

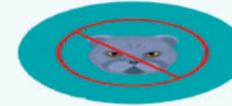
STATETIMES

SUNDAY

Your Companion for a Funday



PROTECT YOURSELF FROM COVID-19



Coronavirus: 5 ways parents can avoid being misled on COVID



The deadly impact of COVID and the high rate of transmissibility of the virus are the major concern of every parent. Though occurrence of COVID in kids is way lesser than it is in adults, there is no end to the apprehension of parents.

Parents panic a lot when it comes to the health of their child and when there is something as dangerous as a coronavirus lurking around the worry is inevitable. Stories of people getting hospitalized, reports on the massive outbreak of the virus in countries, coverage on how COVID has been brutal to many families have given parents restless days and nights.

What worsens the worries of parents is the over-availability of information. Data and information related to COVID-19 are available so much that it is difficult for a normal internet user to sort out the right one from the wrong one.

Easy access to mobile phones, cheap data packs, lockdown, more time in hand to spend on the internet are some of the factors that are giving rise to the spread of wrong information. Parents should be extremely careful about COVID and in case of doubt should take the help of an expert as quickly as possible.

Do not overestimate the harms

One should be selective while trying to know about the potential harms. Parents should know what is right and what is not right for them to know about COVID in association with kids.

As long as relevant information is available there is no issue; the real problem arises when you start following fake information which in a way talks a lot about the harms caused by the virus without having any link with the fact.

Parents should always follow medically relevant information

Do not simply believe whatever is available on the internet. Follow only credible sources for updates on COVID in kids. Government bodies, agencies and media websites release timely updates on COVID.

Know what you consume. Do not overfeed your mind with stuff that is irrelevant to you. For example a detailed research report on COVID should not be read superficially; while reading it you should find out various aspects of the study like geographical region where the study was undertaken, group of population on whom the study happened, the duration, the methods used, etc.

Vaccination keeps everyone within a zone of safety

Timely inoculation and following COVID-19 safety appropriate behaviour is the key to keep children safe from the infection. Instead of indulging otherwise, focus on following these basic safety rules and teach your child the same.

Educate friends, associations who are encouraging fake news

Do not air the fire of fake news. If you see anyone in your group spreading wrong information then bring it to the attention of others. Educate others about the importance of verified information and reach out to people with relevant data.

Understanding that not everything is related to COVID

COVID is one of the many things we are dealing with right now. Though its spread at a global level is alarming, it does not make it omnipresent. Know the symptoms of the infection, gauge the severity and take consultation of experts and physicians whenever in doubt.

Exercise mistakes that make your joint issues worse



Lack of physical activity, scarcity of essential bone nutrients or an injury, anything can lead to joint issues. Over the years, the problem of joint pain has become prevalent among the younger population as with older ones. Another reason for rising cases of joint pain among youngsters is exercising. Staying physically active strengthens bones, increases range of motion and reduces the risk of injury. But if you do it incorrectly, it may contribute to joint issues or make them worse. Here are 5 mistakes most people make when exercising that are harmful to their bones.

Avoiding weight lifting

Weight lifting is as vital as a cardio workout. Lifting weight, also known as strength training, helps to strengthen your bones and increase your bone density. Missing out on this essential form of workout may put you at the risk of fracture and muscle strain. Strength training makes your joints flexible and also reduces joint pain. Weight lifting also helps to burn more calories hours after your workout session.

Missing out on warm-up and cool-down session

Warming up and cooling down helps to prepare your body to perform the intense workout. They prevent you from twisting your ankles or overstraining your joints. When you skip them, you put yourself at the risk of joint issues. Your bones and

joints have to bear more pressure and as a result, they hurt more than normal.

Incorrect form

Only performing a certain workout won't help you gain any benefits from your exercise session. You have to perform each exercise correctly to reap its benefits, without putting your joints and muscles at risk of injury. Performing any exercise incorrectly reduces the effectiveness of that particular exercise. There is no point in exercising if you are not performing the workout correctly.

Neglecting resting phase

Neglecting resting days may overstrain your joints and put stress on your nervous system. Taking rest between your workout session helps to repair the wear and tear of your bones and muscles. It can also help to recharge you and reap maximum benefit from your workout session. If you are exercising regularly for an hour, rest for 1-2 days every week.

Wearing the wrong shoes

When you are performing a high-intensity exercise, it is essential to wear the right shoes to maintain the natural foot shape and reduce the risk of an ankle sprain. The shoes should not be old or worn out and should provide adequate support to perform the high-impact exercise. The right and comfortable shoes help to absorb the shock to protect your joints.

Things to keep in mind while dressing up according to your body type

Have you ever picked the perfect dress off a rack, tried it on and been disappointed? It has happened to most of us, but why? There is immense value in dressing according to your body type. With a piece that fits your body like a glove, you will be far more comfortable and confident. By being fully acquainted with your body structure, flaunt your dream outfit easily becomes a reality. So, how do you get started on finding the perfect fit for your body type?

The shape

Get yourself in front of a large mirror and understand if you are curvy with a defined waist (apple-shaped), or if you have a straighter build (rectangle), if your hips are broader than your shoulders (pear-shaped), or if they are fairly balanced (hourglass). Knowing this will help you move to the next steps and learn how to best dress for your body type.

The material

Choosing fabrics as per body type is just as important as the outfit itself. Fabrics can draw or divert attention from certain body parts. Choose cotton instead of wool and chunky knits, as they can make the upper body look bulky on a pear-shaped figure. Spandex and leather are great for having hourglass curves on full display. Satin and silk skim the rectangular body, and shiny and clingy fabrics lack the generous amount of stretch needed for apple-shaped bodies.

The patterns

Patterns and prints can throw the outfit off-balance. Bold prints fit perfectly for the upper half of pear-shaped bodies, and busier patterns must be avoided for bottoms in an hourglass body type. Prints and patterns in subdued colours are perfect for apple body shapes, and bright coloured prints are much needed to give the rectangular shape a curvier appearance.

The colours

Colours provide a significant broadening or slimming effect. The apple shapes can keep darker colours on the bottom to instantly slimming down the curves and pair it with brighter colours on top. If you have a pear-shaped body type, choose darker hues for the rear, hip, and thigh areas. Hourglass women may steer clear of light shades on the bottom half of their bodies as they could make them appear larger.

The accessories

Choose accessories to draw attention to your best features. Scarves accentuate your neckline. For pear-shaped women, heels work best as they elongate the legs. Tie-in tops are every hourglass-figured girl's favorite, and low-slung belts add needed mass and bulk to rectangle-shaped bodies. These guidelines for finding the perfect fit are just a scratch for understanding the basics. Most women are a combination of these body types, and it is all about mixing and matching until you find what suits you.

