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NEW YEAR, NEW YOU

Resolutions often fade. Discover expert secrets to make health and fitness goals endure, unlocking a lasting transformation in 2024!

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DISCOVER, DISCUSS, DELIGHT

2024 promises a kaleidoscope of literary wonders—AI-powered sagas, election dramas, and audiobook mania. Get ready for a thrilling ride! . Page 10



THE NEXT CHAPTER

New Year, new trends! Our Bangalore unveils the cinematic wave set to hit Kannada films in 2024. Grab your popcorn—excitement awaits! Page 11



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Controversy shrouds Karnataka State Pollution Control Board's recent Air Quality Report as activists, experts question figures in Bangalore. PAGE 3

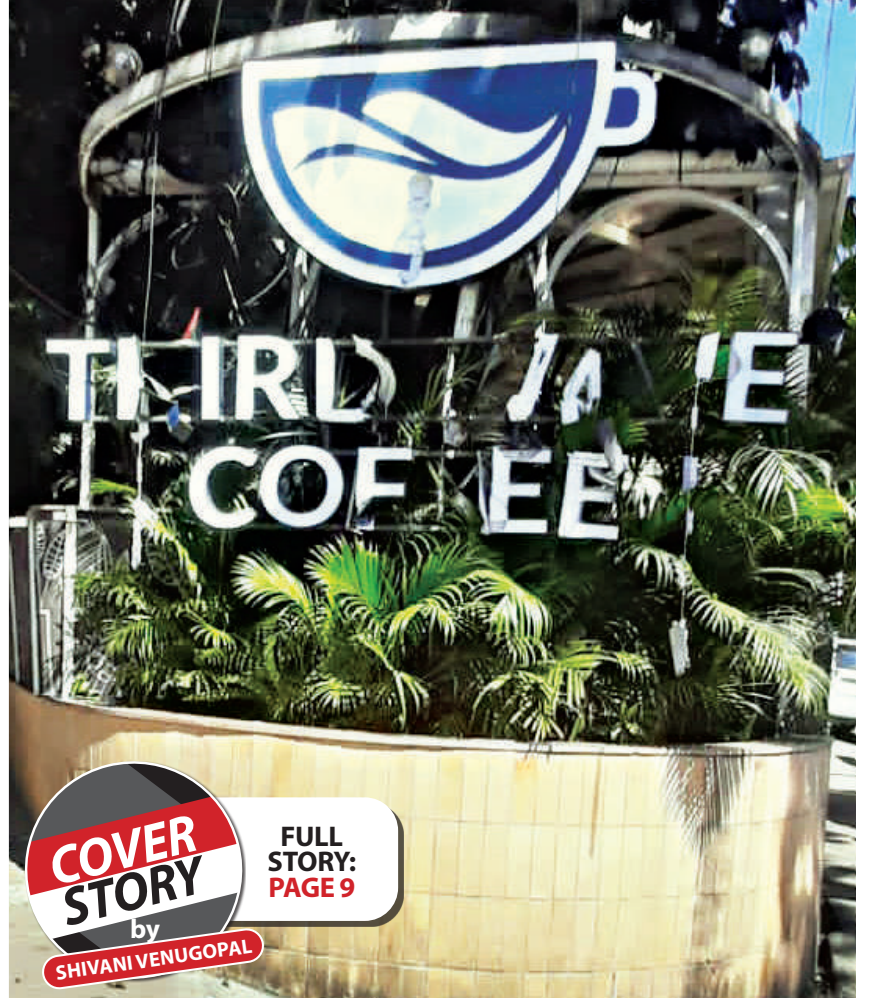


WHISPERS FROM THE COSMOS

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SIGNBOARD SAGA

Vandalism by a fringe group demanding 60% Kannada in commercial signages sparks a renewed language debate in Bangalore. Explore the complexities of the issue as Bangaloreans weigh in



COVER STORY by SHIVANI VENUGOPAL
FULL STORY: PAGE 9



Figs: X/FB

Bindu Gopal Rao

A WhatsApp forward I received read “Statutory Warning, avoid gyms between Jan 1 and 5, normalcy resumes on Jan 6”. This was accompanied by a queue of people waiting to use the equipment in the gym. While one may laugh it off, it is true that most people cannot stick to new year resolutions. So how can one do it? We speak to experts who weigh in.

