cereals, junk foods, etc., contain added preservatives and other harmful ingredients that can add to your weight. The key is to consume them on cheat days, or once in a blue moon. If you make binge eating a regular affair, the scales will not show you any mercy. Not to mention, your body will also start showing signs of trouble. Opt for wholesome, nutritious meals.

**LAZY LIFESTYLE**

If you are guilty of following a sedentary lifestyle, be prepared to put on weight. A sedentary lifestyle is devoid of physical activities. Most people with desk jobs, return home to their mobile phones and television sets, without squeezing in any time for exercising. It can lead to a host of other

problems, besides weight gain.

**NOT SLEEPING ENOUGH**

If you are not getting enough sleep, voluntarily or involuntarily, you are putting yourself at the risk of gaining weight. Studies have shown that insufficient sleep is linked to weight issues and other health problems. Clocking in enough hours can alleviate this problem. If you are having trouble sleeping, there are many things you can do to remedy this.

**BEING STRESSED**

When you are stressed, the stress hormone cortisol shoots up. It is known to increase hunger, particularly the urge to eat high-calorie foods. Besides, many studies conducted in the past have shown that those with weight conditions such as obesity, have higher cortisol levels than those who do not.

**A MEDICAL ISSUE**

Don't jump to conclusions before checking with your doctor. But, sometimes, weight gain is linked to one or more undiagnosed health conditions. From thyroid issues and depression to polycystic ovary syndrome and binge eating disorder, the reason could be anything. If you think you are gaining weight because of medical reasons, check with your doctor immediately.

## HERE'S HOW ARTIFICIAL SWEETENERS INCREASE APPETITE



Researchers have revealed, for the first time, how artificial sweeteners can stimulate appetite.

Billions of people worldwide consume artificial sweeteners and they are prescribed as a tool to treat obesity, despite little being known until now about their full impact on the brain and in regulating hunger.

The study published in the journal, 'Cell Metabolism,' shed light on the effects of artificial sweeteners on the brain in regulating appetite and in altering taste perceptions. Researchers from the University of Sydney's Charles Perkins Centre and the Garvan Institute of Medical Research have identified a new system in the brain that senses and integrates the sweetness and energy content of the food. "After chronic exposure to a diet that contained the artificial sweetener sucralose, we saw that animals began eating a lot more," said lead researcher and Associate Professor Greg Neely from the University of Sydney's Faculty of Science.

"Through systematic investigation of this effect, we found that inside the brain's reward centres, sweet sensation is integrated with energy content. When sweetness versus energy is out of balance for a period of time, the brain recalibrates and increases total calories consumed," added Associate Professor Neely. In the study, fruit flies that were exposed to a diet laced with artificial sweetener for prolonged periods (more than five days) were found to consume 30 per cent more calories when they were then given naturally sweetened food.

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# TIME TO MAKE ROOM IN THE CLOSET FOR THOSE LONG WINTER JACKETS

Struggling to think about what to wear on your next brunch date or girl's day out? Hoodies and sweatshirts can get boring and we understand. After all, winter fashion is underrated and you can always experiment with basic pieces and still kill it with style. With winter fashion, remember there are two main points to be always considered. Firstly, less is more and secondly, it's all about how you layer. If you are someone who just doesn't want to settle down for a basic hoodie and jeans look, long jackets will soon be your favourite. They are versatile, chic and classy. It lifts your outfits instantly and you can wear them with almost anything. From Deepika Padukone's brunch outfits to Alia Bhatt's airport staples, scroll down to see how it's become a much-loved piece for the A-listers. Your trench coat doesn't have to be simple, it can be as electric as Deepika's. In the above pic, she is wearing a coat from Off White which has geometric prints in black and white. This makes for a statement piece which can be colour-blocked or can be simply be worn as a single outfit with minimal jewellery. Here the Tamasha star wears it a yellow maxi dress and completes her look with strappy heels in the same colour and turquoise blue earrings. You

