

Sunday Express

BODY
TALK

RASHMI UDAY SINGH

TONED, taut and terrific! She is my inspiration, the true fitness professional. She looks as stunningly svelte today as she did when we interviewed her for my TV series *Health Today* seven years ago. She was Nawaz Mody then, a lawyer but dedicated to 'Body Art', her gym in her family home. She is Nawaz Mody Singhania now, married to Raymonds chairman Gautam Singhania, and has determinedly and happily continued to dedicate herself to fitness.

And what a superb advertisement she is for her gym, where they believe that you can't be fit without being healthy. Where they teach yoga, Swiss ball training, pilates, trampoline, weight training, stress management, aerobics and more, with equal precision and system. The lovely, soft-spoken lady balances her roles beautifully, teaches at her gym, eats sensi-

Mody-sh and Loving It

Fitness is about small changes, believes
Nawaz Mody Singhania



bly, drinks plenty of water and most importantly, believes in keeping the mind supremely positive and ticking.

"Fitness is a lifestyle change, it's all about making small changes continuously," she says.

She adds a very useful tip: "Drink lots of water, it helps you lose weight fast and flushes out toxins. Very often, when you

think you are hungry, you are actually thirsty." We'll drink to that one, Nawaz.

Nawaz has

been certified to teach by the American Council of Exercise too. I requested her to bust some fitness myths...

Nawaz's Myths & Facts

Myth 1: Aerobics ruins the back and knees.

Fact: When done properly, aerobics does not ruin the back or the knees.

Myth 2: If I do aerobics I will not be able to conceive.

Fact: It's just the reverse.

Myth 3: Exercise is for the young.

Fact: It's fine to start at any time.

Myth 4: Once I stop aerobics, I'll put on weight.

Fact: Not true! However, the body composition will change. When one is working out, the fat to muscle ratio improves, stored body fat decreases, muscle tone increases. When exercise is discontinued, fat loss is frozen, weight and inches remain the same, but muscle tone decreases.

The young lady's parting shot: "Exercise and eat sensibly — the gates of heaven are narrow."

Write to Nawaz at
nawazms@hotmail.com.