

Mall walking: It's more than shopping

Since open spaces are shrinking in the city, walkers are looking at shopping malls as the new jogging tracks. **Speak Up** asks if all physical recreation will move indoors and whether the new trend is desirable



NATIONAL STANDARDS FOR OPEN SPACES

▲ 4 acres per 1000 persons recommended norm for reserved public open spaces (around 175 sq ft per person)

expert view

Closed environment is the wrong place for exercise

There are several benefits of exercising in open spaces. It increases efficiency of the heart by making it pump more blood with fewer beats resulting in increased oxygen availability. It increases ability of muscles to pick up and carry weight. Aerobic exercises like walking are enough to significantly reduce risk of a heart attack. Human body must be supplied with energy continuously to perform complex functions. In a closed environment, routine exercise will not be beneficial for a person's health, but sometimes a person can do activities like dancing in a closed environment. However people will not get pure oxygen supply in an air-conditioned environment. A person needs to burn calories for at least 15-20 minutes per day to remove toxins and to regularise functions of other organs. **—Nupur Krishnan,** clinical nutritionist, director - BioLogics Nutrition Clinic



Malls cannot substitute playgrounds in the city

I'm surprised to know that people go to a mall for their walks in the morning. However being an RTI activist, I know that many malls in the city are illegal, some activists have filed cases against them. I don't want to say if it is right or wrong, to go for a morning walk in the mall. But one thing is true that citizens need open spaces as a basic amenity. Hence it is the civic corporation's responsibly to develop gardens and parks for their benefit. The BMC and government have ignored this matter for long. They still don't



have a serious plan to provide open spaces for walking and outdoor recreation and amusement. The main reason for such ignorance from the government is that people don't have a burning desire to ask for such amenities. Sometimes