Building Connections



As the New Year begins, many people set goals to improve their health and fitness. Instead of traditional methods, experts stress on trying different group workouts such as yoga, Zumba, or CrossFit. This helps in building a supportive

community of people with similar goals. “It is not just about exercising; building connections is important for your overall well-being. Additionally, you should focus on eating healthily to complement your exercise routine. Set meaningful goals, not just based on numbers, but on personal achievements like overcoming a unique fitness challenge or inculcating fitness into your daily lifestyle. Celebrate these victories along the way,” says Arushi Verma, Co-founder of FITPASS. Starting a fitness journey is as simple as eating food. You just need to keep reminding yourself that it’s part of your routine and lifestyle.

Do it Right



Create a plan that suits your lifestyle. Begin with small steps, like walking every day, or taking the stairs instead of the lift. This way, you can ensure long-term success in your fitness goals. Yash Agarwal from team Yash Fitness explains,

“Break down fitness goals into achievable milestones and set specific, measurable, and time-bound targets. Establish a consistent workout routine and allocate specific time slots for exercise in your daily or weekly calendar. Partner with a friend or join a fitness class for motivation. Having a workout buddy can make exercising more enjoyable and accountable.”

Consistency Equation

Figuring out what stops you from staying consistent - whether it’s your environment, motivation, or feelings - can be a game-changer. Be around people who do ride the same boat as you; this helps you live it entirely, where the goal is mutual, the drive is compounded, where actions do not need more effort. It creates a supportive environment where you motivate and inspire each other to keep going. Saurabh Bothra, CEO & Certified Yoga Instructor, Habuild says, “Be more adaptive to change, own it; own



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the discomfort leading to change in routine; until it becomes a part of your life. Practices like leaning into things which are hard for you, can push you to show up better in all areas of your life including the resolution. Create a mini fitness spot at home. It doesn’t

have to be fancy! Just a corner with a yoga mat, some weights, or resistance bands, maybe with inspiring quotes on the wall. Passing by that space becomes a little reminder to squeeze in a quick workout. Choose a selfish, and rather an inappropriate reason to go to a fitness centre, and as confusing this idea might seem, any selfish motive other than your own health leading you to our goal, which is to pick up a habit of working out, is a success.”

Holistic Focus



Embarking on a fitness journey in the New Year isn’t just about setting lofty goals; it’s about understanding the fundamental cause and effect of our daily habits. “Ensuring you get enough sleep and stay properly hydrated may seem basic, but

they are half the battle in staying fit and recovered. Incorporate movement into your daily routine. It is not just about cutting down on unhealthy foods, but eating slowly and mindfully can improve digestion and satisfaction with smaller portions. Remember, rest days are as important as workout days. On days off, engage in active recovery like yoga, light walking, or swimming. It helps in muscle recovery and keeps you consistent in your fitness journey. Drinking adequate water can aid in appetite control and boost overall energy levels. Good sleep improves recovery, regulates mood, and helps in maintaining healthy body weight,” says Krishna Chandak, Co-founder, TEGO.

App Push



Engaging in app-based challenges becomes an exciting avenue to not only earn rewards but also track your achievements. These challenges add a fun element to your fitness journey and serve as tangible milestones, keeping you inspired as you progress toward your resolutions. Sudeep Kulkarni, Founder, Game Theory, says,

“Wearables have been getting better each day and with larger demand getting more affordable too. It’s beyond just a step count and various parameters can now be tracked using wearables made specifically for that purpose or

using a great all-in-one to track across the board. It is important to measure to bring in improvements for a healthy lifestyle. Gamification makes even the most boring of activities fun and when you gamify real sports to track progress, it brings about a spirit of competition. Gamification creates stickiness making the person to go back for more.” Stay on track, stay motivated, and let technology enhance your path to a healthier and fitter you.

EXPERT TIPS

- Set a realistic goal. You are more likely to succeed if the resolution is achievable
- Focus on small daily habits. Fitness is a lifestyle, not an overnight win
- Prioritise and pick one resolution. What is it that you want to achieve the most? Strive for that instead of a complete lifestyle switch
- Set small targets, achieve bigger goals. Take it one step at a time. Be patient
- Ask your friends and family to support and motivate throughout
- Focus on the bigger picture of holistic fitness
- Stay consistent. You are your biggest commitment
- Schedule and plan well
- Write down your fitness goal and place it somewhere you will see every day
- Find an accountability buddy or join a group
- Reward your small accomplishments
- Track your progress

** (By Dr Chetan Savaliya, Director, Satvam Nutrition)