

DISCOVERING INDIA THROUGH ITS FOLK MUSIC AND INSTRUMENTS



THE RIGHT VOCAL TRAINING



# Outdoor Gyms: Fitness for All?

Working out in the open can be a perfect solution for those who hate the interiors. But do Panjim's parks have the right equipment for the fitness-minded Goan? Cafe went on a recce to check out some of these parks to see if they fit the bill

Elsa Angel Rose

These outdoor parks can be a better alternative for people who are not able to afford gyms, offering a free and open space to stay active. Addressing the drawbacks of these spaces through proper guidelines, maintenance, and community awareness can further enhance their impact and safety.



### Effectiveness of outdoor Gyms

Modern indoor gyms are not always affordable for everyone. Outdoor gyms, on the other hand, are freely available for people and can help them create a healthy life with no cost. Additionally, they promote a sense of community, encouraging social interactions and group workouts. Norbert D'Souza, owner of a gym in Panjim, said, "When it comes to workouts, there is no such thing as indoor or outdoor; any physical activity at a required level daily is good for your body." He further added, "Outdoor gyms are a great way to break free from the routine of going to the same gym, with the same environment and people."



### Cons of outdoor gyms

For someone diving deep into the fitness world, needs personalized workouts, or is a beginner, the best option is to join a gym with an instructor as well as a dietician. Outdoor gyms are not ideal for a beginner or a fitness enthusiast. Panjim-based Sarvesh Naik said, "I work out every day. I don't use this park equipment because I go to the gym every day morning and evenings I go for walks in this park." He further added, "These are basic equipment in the park. In the gym, workouts are more structured, targeting specific muscle groups like biceps, legs, chest, and more. "There are many health hazards if you are working out on ill-maintained equipment," says Brinda Prabhudesai on her walk at Joggers Park, Altinho, Panjim.

### Guidelines for using outdoor gyms

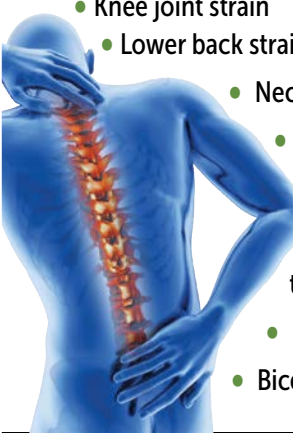
Public workout spaces do not bring a complementary fitness instructor or a dietician. Hence, having a thorough understanding of fitness as well as diets is essential before you start using one of these equipment. Rajesh Varma, a fitness enthusiast in Panjim, said, "People can use these workout equipment once they do their research and have proper knowledge about fitness. Unless they have that knowledge, working out won't prove to be very effective." Dipali Gulkarni said, "You would always need a fitness instructor and dietician when you are a fresher; later on, it is exciting if you combine both indoor and outdoor workouts." These spaces can benefit a wide range of individuals, especially those who cannot afford a gym membership, by encouraging physical activity and fostering a sense of community. While public outdoor gyms offer a cost-effective and accessible alternative to indoor gyms, their effectiveness largely depends on proper maintenance, supervision, and adherence to safety guidelines. Education, regular upkeep, and expert supervision will come in handy.

### Outdoor gyms through a medical lens

"I have many patients who come with injuries from doing unsupervised workouts in public parks. The most common injuries are rotator cuff, tendinitis, knee strain, and lower back strains," said Dr. Michelle D'Souza, a consultant physiotherapist, Panjim. According to her, seasoned gym-goers as well as the geriatric population (65 years and older) should be mindful of their form of exercises to not get injured and attain their fitness goals safely and sustainably. Working out in an outdoor park without supervision by an expert is detrimental to your health. "Any workout has to be guided by someone aware of the form of the exercise, whether you do it in a gym or a park with no resistance," she further added.

### Common injuries from workouts without supervision

- Knee joint strain
- Lower back strain
- Neck strains
- Rotator cuff tendinitis
- Prolapsed Disc in the spine
- Hamstring strains
- Bicep strain or tears



The equipment was taken for repair two years ago, but it hasn't been repaired yet

Regular jogger, Panjim Joggers Park.

