



NETFLIX ...and workout

Netflix and chill? Not you, homegirl. Beat the trap of having to choose between your favourite TV shows and fitting in a workout with this handy guide to doing both at the same time. You're welcome.

Binge-watching has become the standard for Netflix subscribers across the UAE (ok, perhaps the world over), and as we all know there's a special kind of joy that comes from lining up an entire season of a TV show and knocking down every episode in a row. Especially when it's the holiday season and you've finally found a chance to kick back and catch up on all of the shows that you've spent months marking down "for when you have time."

However, it can be hard to find time during the week to indulge in a Netflix marathon and still put in the dedicated hours to your workout regime. To help fix the problem, we turned to the friendly folk

at Netflix and asked them to pull together the most binge-appropriate content—and then pair them with your favourite workout. Whether it's HIIT training, yoga, running or team sports that you love, here's the pick for you. Ready, set, play!

Interval Training

Breaking Bad is the ideal interval workout. The show constantly juggles tense moments with calmer ones—tender family scenes are cut against brutal eruptions, often with little or no warning. Your heart won't stop pounding until you've finished the series. With five seasons available to stream exclusively on Netflix, and each episode running for

45 minutes, it's also the perfect length to keep you entertained and motivated while you sweat.

Treadmill Runs

Forrest Gump, played by Tom Hanks, is a friendly, simple minded man who finds himself in the middle of nearly every major event of the 1960s and 1970s. This old school favourite and has a lot of running scenes to keep you on track while on the treadmill.

Yoga, Stretching and Meditation

For those wanting to integrate yoga and meditation into their weekly workout, *Awake: The Life of Yogananda* is a must-watch. The show tells the

story of mystic Paramahansa Yogananda and his key role in bringing yoga and meditation to the modern Western world, inspiring millions.

Team Sports and Feel-Good Motivational Boosts

For those wanting to sit on the sidelines, or even get motivated for team sports, *Friday Night Lights*, is the ideal inspiration to lead your team on a winning streak! For those that haven't watched the show, it chronicles the efforts of Gary Gaines, the coach of a football team in small-town Texas, to propel his squad to the state championships. In the words of character Coach Taylor: "Clear Eyes, Full Hearts!" •