

OKAY, you're on the right track, but are you in a temporary rut? Are you feeling a bit frustrated and stuck in - your current struggle? Have you been huffing and puffing away endlessly on that old stationary cycle for hours on end with little or no result? Or, doing an obscene number of stomach crunches only to see your waistline expanding? And are those hips and thighs getting larger despite the fact that you're religiously working out?

OUTSMART THE FAT

These are some of the most common mistakes people tend to make which keep them from achieving their fitness goals.

Here are some tips to help you work out smarter:

Go cardiovascular with weights and tone that upper body

* If your main goal is fat and cm loss, exercise cardiovascularly

Fighting a long-drawn battle with fat and losing? Nawaz Modi Singhania shows you how to strategise, attack — and win the battle of the bulge

MODEL: NAWAZ MODI SINGHANIA



**OUT,
OUT,
Dammed FAT**

for at least 35 to 40 minutes to begin with. Activities such as walking, aerobics, swimming, jogging, rope jumping, stair climbing, hiking, or even a raquette game are all considered cardiovascular. The thing to remember here is that the body is so designed that during the first 20 minutes of your workout, it does not use fat for fuel. It's only thereafter, that fats are utilised. So go longer with this segment.

* One of the most common errors people make is that when they have a problem area such as the stomach or hips and thighs, they tend to spot work it to death. Big mistake!

The misconception here is that people imagine that spot work equals spot reduction. It doesn't. When you work a particular area, you can work on muscle tone and even reshaping that group, but you cannot reduce its surface area. The area tends to bulk up as you work on developing it, and that makes it appear larger and more apparent. So, make sure that you spot work the area only moderately, and combine this with any aerobic activity as described above, so that you bump fat off from these areas instead. It's also a good idea to then work other body parts such as the upper body and calves, so that you develop these areas and look more proportionate.

* Fad and crash diets seriously jeopardise your health, and they just do not work. Here's how. Crash diets which allow less than 500 calories per day cause a loss of potassium and nitrogen in the body. This loss triggers a mechanism in the body that causes us to hold on to our fat stores, and to turn to muscle protein for energy instead.

Scientists have speculated that within each of us is a unique 'set point mechanism' that regulates the amount of fat we carry. It's a way of stocking up for emergencies in case of starvation and famine. If the body perceives that it is starving, as it does when we crashdiet or fast, the set point kicks into action, causing the body to keep a tenacious grip on its fat stores. In a bid to get out of this situation and to replenish itself, the body

will first cause you to crave food — most commonly foods that are

fuel-dense, high-caloried sugars and fats. If you stand your ground and resist, the body's next line of defence will be to react by slowing down the mechanism in order to conserve calories. In the face of such food deprivation, the body holds onto its fat for dear life!

DESPERATE TIMES, DESPERATE MEASURES

For instance, let's imagine your body burns 1,500 calories per day. When on a crash diet, the body, perceiving a threat to its very existence, will cause you to crave food. If you successfully make it through that check point, the body will next resort to lowering its metabolism, let's say to 1,300 calories per day to conserve energy.

As time goes by, when you stubbornly hold on to your diet regime, the body feels the need to source out other fuel stores.

So another trick is to start dipping into your body's muscle stores, and deplete them for energy. So you lose muscle! After a while, you finally come to the realisation that this is just not working out the way you wanted. You're not looking or feeling good, and your fat stores are largely intact!

So, disheartened, you return to your normal eating patterns. Or possibly, even worse. Having been deprived of food for so long, it's not unnatural to start bingeing. Body weight now quickly increases in the form of fat, and not the muscle that has been depleted. Also, your metabolism will not rise again to 1,500



Help your body keep up its metabolism by eating and working out

calories as in your pre-diet days, but will remain at 1,300 calories per day. This gives you a surplus of 200 calories per day, which will be stored as body fat. Some of the most common fat collection sites for women are the lower belly, hips, inner and outer thighs, and triceps (back of the upper arms). For men, fat tends to stay focused around the middle and on the back. So now, these are the areas where this excess fat will build up. Having gained fat and cm in this way, after a certain period of time, one would typically get

back onto another crash diet with renewed vigour and commitment.

At this stage:

- * Your metabolic rate will take another dive, eg from 1,300 to 1,100 calories.
- * Your body will start dipping into your remaining muscle stores for energy again.
- * Your fat stores will remain mostly intact.
- * Due to increased lipoprotein lipase activity (in layman's language, the result here is that the body becomes more efficient at storing fat, which is triggered by crash dieting), we set the stage for gaining fat a lot faster when we come off the diet. Due to this, we get caught up in perpetual dieting.

When you get off your diet:

- * Your metabolic rate will remain at 1,100 calories per day, leaving you with a surplus of 200 calories, in addition to the 200 from the previous attempt.
- * Weight gained will be in the form of fat, and not the muscle that has been lost.
- * And so the cycle perpetuates itself....

LISTEN UP

In conclusion, every time you crash diet, you lose more and more muscle, drop your metabolic rate lower and lower, and end up gaining more and more fat!

Not only this, but we receive inadequate nutrients in imbalanced combinations. The entire body is taxed. Studies show that yo-yo dieting leads to an increased risk of diabetes, heart disease and hypertension.

So if crash dieting doesn't work, then what exactly does? You already know the answer! Exercise, in combination with a sensible diet.

JOCKEY FITNESS TIP

I exercise for half-an-hour every day (without the fan), eat lots of fibrous foods with as little salt, sugar and oil as possible, I eat my meals on time and have an oil bath once a week.

PS: I've been told I do not look like a 39-year-old mother of a 17-year-old son.
GITA PILLAI, PANVEL



Now you can look trendy as you work those

gams. All you have to do is share your best fitness tip with us. The best tip will win fitness underwear from Jockey.

