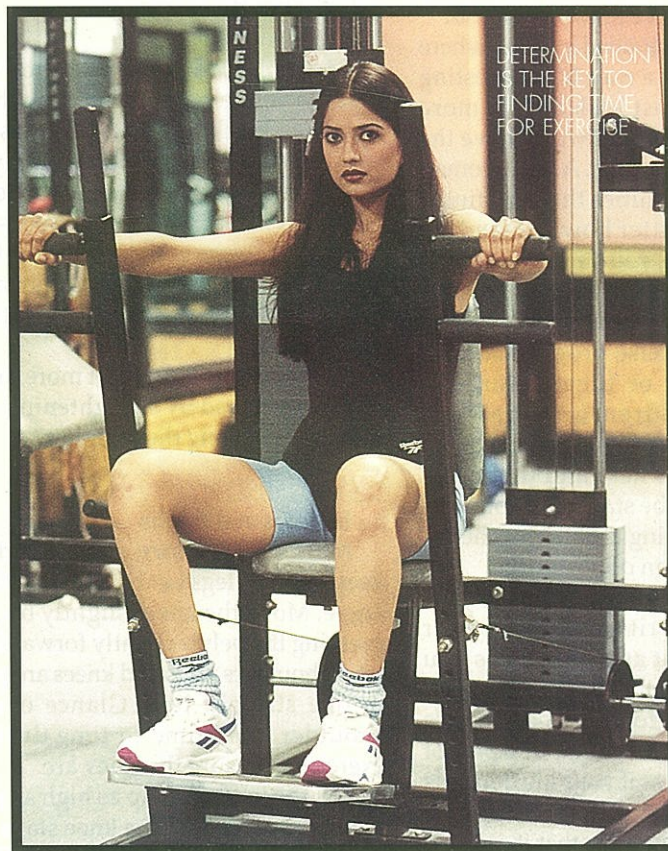


# YES, YOU HAVE THE TIME!

YOU SAY YOU'RE MADLY BUSY, COMPLETELY STRESSED OUT AND SIMPLY CAN'T FIND THE TIME FOR EXERCISE. RUBBISH, SAYS **NAWAZ MODI**, YOU CAN IF YOU REALLY WANT TO



**J**OHN F Kennedy once said about America: "We are under-exercised as a nation. We look instead of play. We ride instead of walk. Our existence deprives us of the minimum of physical activity essential for healthy living."

In our preoccupation to become increasingly Westernised, aren't we going the same way, too?

Most of us keep so nerve-rackingly busy that even when the motivation to exercise is high, there never seems to be enough time for it. So you have to somehow shove other things aside and pile exercise on top of what already seems

like an over-burdened schedule.

It's not easy. You'll always have a good excuse to skip a workout. You could be busy working, catching up on your reading, shopping, running errands, helping your child with homework, cooking, watching a movie or sleeping late.

So how do you deal with your list of hurdles? The answer is always the same: **You have to make it happen.** To be specific, squeeze in a workout on your way back from work; use the time when your child is napping; wake up 15 or 20 minutes earlier, get some help with some of your duties like cooking or picking up your child from school... **if you're determined, there are always solutions. But they will not be easy ones and you will have to work at them.**

No matter how restrained by time, where there's a will, there's a way. It's interesting to note that if we just look a little more closely, we'll discover that we all have the time we've been looking for. A wise woman makes more opportunities than she finds. For instance, no matter how demanding your career might be, you still have a lunch hour. An hour is one long time to spend over lunch; you could easily devote half an hour of it to an exercise programme. No matter how taxing or time-consuming looking after children or running a household might be, you're always left with a few spare minutes here and there. For example, you might be standing around in the kitchen just waiting around for the tea to brew over. That's an opportunity!

Once you have scheduled a time for your exercise, actually write it down in your calendar, and take it as seriously as you would a business appointment. You need to take that time out for yourself. There's no reason why exercise cannot be a part of your life. Schedule it as if your life depends on it — which, in a way, it does. So do it no matter what. And remember that it can also be a very therapeutic solution for alleviating the stress of your busy lifestyle.

### GET A QUICK FIX

For all those of you short on time, here are a few quick fixes that you can do when you've got those few spare minutes here and there.

#### EXERCISE I

##### For arms, upper back and shoulders

**Method:** Place two kitchen chairs with strong legs back to back. Make sure there is

sufficient space for your body in-between the two.

With your arms straight, one on top of each chair back, bend both legs so that they are off the floor. Never lock the elbows back. Hold the position till the muscles tire while breathing normally and then rest. Start by doing this eight times and slowly increase the repetitions.

**Progression:** As you get stronger, increase the work load by slowly bending the arms at the elbow, allowing the rest of the body to sink down, without letting the feet touch the floor. Then straighten the arms out again, raising the body to its former position. Again, start slowly and gradually increase the number

#### EXERCISE II

##### For abs and legs

**Method:** Lie on your side. Prop yourself up onto your elbow while tilting the pelvis half-way back. Hold the pelvis in this position and bend, and marginally lift the upper leg, and hold it there. The lower leg lifts up to meet it both at the ankles and the knees, and lowers without touching the floor. Exhale as the lower leg lifts and inhale when it lowers. Start by doing this 10 times on each side.

**Progression:** As you get more proficient at this, overload by straightening the legs out and/or lifting them higher.

#### EXERCISE III

##### For hips and thighs

**Method:** Lie down on your side while keeping both legs bent at about a 90 degree angle. Move the knees slightly back while pressing the pelvis slightly forward, so that your shoulders, hips and knees are precisely in one straight line. Glance over your shoulder from time to time during this exercise to ensure that they are.

Lift the upper leg up as high as you can, while ensuring that the knee stays back in line with the hips and shoulders. Hold the leg up here while breathing normally for a slow count of five, then slowly lower this leg without allowing it to touch the lower leg and repeat this. Make sure that your back doesn't arch. Start by doing this 10 times on each side.

**Progression:** Continue in the same manner, but straighten out the upper leg. The lower leg should remain bent for stability and back support.

Good luck — and keep at it!