

**W**as fitness always a priority for you as a child?

● No, not at all. I was always the weakest, tiniest, skinniest child in my class as a child. Things changed along the way and I became fitness-conscious only in my college years.

**What's your fitness schedule, exercise-wise?**

● I teach many of the classes at my fitness centre, 'Body Art'. Aside from those, I don't work-out at all.

**And food intake.**

**What are the healthy eating habits you follow?**

● Healthy, balanced meals and snacks, including all the four Food Groups; high on carbs and low on fat and simple sugars. Lots of fruits, vegetables and water (I try to get 8-9 glasses of water in daily). Low on red meat. I try to get in 6-7 small snacks in daily and avoid large, heavy meals.

**Beside fitness, are you planning on anything else on your own business wise?**

● Not at the moment, no.

**What's the quickest way for a male to get rid of his paunch?**

● Probably to stop downing those beers! Ha ha ha ha...

**What's the quickest way for a female to get her broad hips in shape?**

● To make a deal with God that now men should start child-bearing

instead! Ha ha ha ha... No, but seriously, with regard to both of the above questions, cardio routines, e.g: aerobics, different cardio classes, walking, skipping, swim-

ming, etc, will do the trick. To get it exactly right, decide on which activity to choose, etc. Also, one should consult with a fitness professional. Things must be individually tailored considering a person's age, fitness levels, health limitations if any, etc, for maximum effectiveness and safety.

**IN FOCUS**

**Do you believe in the "Eat healthy and work-out" concept?**

● Not as a general rule, no. Some people are lucky enough to be able to eat everything in sight and still get away with it.

Others have a much harder time and have to both watch what they're eating and put in more of an effort into their workouts. There's no one correct answer that works



**STEPPING UP THE PACE**

Marriage, in my book, is about two people adding to each other's strengths, **Nawaz Modi Singhania** tells Martin D'Souza

for all folks. **Besides writing in the print media, have you any shows on television?**

● Yes. As a matter of fact, this year I am doing a fitness component on a health show for CNBC called "Good Life" which is aired 3-4 times a week. Last year I was doing a fitness show for *B4u* called "Let's Get Physical" which again, was aired 3-4 times a week.

**You've managed to have an identity of your own in spite of marrying corporate Hot Shot Gautam Singhania.**

● Yes. We let each other be their own person. Marriage, in my book, amongst other things, isn't about usurping another individual's persona. It's about two people adding to each other's strengths, being supportive and allowing for each one's growth and fulfilment.