

FITNESS

witchcraft to him both concepts do not hold water. So imagine my shock when two weeks ago, he asked me how he could find his purpose. Knowing his attitude I laughed the comment off and

It is indeed scary when our past aspirations and pleasures become nothing more than pedestrian tedium. Many of us have found ourselves at such crossroads and have asked the age old question "what is my purpose

Knowing what exactly to do with the said gifts is not as obvious and easy to identify. Your purpose will slowly emerge as you put talents and gifts into use.

According to spiritual teacher and author of four consecutive New York

the sweet satisfaction of your life and your work, you are doing what you were meant to be doing."

In other words you find your purpose in doing. And doing what only you can do to elevate the lives of those around you.

Making the time to exercise, creating a balanced routine, and setting goals are hard enough, but add to that the muscle soreness that comes with adapting to that regimen, and it may be difficult to stay on track.

ROLAND D. NASASIRA
masasira@ug.nationmedia.com

During the 2016 Christmas holidays Martin Twebaze travelled to his village to spend time with his family. Surprisingly, he was drafted into the local village cell to compete in a football game.

Known as a football player, Twebaze did not turn down the opportunity. On the fateful day when his team played, he entered the pitch feeling very fit. He played the game well from start to finish.

"When I went back home, I slept normally but when I woke up in the morning, I could barely walk. I needed someone to hold me by the hand or use a clutch to walk. Even when I tried to stretch the legs, it was so painful. I started stretching very carefully one day after the other until the pain reduced," Twebaze recalls, adding: A massage from my brother brought more relief.

Why it happens

When Twebaze called his doctor, he was told the reason he felt the muscle pain was because he had spent a long time without playing football and thus strained his muscles.

"When you strain your muscles and subject them to rigorous and strenuous exercises they have not been used to, they tend to become stiff, painful and ache. It does not only apply with playing football but with every other exercise you do such as jogging, press ups and even when you ride a bicycle after a long time," Dr Umarashid Guloba of Makerere University Business School explains.

How to ease muscle pain after exercise



This kind of muscle pain, Guloba says can range from severe to mild and can be felt at least one day or few hours after completing the exercise. In the medical language, the pain felt after exercising is called Delayed Onset Muscles Soreness (DOMS).

How to prevent muscle pain

While you may consider never doing exercises again, Dr Guloba says it is better to stretch or repeat the same exercise but at a slow and steady pace to eventually get rid of the pain.

"After exercising, your muscles contract and become short in size. When you painfully subject them to a repeated course of working out, you increase your chances of recovering faster and getting used or adopting to the same or other exercises," Dr Guloba advises.

Other than liniment, bandage and using a deep heat spray that most athletes carry, Dr Guloba recommends applying ice on the painful part, in most cases the thighs, to avert further inflammation. Ice, Guloba says is one of the remedies doctors recommend athletes to use when they sustain severe injuries or piercing pains because of its ability to reduce and eliminate pain much faster compared to

WHEN TO SEEK MEDICAL ATTENTION

In worst cases, when you realise you have developed bruises and a hot skin after exercising, sometimes characterised with the inability to walk or move on your own, Dr Allan Sekyanzi, says this could be a pointer to a more complicated underlying complication such as muscle wear and tear, loss of proper eye sight, change in body temperatures, among other factors.

"When you feel you have severe and constant pain, swollen limbs, a change in urine colour or even a decrease in the amount of urine excreted, contact your doctor for urgent medical attention," Dr Sekyanzi advises.

He recommends that if you feel pain during or shortly after the exercise, it is a situation that is normal. However, in the event that you feel the pain during the exercise or workout, it could be an indicator that there is a problem with the exercise. This type of pain should be treated as a torch from your body to stop the exercise before subjecting your muscles to damage.



other liquid ointments and sprays.

He is, however, quick to caution that it should be applied after the exercise, with no sure deal that you can return to the playfield shortly after applying ice to reduce pain.

The last thing you want to do when everything hurts is to move, but that's exactly what you need to do. STOCK PHOTO

WORKOUT GUIDE > WHEN IS THE BEST TIME TO WORK OUT? WITH DDAMULIRA ROBERT, A PERSONAL FITNESS TRAINER

This is a question many have asked.

Working out in afternoon may be

Morning workouts can also be a good

realistic, consistent workout schedule, no matter what the time. If working out in