

Conquering the ultimate fitness challenge Inside the world of HYROX



Hyrox is a sport that has caught the imagination of people around the world and it is the largest mass participation sport in the world. Hyrox is now coming to India thanks to promoters in Goa

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Marathon runners have the triathlon and now regular gym goers have Hyrox. It is a global indoor fitness race that combines running and functional fitness. It's designed to be accessible to people of all fitness levels. It consists of a one kilometre run followed by a functional workout station, and these two elements are repeated eight times. This sport which has caught the international imagination is now coming to India. It is being launched in the country by Panjim's own Agnelo Desa and it will be first held in Mumbai and then two other metro cities in the country. Neil D'Silva, event director said the event was launched in 2017 in the city of Hamburg, Germany, by two Germans,

Christian Toetzk and Moritz Furste, twice hockey Olympic gold medalist. It has grown in popularity especially in Europe and America. It was now the largest mass participation fitness race in the world. The fact that it was an indoor sport meant it attracted crowds at events. He expected around 30 athletes from Goa to be at the event in Mumbai on May 3 where the first competition would be held at the Mumbai Exhibition Centre in Goregoan. It was the only place with the adequate place to have such an event.

For the triathletes, training for the event is an experience that pushes them to the limit. Bharath who is a triathlete has been in the sport for three years having participated in India, Bahrain and Austria. The shift to hyrox took place a month earlier. He said, "The appeal is that it is an indoor sport and you are watching

your competitors who are all together. You get the energy and so does everyone else. In long distance you are alone which is a different kind of enjoyment but here there is a big community. They cheer you on and there is a great deal of camaraderie." He trains thrice a week and the sport has given him a lot outside of sport. The design consultant who is based in Panjim says it has helped him improve focus and stamina. It keeps him fresh through the day.

For Zubin Rebelo, an endurance athlete, the sport of Hyrox gives him a high every time he is practising. The 35-year-old consulting civil engineer who is got into the sport through Agnelo. He said he would be participating in Mumbai and was confident of doing well. The new sport certainly has different challenges for different people.

Teddy Cardozo, a long distance runner, who has done 8-9 half marathons said it was sport which was challenging him. He said, "A marathon is just running while this event tests you to the limits. It challenges your strength both physical and endurance levels". He will be participating in the National Games in Uttarakhand this month in the Dualthon which involves running, cycling and running. He plans to go to Mumbai and the physical education graduate is serious in training with his coach.

Pramod Diviji is a triathlon and coach in Hyrox in Goa. The sport was growing in popularity and the small activation event done at the Indian Health and Fitness Festival, Mumbai, last year had generated a good response and the event in Mumbai in May would generate a good response. The 41-year-old said, "Goa will send around 30 people for this event and they will do well."



WHAT ARE THE 8 HYROX EXERCISES?

HYROX STATIONS

- Ski erg
- Sled pull
- Sled push
- Burpee broad jumps
- Rowing
- Farmers carry
- Sandbag lunges
- Wall balls



ENTRIES FOR STATE ART EXHIBITION

The 49th State Art Exhibition of Kala Academy in the Artist Category will be held between February 8 to 12. Entry forms along with the rules and regulations will be available at the Kala Academy's office at Adil Shah Palace, (Old Secretariat) Panjim from January 27. The entries along with the exhibits will be accepted on February 3 and 4 between 10 am to 1 pm and 2 pm to 4 pm in the Art Gallery, Kala Academy. Entries after due date, time and incomplete entries will not be accepted. Kala Academy has appealed to all the interested Goan artists to submit their entries along with the exhibits within the stipulated period.
Venue: Art Gallery, Kala Academy, Panjim
Date: February 8 to 12

COFFEE PAINTING ART WORKSHOP

The Made in Saligao Community Market brings together a unique blend of local craftsmanship, entertainment, and delicious treats, all in one place. There will be a coffee painting art workshop at 6 pm, where participants can create their own masterpiece. Keanu will be performing live, serenading the crowd with a mix of easy-listening English, Latin, and Goan retro music. For those looking to win some prizes, participate in the thrilling Tambola game. Visitors can explore a variety of offerings, including handcrafted goods, artisan soaps, scented candles, and unique face painting. The market will also feature a diverse selection of food, with live BBQ, Goan snacks, and delightful desserts available to tempt your taste buds.
Venue: Saligao Institute, Saligao
Date: January 21
Time: 5 pm

