

Herald Cafe



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Monsoon workout magic: Stay active indoors

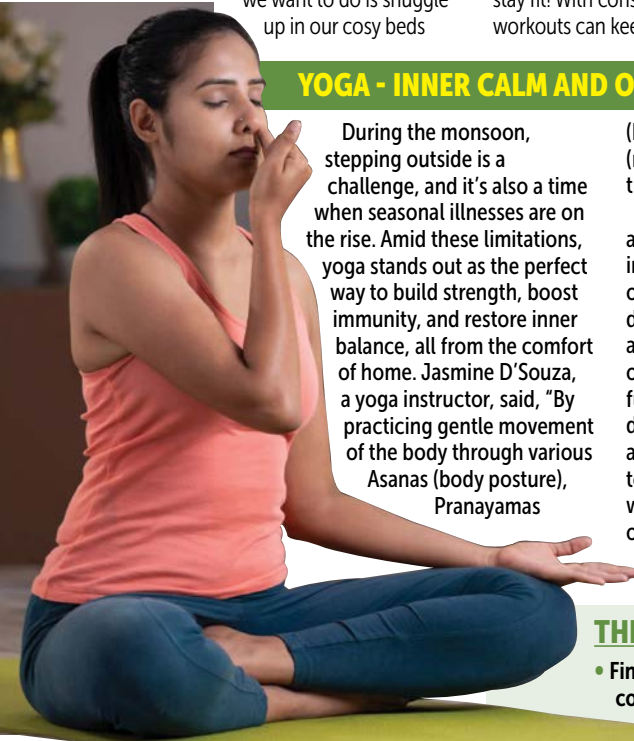
Sad skies and unkind rains, outdoor workouts sound like a faraway dream. This monsoon, switch it up and stay strong indoors

Elsa Angel Rose

With the early arrival of monsoons, there are more-than-average levels of cancellations of training sessions in the gym. In this weather, all we want to do is snuggle up in our cosy beds

and fall into a long, dreamy slumber. But putting a halt to our workouts can have many repercussions, and one might end up regretting it. Hence, planning your workouts indoors can be the best option. Priyanshi Naik, a fitness instructor, said, "You don't need a gym to stay fit! With consistency and the right exercises, indoor workouts can keep you healthy, active, and strong."

YOGA - INNER CALM AND OUTER STRENGTH



During the monsoon, stepping outside is a challenge, and it's also a time when seasonal illnesses are on the rise. Amid these limitations, yoga stands out as the perfect way to build strength, boost immunity, and restore inner balance, all from the comfort of home. Jasmine D'Souza, a yoga instructor, said, "By practicing gentle movement of the body through various Asanas (body posture), Pranayamas

(breathing exercise), and Dhyana (meditation), one can rejuvenate the body." Vaishnavi Chandrakant Parab, another yoga instructor, said, "Yoga increases immunity and helps fight off infections, which are rampant during the rainy season. Meditation and relaxation techniques improve oxygen intake and enhance lung function. Yoga poses relieve discomfort and stiffness from damp and humid weather." According to her, gentle yoga combined with meditation aids in warding off the negative effects on one's mental state brought on by the monsoon.

MUST-KNOW ZUMBA TIPS

- Comfy clothes and supportive shoes for injury-free fun.
- Stay hydrated with small sips during breaks.
- Modify moves if needed; don't push too hard.
- Stretch before, relax after. Every time.
- Fun is the secret ingredient to a great workout.

DANCE YOUR WAY TO HEALTH

Cecille Rodrigues, a dance trainer, said, "Dance can aid in weight loss and management. Regular dance workouts can improve heart health and reduce the risk of cardiovascular disease. It can help improve flexibility, range of motion, and overall mobility. Dance requires balance and coordination, which can help improve overall physical fitness. Dancing is also a great way to reduce stress and anxiety. It can release endorphins, which can improve mood and reduce symptoms of depression. Mastering dance moves can boost confidence and self-esteem."

THINGS TO KEEP IN MIND WHILE PRACTISING YOGA INDOORS

- Find a quiet, peaceful spot to connect with yourself and stay focused.
- Practise yoga on an empty stomach and avoid water during sessions.
- Pay attention to breath and bodily sensations.
- Practise gratitude meditation.
- For beginners, go slow at the start.
- At the end, practise pranayama and meditation.

FIVE TOP-RECOMMENDED INDOOR EXERCISES

Burpees – Full-body, high-intensity exercise that builds endurance.

Glute Bridges – Strengthens glutes and lower back and is excellent for posture and reducing back pain from sitting.

Mountain Climbers – Great for cardio and core.

Wall Sits – Static strength for thighs and core and is great for building muscular endurance.

Side Planks with Leg Raises – Targets obliques, hips, and glutes and improves stability and core control.



FREE-HAND EXERCISES

No equipment is needed for free-hand exercises. Anyone can start doing them with proper guidance or knowledge. A few free-hand exercises include push-ups, squats, lunges, planks, crunches, jumping jacks, mountain climbers, and more. Ganesh Patil, a fitness instructor,

said, "These are foundational, compound movements that require no equipment. They target multiple muscle groups, improve functional strength, and mobility." Priyanshi Naik recommends bodyweight squats for lower body strength, plank variations (3 to 4) for core engagement, mountain climbers or jumping jacks for cardio, wall workouts for endurance, and bridge lifts to strengthen the glutes and lower back. She said, "These can be done as a circuit for a full-body workout in just 20-30 minutes."