These equipment are effective, but there are very few people using them

Rajesh Varma, resident of Panjim

Prioritising expert guidance over unsupervised workouts can help individuals achieve their fitness goals safely and sustainably

Dr. Michelle D'Souza, Consultant physiotherapist, Panjim

## SWIPE RIGHT



### Beatles biopics cast confirmed



The Beatles biopics have officially found their Fab Four. In director Sam Mendes' upcoming four intersecting feature films about the young British rock band, Paul Mescal will play Paul McCartney, Harris Dickinson will play John Lennon, Barry Keoghan will play Ringo Starr and Joseph Quinn will play George Harrison. Sony, which is producing the four projects planned for April 2028, confirmed the long-rumoured Beatles cast at CinemaCon 2025 in Las Vegas. Mendes described the films, collectively called 'The Beatles - A Four-Film Cinematic Event', the "first bingeable theatrical experience." He added that filming will last a year.

### Brad Pitt to reprise Cliff Booth role in Netflix spin-off

Brad Pitt, 61, and director David Fincher, who worked with the star on 'Fight Club', 'The Curious Case of Benjamin Button' and 'Se7en', are putting together the unexpected project with a script by 'Once Upon a Time in Hollywood' director Quentin Tarantino. The project will be set up at Netflix, where Fincher, has a first-look deal. The project is currently in development, doesn't have a title yet, and will reportedly start shooting in the summer.



Singer Rita Ora was seen wearing a stylish oversized blazer, teamed with a pale blue shirt and tie and completed her look with a black mini dress while celebrating the launch of her new haircare brand Douglas x Typeba in Germany.

# It's time to let go: Actor Val Kilmer dies at 65

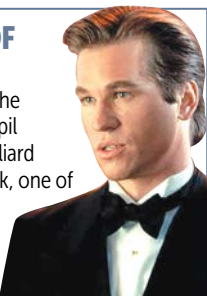
Hollywood star Val Kilmer, known for films like 'Batman Forever' and 'Top Gun' died on Tuesday, leaving behind a generation of actors who were inspired by his work

Team Cafe [cafe@herald-goa.com](mailto:cafe@herald-goa.com)

Val Kilmer, a Hollywood actor known for playing Bruce Wayne in 'Batman Forever' and Tom Kazansky in 'Top Gun', passed away from pneumonia on Tuesday, in Los Angeles. His daughter Mercedes Kilmer confirmed his death and further mentioned that her father had been diagnosed with throat cancer in 2014 and had recovered. He is survived by a daughter, Mercedes, and a son, Jack.

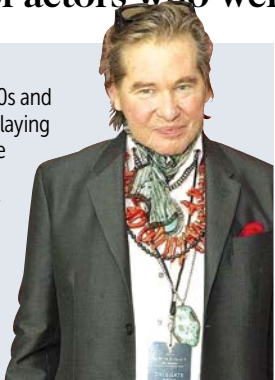
### EARLY LIFE OF VAL KILMER

At 17, he became the then-youngest pupil to enrol at the Juilliard School in New York, one of the world's most prestigious drama conservatories.



### A VERSATILE ICON

The actor was a commanding force in the 80s and 90s, delivering roles like Bruce Wayne and playing rockstar Jim Morrison in the film 'Doors'. The original members of the band claimed that Kilmer was so good with his vocals that they thought it was Morrison who was singing. It was his role as Lt Tom 'Iceman' Kazanski in 'Top Gun' that bolstered his place in pop culture. He took over Batman's cape from Michael Keaton for 'Batman Forever' in 1995, which achieved box office success.



### VAL KILMER'S FILMOGRAPHY

- At First Sight
- Red Planet
- Pollock
- The Salton Sea
- Wonderland
- The Missing

### THE TRIUMPHANT RETURN IN 'TOP GUN: MAVERICK'

Val had been diagnosed with throat cancer in 2014 but later recovered. Tracheotomy surgery affected his voice and curtailed his acting career, but he returned to the screen to reprise his role as fighter pilot Iceman alongside Tom Cruise in 2022's 'Top Gun: Maverick'. A memorable scene in the film, where Iceman writes, "It's time to let go," to Maverick, brought many audience members



to tears. Tom Cruise said, "I have worked with Val for decades, and for him to come back and play that character, he's such a powerful actor that he instantly became Iceman."

### Tributes from Hollywood

See ya, pal. I'm going to miss you  
— Actor Josh Brolin

RIP Val Kilmer. Thank you for defining so many of the movies of my childhood. You truly were an icon.  
— Actor Josh Gad

His rendition of Doc Holliday in Tombstone was what every actor dreams of achieving. So many wonderful performances. Sad to lose him so soon.  
— Actor James Woods

