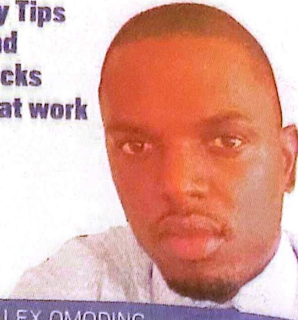


My Tips
and
tricks
that work



ALEX OMODING
SWICO Soroti branch manager

I drink warm water and exercise

I am so mindful of my health and I value what I eat. I do not know the last time I took sugar. For breakfast, I take warm water with salty bread or a banana and this gives me the energy needed to start my day.

I avoid fats and oils and my lunch always comprises boiled green vegetables or pasted boiled meat. However, I prefer eating greens that sometimes I eat them as my only sauce. I also drink a lot of water. For supper I take hot water mixed with lemon accompanied by either boiled cassava, yams or eggs.

This, however, does not mean that I never eat oily foods. I enjoy a rolex once in a while. I also eat plain chips with raw tomatoes and onions. What makes my diet healthier is that I always take warm water after eating such fast foods. This I believe helps to burn the fats consumed.

I love walking and some of my friends think I am frugal. However, I tell them I only use a motorcycle when it is really urgent or necessary. I go for sauna and gym twice a month and sometimes play basketball. I also jog.

I sleep at midnight. Being a social person, I interact with friends after dinner then sleep afterwards. I sleep for six hours, which I believe is enough rest for me. At the weekend (my days off work) I take more time to rest by sleeping for two hours during the day.

I believe each individual is capable of living healthier and able to maintain a desired size or weight just by controlling what they eat and taking a lot of fluids. One should also exercise regularly in whatever way possible.

As told to Beatrice Nakibuuka