

SUMMER's here. Sure, you can look great in that pair of sunglasses and that snazzy summer haircut, but you want to make sure you look good all over! You don't need to dunk those minis, halter tops and bikinis in the corner of your wardrobe — what you need to do is overcome those weight barriers, and fast.

STOP GAPS

People dodge exercise programmes or succumb to hurdles as they're unclear about their own goals and motivating factors.

It's easier to give in to barriers when you don't quite follow what the potential benefits are. Planning and organization are the key factors to overcoming these barriers. Remember, if you fail to plan, then you plan to fail!

Take a look at some of these internal and external blocks that might prevent us from getting that sultry bod.

External Blocks

- * Your environment
- * What's going on in your life right now

These blocks are inter-related. You probably have a hectic life and find it difficult to make time for fitness. Or you may find you have no time to work out, or that there is no place you find conducive to exercise in. Perhaps the park you'd like to jog in is not close enough, or the gym you'd like to use is a bit steep on your pocket. Culturally, you may feel exercise is not a necessary part of your life, though admittedly, the perception has changed dramatically in favour of exercise, thanks to satellite TV and access to information on health. Your age could also play a role in your ability to stick to an exercise programme. For instance, barriers for older adults tend to be injury and ill health, whereas responsibilities towards children, lack of time and low motivation tend to be the main factors for adults between 20 and 40.

The EX EFFECT

CAN'T REMEMBER THE LAST YOU HAD A REAL CALORIE-CRUNCHING WORKOUT? STICKING TO EXERCISE IS ONE OF THE BIGGEST PROBLEMS. NAWAZ MODI SINGHANIA SHOWS YOU HOW TO GET WITH IT

Make that move —throwing a punch during an exercise workout (Fig 1)



MODEL: NAWAZ MODI SINGHANIA

Internal Blocks

These blocks affect novices, most of whom have never exercised before. The novice will find a train of excuses not to exercise regularly.

Self-consciousness is a classic obstacle. Take the example of my friend, Anu. She's so conscious that she insists on being in the back row in my aerobic class — just so that there's no one right behind her checking her butt out!

Don't be intimidated by other people. If you want to join an aerobics class or a gym, go for it. You shouldn't deny yourself the opportunity to get fit because there are going to be fit bodies around you getting fitter!

HANG IN THERE!

Once you've overcome these blocks, the new level kicks into action.

* **Result Anxiety:** Getting rid of fat is an important motivation for people interested in an exercise programme. But it's important to shift focus. After all, exercise increases your body tone, bone density, self-esteem, confidence, sleep and cardiovascular efficiency. Once you realise this, it will help you to make exercise a lifetime commitment.

Failure can easily lead to boredom. So just chill out, enjoy the music and go with the flow. The results will take care of themselves!

* **Lack of Time:** You'll never find the time; you'll have to make the time. Schedule it into your diary like an appointment and do it like your life depends on it, which in a way, it does!

The 'time' excuse is often used to mask other concerns such as low self-esteem and intimidation.

WE SHALL OVERCOME

You can do this! You're no victim of circumstance!

Here are a few quick pointers to help you on your way:

Muscling in —
single modified calf raises (Fig 2)



MODEL: NAWAZ MODI SINGHANNA

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even makes the time pass quickly.

* **Avoid facilities with too many mirrors.** It's important to check body alignment and form, but don't highlight your own physical anxiety by constantly glaring into it. Use it sparingly.

TIME OUT

The research on the time barrier is clear: Most people who exercise regularly are as busy, and often busier, than those who are physically inactive.

Once you discover the value of physical exercise, it's less likely that you will use the 'I don't have the time' excuse for not exercising.

Many people view exercise as separate from other aspects in life. Learn to take a more holistic approach and make exercise part of your lifestyle.

So break through your barriers, put on your sneakers and get cracking. You can do it!

And while you're at it — let your hair loose, shake a leg and have fun during the journey!

*Take on some one-on-one guidance initially from your fitness centre.

* **Keep a track of your progress**, be it fat loss, inch loss or increased muscle tone. It will help you stay motivated and on track.

* **Discuss with your trainer** the one or two reasons that might keep you from exercising as frequently as you set out to do.

* **Think about both your short and long-term goals**, but don't dwell on them! Enjoy the experience of exercise itself.

* **Avoid boredom** by taking on different class formats (as in fig 1), or by using different exercise equipment or going with free-hand exercise (as in fig 2). Innovation makes exercise interesting and