

HOW MUCH WEIGHT WILL YOU REALLY LOSE?

THE THREE BODY TYPES:

ECTOMORPH

delicate build
young in appearance
tall
slightly muscled
rounded shoulders
short upper body
long arms and legs
large brain
has trouble gaining weight
muscle growth takes longer
thin
flat chest

MESOMORPH

hard, muscular body
overly mature appearance
rectangular shape
long torso
large chest
thick skin
good posture
gains or loses weight
quickly

grows muscle fast

ENDOMORPH

soft body
underdeveloped muscles
round face, short neck
wide hips, heavy fat storage
round shaped
over-developed digestive
system
difficulty losing weight
generally gains muscle
quickly

Your body type can make the vital difference to your workout plan. **NAWAZ MODI SINGHANIA** takes you through the paces

SO, you're well into the workout groove, and have gotten off to a great start by the end of summer. Good for you! But while you're on a roll, let's get some facts straight, so you can get the maximum out of this whole exercise... Let's figure out what you can realistically expect.

TAKE STOCK

Let's quantify those results! When will those thunder-thighs eventually stop thundering and the belly bulge disappear, like a bad dream?

You can expect a reduction of about 60.8 cm, per area, per month in areas like the waist or hips, but not the arms. Ideally, I would recommend that you check your measurements every three to four weeks. However, the best way to attain quick shaping results is to know your **body type**. Working out then gets easier. But, let me also be very clear. No amount of exercise can change your body shape altogether. For example:

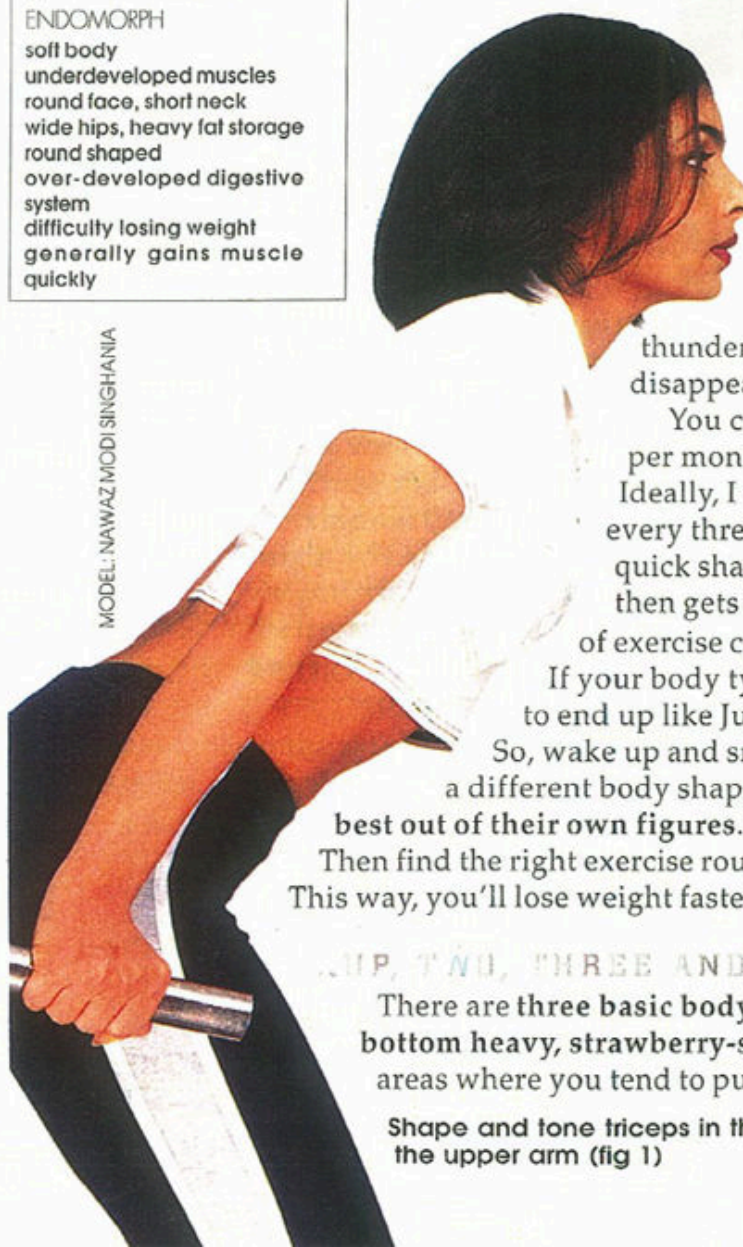
If your body type figures in the Jayalalitha mould, don't expect to end up like Julia Roberts, or Posh Spice. It's simply impossible!

