

# A ROBUST RAYA

## Stay healthy during the festivities

BY AGNES AUI



Food brings everyone together, and this is especially the case when it comes to festivities like Hari Raya. The day typically starts out with cookies, then some snacks and ending with dishes like rendang and lemang. However, some of us would like to be on track with our regular diet and exercise while instilling the Raya spirit. Therefore, we've listed five simple tips to remember as you venture through this year's Raya celebration:



### #1 PORTION CONTROL

You don't have to eliminate snacking completely – just control your portion intake. The easiest way to control portioning is to measure your snacks, just two pieces of each type of cookies and a handful of nuts. As for dishes, take only one spoonful of each dish.

### #2 DRINK WATER

Not only does water hydrate your body during this heaty season, it helps to fill you up too. This helps reduce the crave to snack and thus, keeping in shape. If you'd like to control yourself from overeating during dinner, try taking sips of water between every bite.



### #3 JOG OR WALK IN THE PARK

Make it a point to walk or jog every day or on alternate days during the festivities. You can also invite your family members to join you, making it the perfect family activity this Raya. There's truly no better win-win situation than getting to bond with your family while keeping your health in check.



### #4 EAT YOUR VEGETABLES AND FRUITS

We know that Raya is all about the carbs and meat that people tend to forget the need to consume daily fibres. Try looking for greens when eating and fuel up on that goodness. If you're going to be out for the day, make a green smoothie or green juice that you can carry around with you instead.

### #5 DO HOME-BASED EXERCISE

Like we've said before, exercising doesn't require a gym and throughout the Raya festivities, we're sure you won't have much time for the gym, anyway. However, lucky for you there are simple home-based exercise you can do throughout the day. This includes lunges, arm workouts, squats, 90-degree wall sit and more.