

# FEMINA FITNESS CHALLENGE



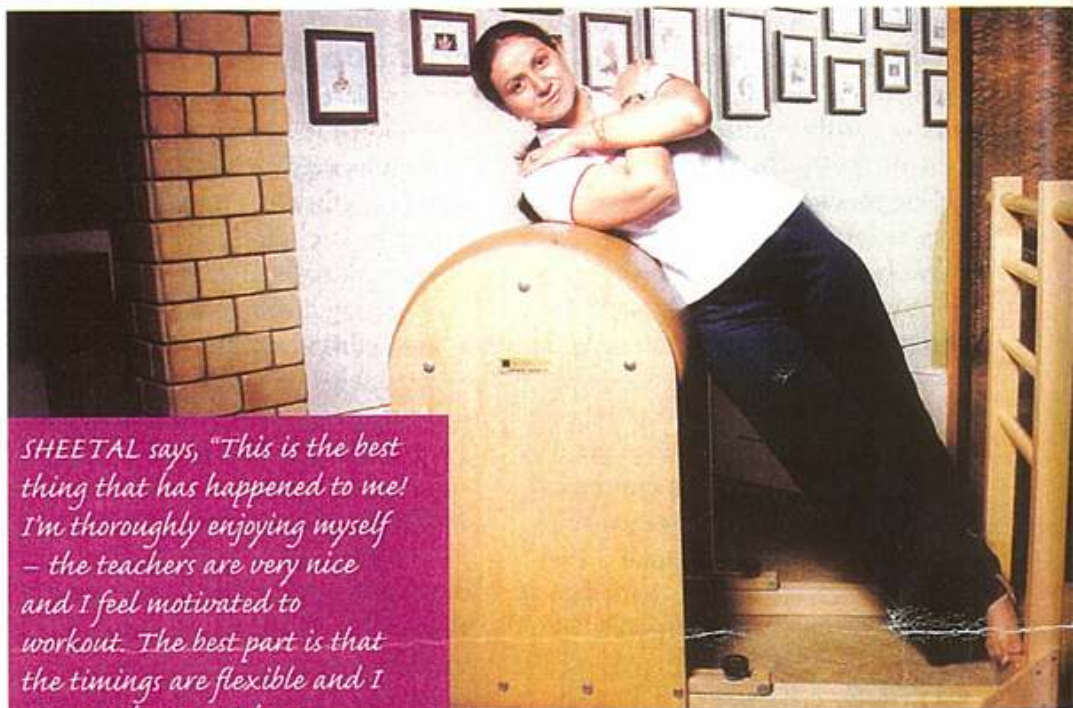
Three women. One goal. **Femina** and **Nawaz Modi Singhania** of **Body Art** launch a mission to tailor-make a great workout regimen for our lucky readers **Vaishali**, **Sheetal** and **Ferzin**... watch this space every issue

## THE STORY SO FAR...

Three lucky readers were handpicked from numerous entries to train with Nawaz Modi Singhania at the Body Art studio. Vaishali, Sheetal and Ferzin embarked on a three-month long journey to lose weight and get into shape. They started their workouts on June 1, 2006 and after two weeks of training this is what they have to show...

## OVER TO NAWAZ

"Vaishali, Sheetal and Ferzin came in regularly for all of their workouts as advised by us (four sessions of cardio at our workshop, one session of Pilates and one gym session per week). They were also all put onto a lot of cross-training cardiovascular activities with us in order to burn fat, inches and thereby lose weight — which is everyone's primary goal. Muscle toning exercises were also included as part of their programme, in order to help them firm up their muscles. Their individual programmes varied within this basic structure, depending on their individual problem areas, limitations (of health and time constraints) and levels of fitness. They also modified their diets according to our advice."



*SHEETAL says, "This is the best thing that has happened to me! I'm thoroughly enjoying myself — the teachers are very nice and I feel motivated to workout. The best part is that the timings are flexible and I can go whenever I have finished looking after my baby."*

## SHEETAL KAPASI HOMEMAKER AND MOTHER OF TWO

Sheetal, who just delivered a few months ago, says she looks and feels much better now. She also feels that as a result of the exercises, she has far more energy and is a lot more active and alert. She reports that she has been fairly disciplined with her

diet, but that her one weakness is a piece of chocolate daily. I agree with Sheetal that chocolate is good for the soul! Consumed in this small quantity, she'll still see fabulous results with us!

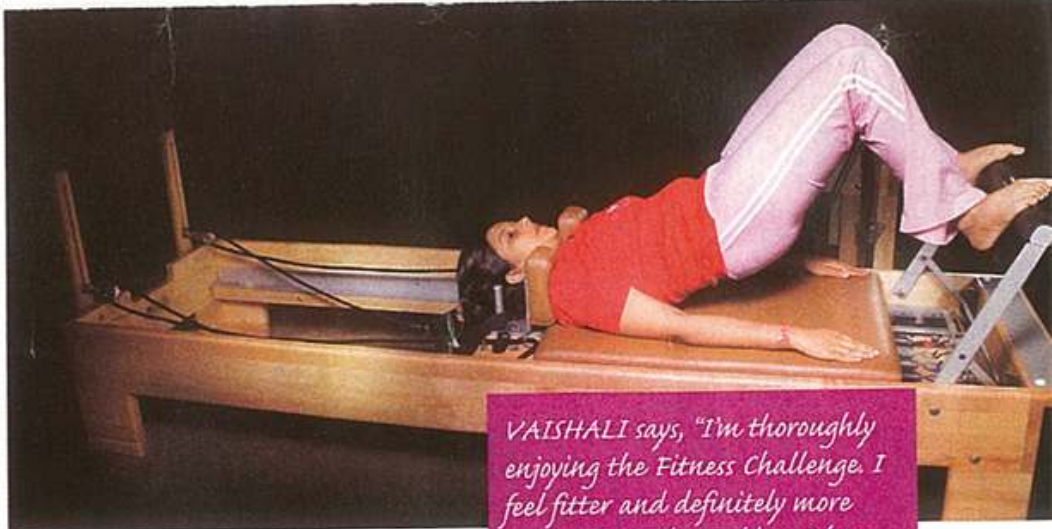
Since Sheetal wanted to lose weight and firm up her mid-section, she was given a Pilates exercise that's done on the Ladder Barrel. This exercise targets the waist muscles.



