

Herald Cafe



BEHAVIOURAL CUES IN CHILDREN



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STAYING STRONG AND ACTIVE:

Essential tips for keeping fit after 60



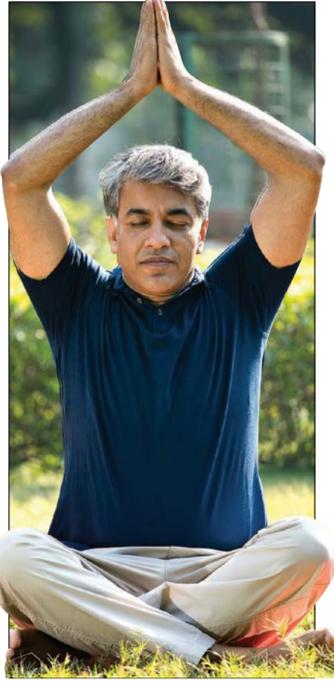
It is important to do exercise and eat in a reasonable fashion after passing the age of 60 to ensure there is no pressure exerted on the system

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To turn sixty is to enter a very different chapter in one's life. To remain fit, it would be prudent to do everything in a regular moderate intensity. The high intensity workouts are for the younger folk. It is important to do to prioritize regular moderate-intensity exercise like walking, swimming, cycling, strength training, yoga, and stretching and focusing on activities that maintain balance and flexibility. It is important to consult your doctor before starting any new workout routine.

For individuals like Professor Allan Abreu, a former college principal, fitness is a way of life. He is an Iron Man triathlete, who retired at 62 and was clear that he did not want to retire from life. He wanted to stay active. Before his retirement, he did the 200 kilometres, 300 kilometres, 400 kilometres, 600 kilometres on the cycle in one year and got the title of a grand Super Randonneur. After he retired, that same year he went for a swimming camp. He was told he had nice style and so he started training there. Having become an expert in cycling and swimming he took up running later took part in the triathlon. Now 67, he says, "I am very conscious about what I eat. No bread, rice or chappatis. You can put on weight around the middle. I learned more about proteins and carbs and kept a balance." He is disciplined and has allocated certain days for certain activities. This helps him maintain his health and more importantly, get the much required sleep.

Another senior who is 73 and enjoys good health thanks to his routine is Anoop Babani. He cycles 50 kilometres five days a week and walks 10



kilometres up and down the Chandreshwar hill on one day. He says, "My stamina has improved, I have lost all the weight I gained from drinking and I have a new life. I am 73 with the body of a 40 year old. I attribute all this to my decision to take up cycling 12 years ago."

His wife, author Savia Veigas, accompanies her husband in cycling. She says, "I have a good brain and very good memory. No aches or pains in my body and at 67, I'm aging gracefully." She attributed all this to her habit of cycling everyday with her husband.

Dr Joline Fernandes, a nutritionist based in Margoa said it was important to eat right and focus on nutrient-dense foods especially consuming fruits, vegetables, whole grains, lean proteins (fish, eggs, legumes), and healthy fats (nuts, seeds, ghee, nut oils). "The key nutrients to prioritize are protein to preserve muscle mass and repair tissues, calcium and Vitamin D for strong bones and to prevent osteoporosis. Omega-3 Fatty Acids reduces inflammation and support brain health, Fiber supports digestion and heart health. Supplements for people over 60 was an option that should be considered," says Dr Joline.

A bit of exercise can do wonders to the body. Dr Joline said that 30 minutes of exercise at least 5 times a week should include a mix of activities. "Use light weights, resistance bands, or bodyweight exercises like squats, wall push-ups, and leg lifts. Focus on major muscle groups (legs, arms, chest, back, and core).

Walking, swimming, cycling, or low-impact aerobics for heart health and stamina. Avoid exercises that involve jumping/ running. This can have a negative impact on the weight-bearing joints. Yoga, Tai Chi, or simple stretches improves flexibility and reduce the risk of falls," she advises.

TIPS FOR SAFETY DURING EXERCISE:

- Start with light resistance and gradually increase intensity.

- Prioritize form over speed to avoid injuries.

- Take rest days between strength sessions to allow muscle recovery.