Soil to Soul: How Gardening Heals



The Soil to Soul workshop was recently held at Carpe Diem Art Centre, Majorda, explored the therapeutic connection between gardening and mental health. Led by Anindita Chakrabarty, Dr Sanjana Seth, and Dr Denise Rodrigues, the event combined insightful discussions and hands-on activities

to highlight the healing power of nature. The session opened with an interactive introduction to mental health and the benefits of gardening. The facilitators emphasized the positive impact of engaging with nature on emotional well-being, setting the stage for the workshop's practical components.

Anindita Chakrabarty took participants through a session on mindfulness in gardening, demonstrating how it can be a stress-relieving, meditative practice. Practical tips and discussions underscored how simple actions like planting and watering promote focus and tranquility. Attendees also received hands-on guidance on nurturing their plants, discovering the joy and fulfillment of caring for living things. The workshop concluded with participants taking home their own potted plants—a tangible and meaningful reminder of the workshop's lessons. This combination of learning and personal connection left participants feeling inspired and equipped to incorporate the therapeutic practice of gardening into their daily lives.

Interesting ways to add apricots in your diet

A versatile fruit, apricots are not only a tasty snack but also a powerhouse of nutrients. It can be enjoyed in many ways beyond simply eating them raw. From garnishing dishes to making smoothies and adding them to baked goods, apricots are a nutritious and delicious addition to your kitchen. Packed with vitamins A and C, potassium, and dietary fibre, apricot dry fruits are an excellent way to boost your health. Their natural sweetness and chewy texture make them a popular choice for snacking.



texture and sweet flavour give them a delightful surprise in every bite. Apricots also pair well with ingredients like chocolate, nuts, and oats, making your baked treats even more enjoyable.

USE THEM AS A GARNISH

Dried apricots can add a pop of colour and a hint of sweetness when used as a garnish. Chop them into small pieces and sprinkle them over oatmeal, yoghurt, or even savoury dishes like rice pilaf or couscous. Their bright orange hue makes any dish visually appealing, while their natural sweetness provides a balanced contrast to savoury flavours.

THE RAW APRICOT

Eating dried apricots raw is a convenient and healthy snack option. They're naturally sweet and chewy, making them perfect for curbing sweet cravings. Pair them with a handful of nuts for a balanced snack that provides energy and keeps you full longer. Keep a pack of dried apricots handy for a quick, nutritious snack on the go. Add more flavour to baked goods Dried apricots are a wonderful addition to baked goods like muffins, cookies, and bread. Chop them into small pieces and fold them into the batter before baking. Their chewy

SMOOTHIES AND CREAMINESS

Dried apricots can be blended into smoothies for a naturally sweet and nutrient-packed drink. Soak the apricots in water for a few minutes to soften them, then blend them with milk or yoghurt, a banana, and a handful of nuts. This smoothie is a great way to start your day or enjoy it as a midday snack, offering a burst of energy and essential nutrients.

STUFFING INGREDIENT

Apricots are an excellent ingredient for stuffing, especially for festive meals. Mix chopped dried apricots with breadcrumbs, herbs, nuts, and spices to create a flavourful stuffing for poultry or vegetables. The natural sweetness of apricots pairs well with savoury ingredients, adding a unique twist to traditional stuffing recipes.



ADD COLOUR TO YOUR SALADS

Adding dried apricots to salads is a great way to incorporate their sweet and tangy flavour. Slice them thinly and toss them with mixed greens, nuts, and crumbled cheese for a refreshing salad. A drizzle of balsamic vinaigrette complements the apricots beautifully. This combination not only enhances the taste but also adds a variety of textures to your salad.

