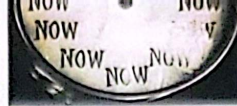


divorcee heeler Wayan Mulyash after giving her money to buy a plot of land on which to build her home for her extended family. After asking why it is taking her long to decide, Wayan tells Gilbert that she is waiting among others to have an auspicious dream



I have noticed that as I get older, time seems to move faster, my days are shorter and errands more complex needing more time making me wish to have started every task earlier. Every moment that you do not get started, is a moment that passes you by

you are not assured or later, later is never the right time to start. It's always right now. Stop putting things off. There will not be a "better" or "easier" time. Not later. Not tomorrow. Not when the stars align. If you wait, you may be too late. The right time is always right now.

TIP: Talk to your doctor before starting exercise.

To relieve stress, get moving

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries

BY LILIAN NAMAGEMBE
lnamagembe@ug.nationmedia.com

With the current hard economic times that come with high demands such as school fees, rent and food among other expenses, one has to work extra hard if they are to continue living a decent life.

As such, tight deadlines are set which makes one to set hard targets that stimulate stress and make it unavoidable. The cycle therefore, makes stress to be part of one's life that one just needs to learn how to manage it without distorting their targets.

Robert Bwana, a physiotherapist at the Kamwokya based Physique Rehabilitation Clinic, says people should not only remember to do physical exercises when they are treating injuries such as bone dislocations. "You just need to include physical exercises as part of your routine lifestyle. Schedule your exercises in a way that they will not seem like a burden," Bwana advises.

Bwana says one should use the time during exercise to reflect on things that happen in their lives and find solutions in their mind.

Types

The kind of exercises can include among others; Jogging or running, continuous laps, swimming, rollerblading at fast pace, basketball or football as well as skipping rope. "The best time [to do this] is in

Before you start exercising

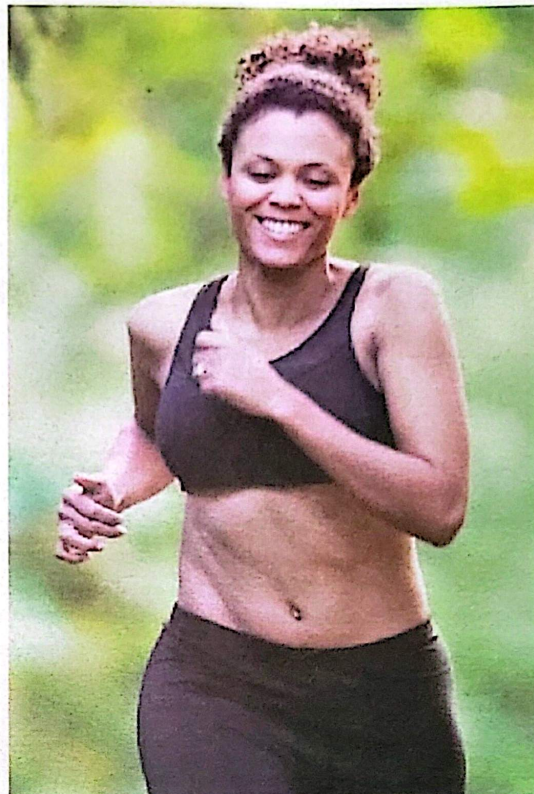
A successful exercise programme begins with a few simple steps. Robert Ddamulira, a fitness instructor gives the following tips:

- **Consult with your doctor.** If you have not exercised for some time and you have health concerns, talk to your doctor before starting a new exercise routine.
- **Walk before you run.** Build up your fitness level gradually. Excitement about a new programme can lead to overdoing it and possibly even injury.
- **Do what you love.** Virtually any form of exercise or movement can increase your fitness level while decreasing your stress. The most important thing is to pick an activity that you enjoy.
- **Pencil it in.** Although your schedule may necessitate a morning workout one day and an evening activity the next, carving out some time to move every day helps you make your exercise program an ongoing priority.



NUMBER OF GLASSES OF WATER ONE SHOULD DRINK PER DAY

SOURCE: www.mayoclinic.org



The more comfortable exercise is for you, the more you enjoy it—and high satisfaction equals high stress relief. STOCK PHOTO

the morning or even some times at the end of the day when one is done with their productive work," he adds.

Among other benefits of physical activity, Bwana points out helping one to concentrate and forget the stressing challenges as well as taking off from the stressful routine.

Dr Vincent Karuhanga, a physician at polyclinic in Kampala, emphasises that exercise is prescribed by doctors as a stress reliever.

"Physical activity helps one to produce endorphins which help to reduce pain. They are our internal aspirin. They also produce other enzymes which improve loss of appetite and sleep, both of which are brought about by stress," Dr Karuhanga explains.

He, however, cautions that elderly people above 50 years should be careful with some activities such as lifting heavy weights and concentrate on easier activities such as walking.

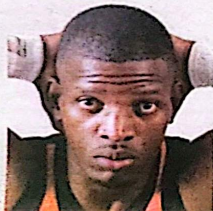
It improves your mood.

Dr Karuhanga also says that regular exercise can increase self-confidence, relax you and lower the symptoms associated with mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.

For effective results, however, both Bwana and Dr Karuhanga advise that one spends at least 30 minutes doing exercises for at least twice a week but should not take long doing them as they can become a burden and bring stress instead of curing it.

Whatever you do, do not think of exercise as just one more thing on your to-do list. Find an activity you enjoy and make it part of your regular routine. Any form of physical activity can help you unwind and become an important part of your approach to easing stress.

WORKOUT GUIDE > CHOOSING THE RIGHT SPORTS BRA WITH DDAMULIRA ROBERT, A PERSONAL FITNESS TRAINER



Regardless of the breast size, a well-fitted sports bra can create a difference to your workout in addition to your health and wellbeing.

High-impact exercise such as running or jumping, places tension on the supporting structures of the breast, which can result in pain.

A fitting bra can alleviate breast pain and also prevent back and

neck pain.

- There are three basic types;
- **Compression:** Pushing the breast against the chest
 - **Encapsulation:** Lifting and separating each breast
 - **Combination which combines both**

However not all bras suit every one, therefore one should fit the sports bra before buying it and jump around the fitting room to

ensure it is giving needed support.

It is important to replace your sports bra regularly. How often one needs to replace the bra depends on a number of factors, including how often you wear it and how often you wash it.

Simple steps for choosing the right sports bra

- **Under band:** The band should fit firmly around the chest and shouldn't slide around as you

move, but it shouldn't be too tight as to be uncomfortable, affect breathing, or make flesh bulge over the band.

- **Cup:** The breasts should be enclosed within the cups, with no bulging or gaping at the top or sides. If the cup material is puckering, then the cup size is probably too big.

- **Shoulder straps:** They should be adjusted to comfortably

provide breast support without being too tight. The main support for the breast should come from a firm band, not tight shoulder straps.

- **Underwire:** For those that are under wired, the underwire should follow the natural crease of the breasts and not rest on any breast tissue. If the underwire is resting too far down the ribcage, the band size is probably too small.