

# LOW IMPACT, HIGH STRENGTH

NAWAZ MODI TALKS TO INTERNATIONAL FITNESS INSTRUCTOR PINO DE LA FUENTE ABOUT THE LATEST TRENDS IN FITNESS TRAINING



PINO DE LA FUENTE — FIT FOR LIFE

**T**HESpanish-born Pino de la Fuente may come from Germany, but sausages and beer are definitely not what she's all about.

Pino is, among many other things, a health professional, certified by the American Council of Exercise (ACE) and the Aerobics & Fitness Association of America (AFM). She holds classes, conducts workshops and is a fitness counsellor.

That's in her spare time. On a 9-to-5 basis, she's also an engineering consultant in spacecraft operation. And no, she hasn't spent a lifetime struggling to get on the cutting-edge of two high profile careers — she's just 29!

"It's really all about time management," she says. "I've been in the fitness field for about a decade now. I teach classes after work hours. I start work at 8 am and end at 5.30 pm. This is when my second career in fitness begins. I finally wind up around 8.30 pm." All those of you who claim to have no time to exercise, take note.

## CONTROL AND RELAXATION

Pino was in Mumbai recently courtesy



BFY Sports & Fitness, to conduct a large variety of workshops. These included some on Latin aerobics, pilates and a new variation of indoor cycling, the latest craze in fitness training, which are just beginning to catch on in India.

She tells us a little about what these three different kinds of workouts are all about. "Pilates is a concept which was conceived of by a German fitness expert. It is non-impact strength and flexibility training and is based on very controlled movements which both strengthen and stretch the muscles at the same time. It also focuses on relaxation, meditation, breathing exercises and mental balance. The tempo is very slow and it doesn't target muscle stamina. It was used for many years by dancers and it's also an excellent workout for pregnant exercisers." Pino continues, "Pilates was partially developed around machines. These machines are both expensive and bulky, so they're rather impractical for many people. Even many fitness centres don't have the proper equipment."

Next comes Latin aerobics (no, this does not refer to salsa and merangue), which is, again, a low impact workout with a lot of shoulder and hip movements. It is ideal for fat loss. The music and

moves are Latin, of course.

The new variation of indoor cycling is a choreographed routine done on a stationary cycle with variable resistance. It is a very popular workout for targeting inch loss, endurance and strength training.

### STAY OFF THE PILLS

What about all those protein powders and other supplements being used abroad, especially for strength training? Does she approve of all this? "No, not at all," she replies.

"If you eat right, in the correct quantities and combinations, you'll have more than enough energy to sustain a long day. Powders and pills can have various side effects. I don't encourage them."

Finally, how would she place India on the map of international fitness? "I've only seen Mumbai, and I think it has a long way to go. It's probably a good 10 years behind international levels," she says. We obviously have a lot of catching up to do.

LATIN AEROBICS IS A LOW-IMPACT WORKOUT WITH A LOT OF SHOULDER AND HIP MOVEMENTS. IT IS IDEAL FOR FAT LOSS