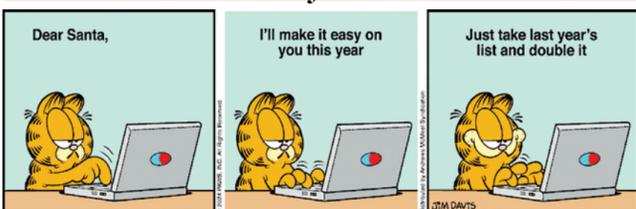


Herald Gaming Console

Dilbert



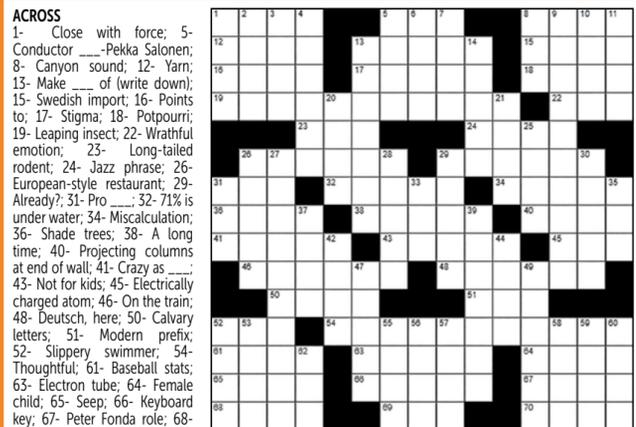
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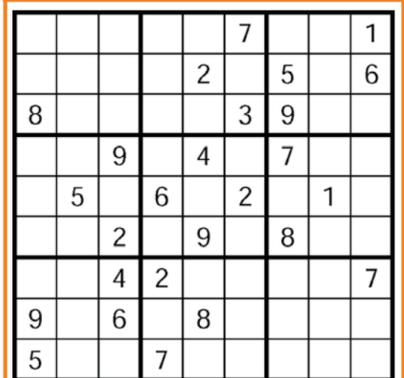
crossword 4747



ACROSS
1- Close with force; 5- Conductor; 8- Canyon sound; 12- Yarn; 13- Make ___ of (write down); 15- Swedish import; 16- Points to; 17- Sigma; 18- Potpourri; 19- Leaping insect; 22- Wrathful emotion; 23- Long-tailed rodent; 24- Jazz phrase; 26- European-style restaurant; 29- Already?; 31- Pro ___; 32- 71% is under water; 34- Miscalculation; 36- Shade trees; 38- A long time; 40- Projecting columns at end of wall; 41- Crazy as ___; 43- Not for kids; 45- Electrically charged atom; 46- On the train; 48- Deutsch, here; 50- Calvary letters; 51- Modern prefix; 52- Slippery swimmer; 54- Thoughtful; 61- Baseball stats; 63- Electron tube; 64- Female child; 65- Seep; 66- Keyboard key; 67- Peter Fonda role; 68- Dagger of yore; 69- ___ rule; 70- ___ quam videri (North Carolina's motto); (cheaply); 26- Feminist Abzug; 27- Paralyze; 28- Mountain nymph of Greek mythology; 29- Gesture of indifference; 30- ___ your life; 31- Crumpets partner; 33- Wee bit; 35- Hurried; 37- In a minute; 39- Thin; 42- Bust maker; 44- Family diagram; 47- ___ Janeiro; 49- Storage place for dead bodies; 52- God of love; 53- Black, in poetry; 55- 1492 vessel; 56- Drunkards; 57- Thought; 58- Suffers; 59- Very, in Versailles; 60- Robt ___; 62- Perceive;

DOWN
1- Adult male deer; 2- Den; 3- Mater preceder; 4- Mr. and Mr.; 5- Within (prefix); 6- Work up lather; 7- Take ___ from me; 8- ___ Beso (1962 hit); 9- State in the W United States; 10- Salon sweepings; 11- Slender woodwind; 13- Smokers receptacle; 14- January, in Juárez; 20- Fill to surfeit; 21- Stand; 25- ___ song

sudoku 4747



Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4746

3	6	1	8	5	9	2	7	4
8	9	2	4	7	1	6	5	3
7	5	4	3	6	2	8	9	1
1	7	6	9	4	8	3	2	5
5	4	8	7	2	3	1	6	9
9	2	3	6	1	5	4	8	7
6	1	9	2	3	7	5	4	8
4	8	5	1	9	6	7	3	2
2	3	7	5	8	4	9	1	6