



Dance your way to Fitness...

DHARA SALLA UNVEILS A NEW WAY TO FITNESS!

From Taa Thai to Cha Cha Chaa, dance has always co-existed as a form of exercise and entertainment. It not only helps us to stay fit but also to rejuvenate our mind and soul. It also helps us to understand our selves better and connect to our inner self.

“Dance is my passion. It has helped me to stay fit and understand myself. I have learnt to control my temper and be more patient” says Anand Majumdar who left the world of Electronic Engineering to pursue his passion for dance. He is a dance teacher since the last ten years and has learnt and taught dance throughout the world. “It is a form of expression and helps me to refresh my mind when I am upset. Many times at the start of my class some students come with a heated and a frustrated mind but by the end they actually cool down and feel

relaxed” added Majumdar. It is a stress buster. You will feel a lot more confident after learning it. Dancing in pairs and groups leads to socialising. Dance forms like salsa, jive, ballroom dancing... nurtures a sense of companionship and trust for each other. It is for

burn calories as stated below:

Dance	Calories burnt
Salsa {slow}	200-300 per hour
Salsa {fast}	200-500 per hour
Ball room dancing	150-200 per hour
Argentina tango	300-400 per hour

plain of feeling bored to go to the gym or for long walks, so I advice them to go for any form of dancing” added Nisha. Diabetes, cholesterol and blood pressure can be controlled with regular dancing.

The growing popularity of reality dance shows like Boogie-woogie, Jhalak Dikhlaja or Nach Baliye, bear witness to this trend. “Due to my schedule I do not have much time to workout. But dancing in Nach Baliye has definitely helped me to stay fit” said Karan Patel, the Jodi No.2 in the dance show, also better known as Robbie from Kasturi. He used to practice



Dieticians have also favoured the new trend of dancing. “I advice my patients to do some exercise along with a proper diet because diet and



exercise go hand in hand” says Nisha Shah, a Dietician at the Saisee hospital. It is a very useful form as it keeps you on your toes. “My patients com-

for 4 to 5 hours a day for Nach. He was trained under Shaimak Dawar and also considers dancing as his favourite way of relaxing.

So, if you want to stay fit and do not want to go to a gym or long walks then just Dance!

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HAIR 'N CARE

Strands of hair between your fingers while whirling through your mane can give you many a sleepless nights. With poor eating habits and a hectic lifestyle, hair loss has today become a common cause for concern.

Good nutrition and healthy lifestyle is synonymous to healthy hair. Healthy and wholesome diet that contains adequate proteins, iron, zinc, sulphur, Vitamin C, Vitamin B-Complex, and essential fatty acids helps in preventing hair loss. Sugandha Sinha, a software engineer with Infosys, found that her late hours at work followed by irregular food habits took its toll on her stomach and her hair. She often complained of gastric problems and hair fall. She changed her hair oil and had regular doses of vitamins.

Finally it was her nutritionist who fixed her problem. She was put on a diet rich in silica, calcium and iron. Silica is often said to pro-



mote hair growth and silica therapy has been proven to slow hair loss. Silica is found in the outer coverings of potatoes, green and red peppers, bean sprouts, and cucumbers. Even raw oats is a good source of silica. Sugandha's diet included green, leafy vegetables, especially sea vegetables that are huge storehouses of minerals. Dry fruits and cherry juice are rich sources of iron while sesame seeds contain calcium and magnesium. A handful of these seeds every morning can give you the required amount of minerals and can also be munched at night to

keep yourself awake during night-shifts.

Here are a few substitutes to costly and chemically heavy shampoos, conditioner, gel or oil:

1. Make a drink by blending bananas, honey, yogurt and low fat milk. These drinks are rich in biotin and will help your hair to have strong roots.
2. Eat a balanced diet with plenty of fruits, vegetables, grains, protein and healthy fats
3. Eat super foods like broccoli and berries that are packed with vitamins and nutrients.

4. Increase your intake of green leafy vegetables.
5. Healthy amount of carbohydrates.
6. Drink plenty of water.
7. Meat, fish, chicken and eggs are the good source of protein and calcium and will keep you at a far smaller risk for developing a condition of hair loss
8. Salad is one of the most important things of food. You can use cauliflower, cucumber, onion and tomatoes in the salad.

By just following these rules to healthier eating, you will minimise the risk for developing a condition of hair loss to a large extent. It is important to eat a balanced diet for general health, but you are what you eat in every way. What you eat will affect you both on the inside and on the outside. Eating a diet rich in carbohydrates, proteins, and the right kind of fats will lead you on your way to a head full of healthy hair.

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