want to put your best foot forward? Go for something as fierce as Priyanka's long jacket in crimson red. It's catchy and at the same time it is classy. You can colour block or you can go monochrome just like she does with her pantsuit underneath. If you like to keep it basic then do it like Bebo. A long jacket in beige goes a long way and you can easily go wearing it from day to night. For days filled with work, wear a basic beige long jacket with a striped shirt or a plain shirt with trousers and for a party at the night shift to an LBD (little black dress) with the coat for a chic look. Bring out the flower child in her, Sonam Kapoor looks pretty in this floral jacket from Roland Mouret which were teamed with biege trousers and shoes from Armani. Florals are evergreen and they will never go out of style, if you want something that can be worn anywhere and anytime, go for a jacket just like Sonam's. Heading to a destination and wondering how to keep yourself warm on the flight? The answer is a long jacket which is not just the perfect airport staple but also keeps you cozy. Take cues from Alia Bhatt where she was seen in a pastel pink long jacket with ruffle detailing from the house of Dhruv Kapoor. It's simple, comfortable and chic, indeed just the outfit for a long flight.

## Four tips to help aspiring entrepreneurs turn business dreams into reality

The entrepreneurial spirit is alive and well in Canada but who is driving it may come as a surprise: those over the age of 55 are leading the way when it comes to entrepreneurship. In fact, among Canadians who have thought about starting a business, those who no longer have kids at home are the most likely (46 per cent) to actually have started or purchased one, according to recent results from the RBC Small Business Survey. It seems that once the kids have moved out, parents start thinking about the next opportunity in their life and career, motivated to leverage their wealth of experience and pursue a passion project. But the younger generation (18-34) is also increasingly looking to business ownership. The majority (70%) have thought about owning a business, which is up seven points from 2018. Starting a small business can provide greater control over one's career, something that motivates 92 per cent of millennials towards entrepreneurship, along with doing something that aligns with their personal values and bringing something to market that is innovative and exciting. While the number of Canadians who are considering business ownership is on the rise compared to last year, aspiring entrepreneurs are showing more caution in taking the leap when compared to those who are already running their own business. But considering there has been tremendous growth and investments made in the Canadian start-up and innovation community to support entrepreneurs, and with advancements in technology, and unprecedented access to information, resources and customers, it's actually now easier than ever to start a business.

## Emotional stability predicts successful career outcomes: Study

A new study published in Psychological Science has found that the changes during young adulthood indicate personality growth which can be beneficial for career growth. According to a 12-year longitudinal study at the University of Houston, the importance of personality growth during young adulthood indicates benefits in career. They stated that young people who develop higher levels of conscientiousness and emotional stability during the transition to employment tend to be more successful in some aspects of their early careers. Kevin Hoff, assistant professor of industrial-organisational psychology at the University of Houston said, "Results revealed that certain patterns of personality growth predicted career outcomes over and above adolescent personality and ability." According to the journal, Hoff's study is the first to assess the predictive power of personality changes for a broad range of career outcomes across more than a decade of young adulthood. The researchers of the study assured the good news for adolescents experiencing difficulties and dissatisfaction with aspects of their personality. "The study showed you're not just stuck with your personality traits, and if you change over time in positive ways, that can have a big impact on your career," said Hoff. Hoff's team tracked two representative samples of Icelandic youth for approximately 12 years, from late adolescence (about 17 years old) to young adulthood (about 29 years old) and found individuals who developed higher trait levels achieved greater success as young adults.



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**Skipping a workout session?**  
**RUNNING A FEVER**  
The changing weather is synonymous with common cold and flu. If you think you are running a fever, skip the gym class, please. Your body deserves a downtime, too, and fever is just its way of telling you that it has already got a lot on its plate. **INJURY**  
If you are already recuperating from an injury, avoid going to the gym — especially if it is without your doctor's knowledge and/or consultation. Give your body the time it needs to heal. By hitting the gym, you face the risk of a new injury or the aggravating of the existing one. **BEING SORE**  
This may seem counter-intuitive because fitness enthusiasts suggest moving around is good as it helps with the flow of blood and oxygen in the muscles. A full-fledged workout, however, must be avoided.



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