**STARTING WEIGHT:** Prior to taking up the Fitness Challenge, Sheetal weighed 59.5 kgs

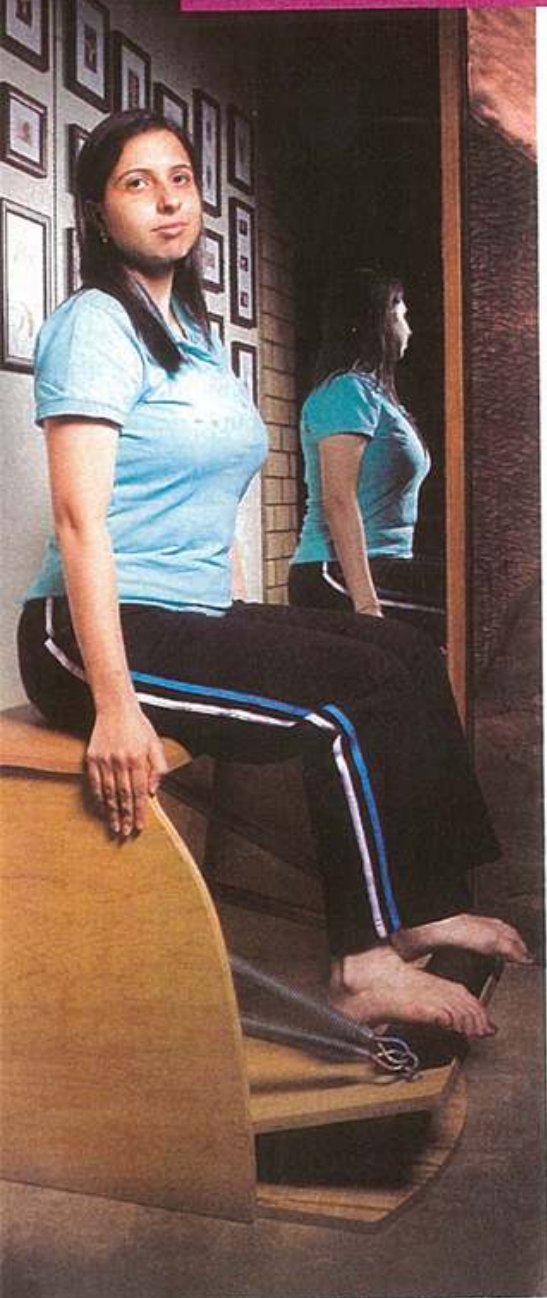
**WEIGHT AT TWO WEEKS:** She's down by a kilo on the weighing scales — 58 kgs now!

**INCHES LOST:** Sheetal has lost both weight and inches in the past two weeks. She's particularly thrilled about the inches lost on her hips (2 inches there!), thighs, abdominals and the back of her upper arms. She is also happy to see her muscles get firmer and tauter as a result of the exercise regimen with us.



*VAISHALI says, "I'm thoroughly enjoying the Fitness Challenge. I feel fitter and definitely more active. Even the problem I have with my back is beginning to improve. And the best part is that the diet is not too strict."*

*FERZIN says, "I've never really tried anything like this, so it's a great experience. Winning the Fitness Challenge is also a big incentive to lose weight. I'm enjoying the whole challenge."*



PHOTOGRAPHS: SHRADDHA KADAKIA

## FERZIN SHROFF

### ADMINISTRATIVE EXECUTIVE

Ferzin has improved on her diet as per our recommendation. She's been laying off cheese, and has started carrying fruits to work every day. Her food quantity per serving has reduced, as has her meat intake. She has increased vegetable consumption and is avoiding chocolates. Her fluid intake has also been increased.

She says she's been thoroughly enjoying her workouts with us, as more mundane forms of exercise (like walking) bore her to tears.

Among other exercises, Ferzin was given an exercise on the Wunda chair that targets the core muscles and lower body muscles — both of which she wanted to firm up.

**STARTING WEIGHT:** When Ferzin joined us, she weighed 61 kgs.

**WEIGHT AFTER TWO WEEKS:** Ferzin has lost 2½ kgs in the past two weeks.

**INCHES LOST:** She has lost inches all over. Amongst other areas, she's down by 2.5 inches on the hips as well as on the abs.

## VAISHALI NEGANDHI

### INTERIOR DESIGNER

As advised by us, she has managed to improve her eating habits. She now eats smaller meals and consumes more fruits and drinks plenty of water. When she started out with us, she was suffering from a bad back. Among other things, we started her on back strengthening and relaxing exercises. Now, she says her back is much better.

One of the exercises she has is Bridging — a Pilates exercise, done using the reformer. This works at strengthening the muscles of the back and increases spinal mobility.

**STARTING WEIGHT:** Vaishali weighed 61 kgs prior to the commencement of the Fitness Challenge.

**WEIGHT AT TWO WEEKS:** She is down to 57 kgs!

**INCHES LOST:** While she's lost inches/ fat all over, her maximum inch loss has been on her hips; she's down by three inches!

All the three women have been very enthusiastic and regular with their workouts. We're looking forward to bringing out the (physical) best in these ladies over the remaining two and a half months. Watch this space. We're going to mark their progress. **E**