- It is important to never skip a warm before workout and stretch after workout.



Dr Shivanand Bandekar, Orthopedic Surgeon and Dean of Goa Medical College informs that those above 60 years should concentrate on their lipid profile, focusing on maintaining a low blood pressure and ensuring the kidney functions properly. He advises, "We usually see problems at 60. It is important to drink plenty of water and walk long distances. People who walk long distances enjoy good health. They should have monthly testing, sonography etc. Nowadays, 60 is not a huge age. You can start at 50 and be careful. Your sixties will then be ok."

These small steps to maintaining a healthy lifestyle will certainly help the older generation live a hassle free life that would otherwise be one of stress and body pain.

SWIPE RIGHT

Priyanka Chopra highly recommends 'Anuja'



American Hindi-language short film 'Anuja' got nominated for the upcoming Oscar Awards. Priyanka Chopra Jonas gave it a big shoutout and called her production venture 'highly recommended'. Priyanka Chopra took to her Instagram Story and shared the poster of her production venture. The actress expressed her excitement as the film continues to be in the race for Oscars 2025. Penning her thoughts, the global icon expressed, "Anujathefilm is in the race for the Oscars! I highly recommend you to watch this remarkable film on Netflix."

Robert Pattinson reveals his acting method annoys everyone

Robert Pattinson has a reputation for being unconventional when it comes to preparing for parts, a ritual that tends to leave those who know him confused. He has confessed that he habitually goes around trying out various mannerisms and voices, sometimes throwing in surprising accents, leaving his near and dear ones wondering about his decisions. "I do a lot of wandering around, kind of practicing stuff rather than practicing new characters, which annoys everyone around me," Pattinson revealed. The 'Batman' star added that he often gets questions like 'Why do you speak like a taxi driver in a German accent?'



The first look of Matt Damon as Odysseus from Christopher Nolan's The Odyssey Movie was out recently giving a glimpse into the epic film.

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Dr Joline Fernandes, Nutritionist, Margoa

Ukulele performers spread joy in Ashvem

The fifth edition of the Mahalo Ukulele Festival was packed with fun workshops, inspiring performances and even a wedding proposal. With only four strings, the ukulele was the centre of attraction as singers and songwriters joined the celebration at Ashvem



Aliya

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Organised by Christina Fernandes, the fifth edition of the Mahalo Ukulele Festival began with Yogalele on the Beach - a blend of gentle asana practice, a sound circle and sound healing. But the ukulele is a fun musical instrument that is a favourite among kids too. The festival was off to a musical start with a kids workshop Ukulele

Adventures with Rayna and the DIY ukulele building workshop, where participants used soft drink tins to build their own instrument. The open mic performances were going on throughout the day, with musicians flocking to the Mahalo stage from as far away as Delhi, Bangalore, Pune and Mumbai and of course Goa itself. 10-year old Parthiv performed his original song about saving



Pune Uke Club

water, mother of two, Ashuti took to the stage for the very first time and newly forged friends who met at the festival decided to perform together.

The day continued with Chord Gym, an intermediate workshop taught by Mahalo favourite Luv Mahtani as well as songwriting for Ukulele with multilingual performer and teacher Vaisakh Somanath. The final



Rum N Colas

workshop of the day was Ukulele Therapy, a fun and supportive beginner's session with Aditya Matkar of Ukudemery.

In the evening, the talent-packed and diverse official line up took to the stage. The Pune Uke Club got the crowd to join into their performance of 'Riptide' and had every ukulele in the house playing along. Big Whiskers equally engaged the crowd

by assigning them singing jobs and delighted everyone with a wedding proposal live on stage.

Aditya Matkar made his debut performance right before Mahalo regular Vaisakh Somanath took to the stage and enchanted the audience with his beautiful tunes in Tamil and Malayalam. Natasha Carroll put a smile on everyone's faces with her poignant lyrics and Akshay Chowdry mesmerized the crowd with his incredibly quick fingers that danced along his ukulele. Rum n Colas closed the festival, in what has become a Mahalo tradition. Their infectious performance had everyone singing and dancing to celebrate another beautiful day dedicated to the ukulele.



Parthiv