

Determination, self-discipline and self-belief



By Yalda Golsharifi

One of the most frequently asked questions I get is how I maintain a toned and fit body after having two kids. After giving birth, I allowed myself a safe period of time to let my body recover and when it was safe to do so, I went back to my normal lifestyle of eating clean and exercising regularly. I know that there are many alternatives and “easier” routes to losing weight, one of the most popular being liposuction. While there is no doubt that liposuction can give amazing results, I’m all for doing it the natural and healthy way. So many of us want the easy way out and procedures like liposuction only give people more reason to give in to the lazy lifestyle where eating whatever you want and doing no exercise becomes normal and acceptable.

Even though we hear about the amazing success stories of liposuction, there are still so many risks and complications that could happen. Excessive blood and fluid loss that can lead to a shock of the body, blood clots and buildup of fluid in the lungs are some of the scary and dangerous complications that could happen during the procedure. Also, after liposuction your body’s shape may not look even, then additional surgery will be required to try and fix that. As well as being risky, costly and dealing with bruising, swelling, and soreness for weeks and months after, to me this doesn’t seem like the easy way out. We know that liposuction works best for those who are overly overweight and obese and for people who have tried to lose weight but failed.

Healthy and active lifestyle

If you are really unhappy with some areas of your body, all it takes a little bit of determination. Be determined to change your lifestyle for the better and by doing this you will notice tremendous differences. If you don’t have or plan on having a healthy and active lifestyle, be sure that the fat will not only return to the area of liposuction but even more to different areas of your body and your shape may look disproportionate. Research has shown

that those who get liposuction and fail to change their eating/lifestyle habits are at risk of the fat returning to different areas of their bodies. For example, if you get liposuction on your hips and thighs or abdomen, a year or 6 months later, fat is distributed to other parts of your body such as arms, shoulders and mostly upper abs.

I think that as social media influencers, we should be careful about promoting bad eating habits and junk food and then not working out or having active lifestyles. This way we are influencing people to “take the easy way out” and making them believe that they just don’t gain weight when in reality, if you eat junk every day and not exercise, you will put on a lot of weight. This is something I don’t take lightly as I’m always trying to influence my followers and guide them to a healthier, cleaner way of life. Nothing will give you the amazing results of good food, exercise and water. A toned body only comes when it’s done the right way. Liposuction may remove fats, but exercise can not only tone, but reshape, shrink your waist and even give you a lifted booty.

In general when it comes to plastic surgery, I strongly believe that you should go for it when it’s something you cannot change and are unhappy with such as nose jobs, breast implants or even face lifts at an older age! However, butt implants, Brazilian butt lifts, liposuction and such are just things that people are becoming too lazy to fix. You want a bigger butt? Barbell squats, lunges and deadlifts. Want a smaller waist? Planks and dumbbell side dips. Want to lose weight? Hit the gym and kill it with some cardio! Your body is capable of handling so much, you are strong, why disable your body by doing something that is not natural? We were made to move and be strong, not lazy and weak. With just a little bit of determination, self-discipline and self-belief, the results you are looking for are so much easier to reach than you think.

ARAB FASHION WEEK FLAUNTS ‘READY COUTURE’ IN DUBAI

Arab Fashion Week opened yesterday with hopes of establishing Dubai as a top destination for the new genre of “ready couture” and as a major fashion capital. Organizers describe the form as a blend of haute couture and ready-to-wear or pret-a-porter. “In Milan, we celebrate high-end ready-to-wear. In Paris, we celebrate high-end haute couture,” said Jacob Abrian, the head of the Dubai-based Arab Fashion Council (AFC).

In Dubai and the Arab world, “we want to be innovative,” he said, with off-the-rack clothing that is tailored to haute couture standards and can be customized. For the first time in the region, the five-day show will also present a unisex collection signed by Rad Hourani, a Canadian-Jordanian designer known for his genderless creations. The fashion week will open with “ready couture” for women from Emirati designer Lamyia Abedin in the first of more than 20 Spring-Summer 2017 collections from more than 10 countries.

Now in its third edition, Arab Fashion Week aims to attract women from the Gulf who tend to dress up every day, as well as luxury-orientated buyers from Russia and China. The AFC, founded in 2014 to represent the fashion industry in the 22 countries of the Arab League, introduced “ready couture” after an in-depth study of the market, Abrian said. The form follows in the footsteps of limited ready-to-wear collections that can be customized, from famous fashion houses Roberto Cavalli and Dolce & Gabbana, he said.

‘Peace through fashion’

AFC spokeswoman Daline Eluar said the group “aims to strengthen the role of the UAE, through Dubai, to become the fifth international fashion capital alongside New York, London, Paris and Milan”. The fashion week seeks to show the world that the Arab region is not just “war and conflicts” but also “creativity, art and beauty”, she said. The Gulf city state is a growing tourist destination, a magnet for investors and home to one of the world’s largest shopping malls.—AFP

Lebanon censors films at international festival

Lebanon has banned the screening of three films at the International Beirut Film Festival opening on Wednesday, organizers said. The censored films were Palestinian filmmaker Maha Haj’s “Personal Affairs”, Syrian brothers Mohamad and Ahmad Malas’s “World Cup” and Iranian director Mohsen Makhmalbaf’s “The Nights of Zayandeh-Rood”, festival director Colette Naufal said. Lebanon’s General Security agency asked for a scene to be removed from the Syrian film but the festival organizers refused to comply, she said.

“It’s unfortunate that political considerations interfere in arts and culture,” Naufal said, adding the cinematic event was striving to be “a platform for freedom of expression”. Tarek Halabi, head of the audiovisual department at General Security, said screening

the Palestinian director’s film went against a boycott of all Israeli products in Lebanon, “whether artistic or not”, as it was produced by an Israeli company and shot in the Jewish state. “World Cup” had been approved for screening, he added, as long as certain scenes that were “insulting to Lebanese personalities and parties” were removed.

But he said that “The Nights of Zayandeh-Rood” “showed certain elements concerning Iran”, whereas “Lebanese laws forbid meddling in Iranian affairs”. Lebanon is considered one of the most open societies in the Middle East, but art is occasionally censored, usually for sexual content or sensitive religious issues. — AFP



Indian flower vendors showcase lotus flowers to attract puja organizers for Durga Puja, at a wholesale flower market in Kolkata yesterday. The five-day Durga Puja festival, which commemorates the slaying of the demon king Mahishasur by the goddess Durga and marks the triumph of good over evil. — AFP