ZUMBA FOR A FITTER YOU

Zumba is extremely versatile and well-suited for indoor environments, making it an ideal workout choice during monsoons. Zumba instructor Wilma Britto said, "Zumba is highly adaptable for indoor spaces, making it a perfect fitness option for homes, gyms, or studios. During rainy seasons or when outdoor activities are restricted, online Zumba sessions are a fantastic alternative."

SWIPE RIGHT



e.l.f. beauty acquires Hailey Bieber's Rhode in \$1B deal



Model and entrepreneur **Hailey Bieber** announced that her skincare brand, **rhode**, has been acquired by e.l.f. Beauty in a \$1 billion deal. Sharing the news on Instagram, the 28-year-old reflected on Rhode's launch in 2022 and expressed her excitement for the brand's future. She wrote, "Today, I am incredibly proud and excited to announce that we are partnering with e.l.f. Beauty as we step into this next chapter in the world of rhode, as I have said, this is only the beginning." Her husband, Justin Bieber, showed his support as she celebrated a major milestone in the growth of her beauty brand.



Bollywood superstar **Shah Rukh Khan** and **Gauri Khan**'s youngest son, **AbRam Khan**, celebrated his 12th birthday on May 27. A video from his intimate celebration has taken social media by storm! The low-key gathering featured heartfelt moments with his sister **Suhana Khan**, warm cuddles from mom **Gauri Khan**, and love from his nani **Savita Chhibber**.

Fadte Power: From Vasco to the Olympic Games



PIC: VIVEK MENEXES

Vivek Menexes

After an extraordinary four years conquering the high-powered US college squash circuit, Yash Fadte is back home in Goa, after turning down an impressive job offer in wealth management that would have allowed him to live comfortably in America. The 2028 Summer Olympics in Los Angeles will feature squash for the very first time, and our young champion from Vasco da Gama has set his eyes on glory for India. With the right support from state and country – which has sadly never been forthcoming so far – he can certainly do it. Already, while making a difficult leap from India's smallest state, he became an All-American and led University of Rochester to its first Hoehn Cup, and won the 2024 Skillman Award for embodying "the highest ideals of college squash."

Yash has always blazed an historic trail of victories: the Under-19 Asian Juniors, Junior French Open and Junior US Open. After he beat their top-ranked players, American colleges woke up to this brilliant talent. Recalling that moment in a busy café in Panjim earlier this week, the 23-year-old told me "I'm a boy from the small state of Goa, with no background in squash and no institutional support, who has always been doubted – What can a boy from Goa really do?" Nonetheless, he took the gamble: "Since I had been traveling internationally for squash

from a young age, culture shock didn't really affect me. What did challenge me, though, was the academic system. The American education structure is totally different from what I was used to in Goa, India. The first few weeks were especially difficult, but I was lucky to make great friends and have great professors. One of the biggest surprises was discovering how many resources are available at universities like Rochester. There's literally a solution or support system for every problem you might face – and I had no idea that existed before I got there."

We know Yash exceeded all expectations at Rochester because his coach says "his presence and impact will be felt for years to come." The Olympics will require the same dedication and sacrifice, but also some of the backing his competitors from all over the world (and other parts of India) take for granted. But the record on this front so far has been disgraceful. Yash says that "my parents have gone out of their way to support me in every possible way and because of them, I never felt the lack of support from the government or other institutions. Frankly, if I had relied on that kind of external support, I wouldn't have gotten anywhere." His father Dilip puts it even more directly: "in my opinion, if you have the financial means, you should push your children into sports without expecting anything from the government. If you depend on government support or external

help, it will only spoil your child's career – that support almost never comes. We've had very bad experiences in this area. Despite Goa being one of the best environments for sports, politics have ruined the potential. Goa should be producing champions, but because of the system, it stands nowhere today."

62-year-old Dilip – everyone calls him "Phantom" – is himself an outstanding sportsman who played Ranji Trophy matches for Goa, as well as some county cricket in England, and the family athletic legacy extends to Yash's twin Om – another promising cricketer – and Dilip's own brother, the renowned 1980s batsman Namdev Phadte. That family history has played on Dilip's mind: "Namdev played for the Board President's XI under the captaincy of Kapil Dev, and at the time he was regularly playing matches against touring international sides like Australia. He was also a consistent performer for South Zone. Unfortunately, we were going through significant financial difficulties back then, and he had to accept a job offer from the National Bank of Abu Dhabi. If he had stayed, I am 100% certain he would have played for India

at the highest level. That experience stayed with me – I always felt that my brother had the ability but couldn't reach the final step. So, I made it my mission to ensure that my children had

every opportunity possible to chase their dreams.



That's why I focused so much on their sporting journey."

To get to the Olympics is another league altogether, however. Phantom says Yash has reached a level where he needs sustained backing to compete freely, and focus entirely on making the national team and qualifying for the Olympics. The whole objective now is to get him there, and that dream cannot be achieved without proper financial assistance. We are appealing to sponsors and supporters because that is the only way our collective dream can become a reality. While the government has promised financial help over the past 8-10 years, the truth is nothing has ever materialised. At this stage, we are definitely looking for support – especially financial sponsorships."

One would think it would be an instant decision for the state to back this great homegrown talent – what he needs is just 25 lakhs per year – and there is still chance for Goa to turn around its woeful record to date. Now is truly crunch time to come through for Yash, who is clearly pursuing a medal with his home state in mind. He told me that "this dream represents something much bigger. I want to set an example for others who doubt themselves or are doubted by others. I truly believe Goa has the potential to produce world-class athletes, and I want to lead by example."