Business As Usual



After stuffing your face this holiday season, you might be ruefully looking at yourself in the mirror, and noting those extra pounds that seem to have magically appeared on your hips. Never fear! There is a solution. that doesn’t involve aerobics, dieting or any form of exercise whatsoever. Just work.

I’m serious. A recent report by the Sri Lankan Medical Association pointed out that proper weight control and physical fitness cannot be attained by dieting alone. But people who spend most of their day behind a desk face a particular problem in losing weight. Too many of these people fail to realize that calories can be burned off by the hundreds, by engaging in the following strenuous exercises that are common to office workers:

[redacted]

[redacted]



[redacted]