So, wake up and smell the coffee. Rather than focusing on attaining a different body shape, I encourage people to **focus on getting the best out of their own figures**. Begin by recognising your own inherited body type. Then find the right exercise routine which will help you to re-balance your shape. This way, you'll lose weight faster.

UP, TWO, THREE AND SWING

There are three basic body shapes: Hourglass or figure eight, pear-shaped or bottom heavy, strawberry-shaped or top heavy. If you are overweight, look at the areas where you tend to put on weight.

Shape and tone triceps in the back of the upper arm (fig 1)



MODEL: NAWAZ MODI SINGHANIA

- * If it's all over, then you're a figure eight.
- * If it's from the waist down, then you're pear-shaped.
- * If it's from the waist up, then you're strawberry-shaped.

It's really all very simple. Most people are aware of their own inherited body shape.

WORDS OF ADVICE

Often I have found that women make the error of over-exercising their most-hated body parts. This usually means areas which are perceived as being over-weight. Truth be told, it's actually best to do the exact opposite. Concentrate, instead, on shaping and toning the smaller areas of the body to rebalance yourself (as seen in fig 1). Combine this with an aerobic workout. You will lose weight and make your body look more balanced.

Pearls of wisdom:

* Women with a well-balanced (figure eight) body, generally want to lose weight all over, tone up and get fit. They should engage in aerobic activities and combine this with muscular conditioning. Try body conditioning, aerobic and cross-training classes, walking or swimming.

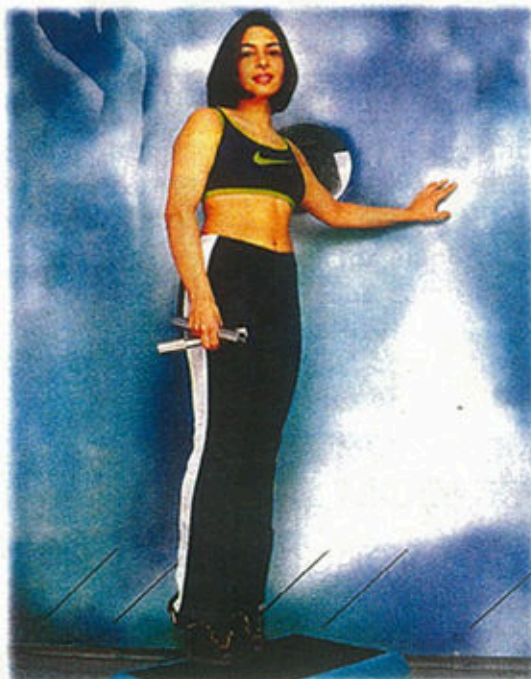
* Those with pear-shapes should focus on working out their legs to add the illusion of height, while concentrating on removing excess weight from the curves they dislike. Don't focus on the larger parts of your body. Instead, tone and build on the smaller parts by using light weights or

bands (as in fig 2). Use aerobic routines to burn calories and tone up.

* Being strawberry-shaped can lead to heart problems later in life. So:

- * Aim at burning calories.
- * Build and tone the lower body — legs, hips, thighs, butt, and calf muscles.
- * Try aerobic classes which offer step classes, use equipment like the 'Stairmaster', 'Cycle', 'The Stepper', or engage in squats, lunges and lower body weight lifting.

Work on those calf muscles (fig 2)



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WHY THAT BODY TYPE?

Now that we know about body shapes, let's tackle body types. There are three distinct categories of human bodies:

- * The endomorph
- * The mesomorph
- * The ectomorph (see box).

No one is totally one type. We are often a combination of all three. Any body type can show results with the correct training and nutrition. However, people with different body types will need to approach their training differently, even though

they may all have the same goals. I'm personally, a figure-eight ectomorph to a large degree. So, how do you find out what you are? It's simple:

Stand in front of a mirror and take a good, hard look at yourself. Don't try to suck that fat in, and don't choose the most flattering of poses or the best of angles. See your body for what it is — the problem areas and weight gaining tendencies.

The buzz word is work smarter, not harder!

BODY SPECIFIC TRAINING POINTERS

ENDOMORPH TRAINING

- * Build muscle.
- * Lose fat weight and inches.
- * Be careful not to regain lost weight.
- * Choose high-set, high-repetition training with aerobic exercise for calorie consumption.
- * Maintain a low calorie diet, while making sure you get the right amount of vitamins and minerals.

MESOMORPH TRAINING

Since you easily build muscle mass:

- * Focus on developing proportionate and shapely muscles.

- * Stay clear from anything bulky.
- * Use heavy power moves plus exercises for better quality, proportion and body symmetry.
- * Focus on a balanced diet.
- * Maintain even calorie levels.

ECTOMORPH TRAINING

Your prime objective:

- * Gain weight and muscle mass.
- * Develop strength and endurance.
- * Focus on power moves that build maximum mass.
- * Take longer rest periods, and consume more calories.