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Practising simple yoga poses can get your blood flowing PHOTO: ISTOCK

## Try these steps to get rid of winter fat effectively

It's time to get back in shape and flaunt your summer body

**S**nuggling inside a blanket in winter is something that all of us love. And how can we forget the endless mugs of hot chocolate and cheesy comfort food that seem even more delicious during the cold months? But, as we now enter the warm months, here are a few tips to help you get back to your summer bod.

**MIX UP YOUR WORKOUT ROUTINE**  
Change your workout routine — don't let your body get used to any one form of exercise. Trying something different from your regular workout routine will force your body to adjust and burn calories. Yoga is a good option, too. Practising simple yoga poses and sun salutations (suryanamaskars)

will get the blood flowing.  
**PUMP THE INTENSITY**  
Increase the intensity! Move towards HIIT (high-intensity interval training) to increase the effectiveness of the exercises. More exercises in less time will not only help your body get in shape faster but also increase your endurance. To reduce belly fat, opt for cardio exercises.

**GET OUT!**  
As the weather allows you to step out more, indulge in outdoor activities. It's also a great time to renew that club membership and take swimming lessons, go for an early morning run and enjoy your favourite sport that can help you get back in shape.

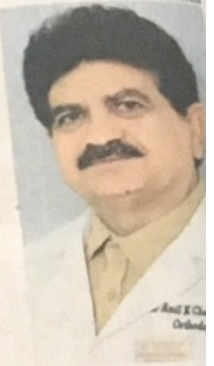
**IMPROVE YOUR SLEEP CYCLE**  
Keep a check on your sleep cycle while you continue with daily exercise and a balanced diet. Sleeping early, having a fixed routine and having your meals on time will keep you away from midnight snacking.

GO FOR AN EARLY MORNING RUN. CARDIO EXERCISES ARE GOOD FOR REDUCING BELLY FAT

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(With inputs by Munmun Ganeriwal, nutritionist and Sunny Arora, fitness expert)

## Protect your teeth with guards

Various called as mouth protectors, gum shields, gum guards, night guards, occlusal splints, etc., night guards are removable, simple and highly effective appliances that stop the habit of bruxism or the excessive grinding of teeth or jaw clenching. Bruxism could cause excessive tooth wear leading to hypersensitivity, tooth fractures or inflammation of the periodontal ligament of the teeth, rendering them sore to bite on. It could result in teeth being loosened to some degree; pain or tenderness of the temporomandibular joints that could manifest as preauricular pain (in front of the ear), or pain referred to the ear (otalgia), usually noticeable when you wake up in the morning. Clicking on the temporomandibular joints could also be another result of bruxism or headaches or even pain in the temples.



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Dr AK Cha author of the a professor an Depc Orthodontics, I. Hospital, Knowl 3, Greater Noida

Night guards are thermo-plastic materials usually made of ethylene-vinyl acetate manufactured in a pre-formed shape that can be adapted to fit an individual's teeth and gums by



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