



Maintain muscle

Improve strength and achieve optimal muscle tone with simple strength-training exercises. Squats strengthen your bum and thighs, push-ups strengthen your shoulders and arms, and bicep curls using dumbbells work out your arms – easy ways to max your muscles.

Fit tips

Are you lacking in exercise motivation? Here are a few problem-solving tips that will make working out just that little bit easier. Brilliant!



Put a **sticky-note on your alarm clock** reminding you why you want to exercise. A brief motivational message will get you out of bed and into your runners.



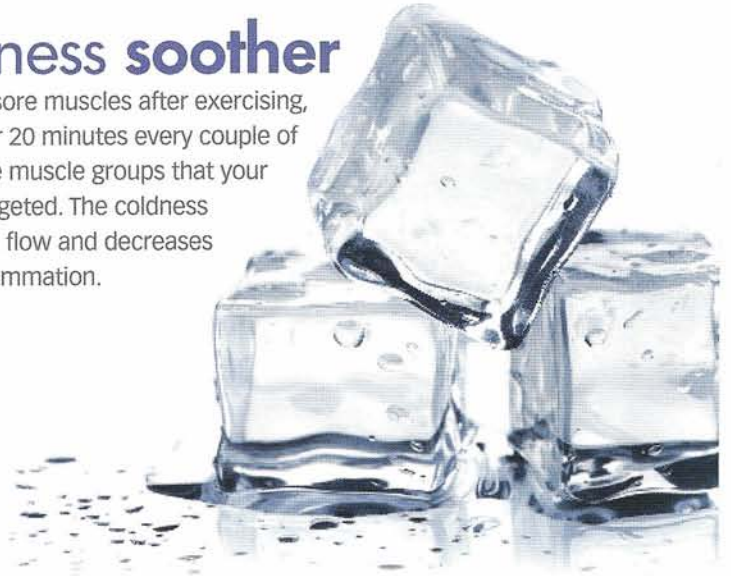
Set your alarm as your favourite, energy-pumping song. You'll **wake up to the invigorating beats of your workout music**, which will inspire you to get up and get active.



Are you working out to prepare your body ahead of a dream getaway. Remind yourself of your desire to shine with body confidence by **hanging up the bikini you want to fit into** on your bedroom door.

Soreness soother

To prevent sore muscles after exercising, apply ice for 20 minutes every couple of hours to the muscle groups that your workout targeted. The coldness slows blood flow and decreases muscle inflammation.



Q&A



with
Personal trainer
Bernadette Abraham

A:

Your food will play a major part in weight gain during

Ramadan. When you break your fast, combine a protein with a simple carb, e.g., milk and two-three dates or lentil soup. This will get your energy levels up quickly and is the best time to get in a quick workout. Fill your plate with lots of raw veggies and make sure you get in a lean protein (to preserve muscle mass) and some carbs (as energy reserve) to get you through the next day. Eat slowly – I know this is hard, but it will control the amount of food you eat at once which can really hurt your digestive system. If you tend to eat desserts daily, allow yourself a sweet treat every other day; the point is to satisfy your craving but with control. Ramadan Kareem!

Q:

No matter how hard I try not to, I find that each Ramadan I always put on weight mainly due to my sweet tooth and also the fact that I don't have the energy to work out. Is there any way I can avoid this weight gain?