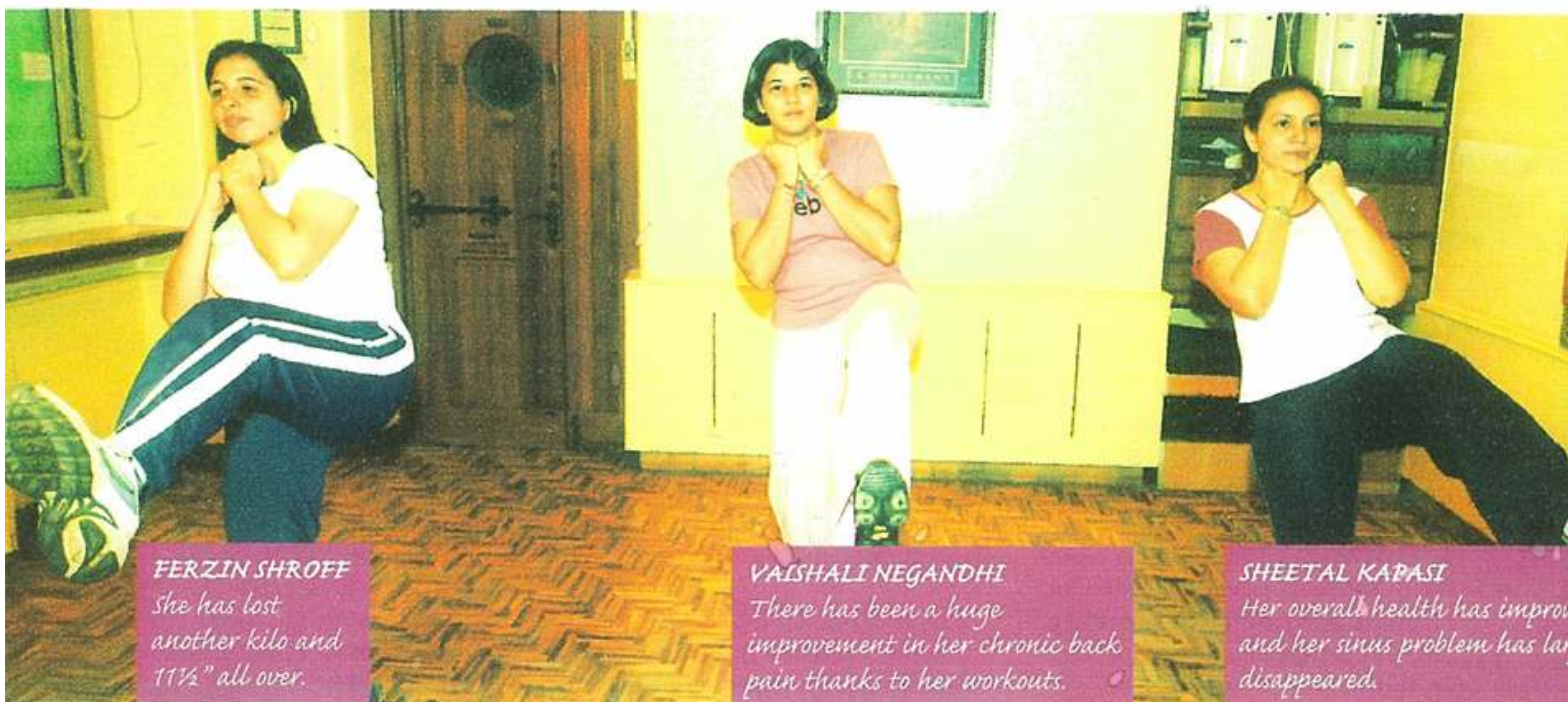


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HALF WAY THERE...



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



FERZIN SHROFF

She has lost another kilo and 1½" all over.

VAISHALI NEGANDHI

There has been a huge improvement in her chronic back pain thanks to her workouts.

SHEETAL KAPASI

Her overall health has improved and her sinus problem has largely disappeared.

THE STORY SO FAR...

It's been a month-and-a-half since our three lucky readers kicked off with the Femina Fitness Challenge. Sheetal, Ferzin and Vaishali embarked on a three-month-long journey to knock back the fat and shed kilos and now they're almost half way through the Challenge. Over the past few weeks, we've seen them battle with the flu, handle bad backs and even some binging. But the ladies just kept on — never getting discouraged and never giving up.

As part of the Fitness Challenge, the ladies were given exercises (cardio and resistance) and diets that would easily fit in with their way of life. Sometimes, these exercises had to be modified due to illness or medication. As part of their diet plan by **Body Art**, they've been given a sensible, low-fat, low sugar diet plan, which allows all food groups and encourages frequent, but healthy eating. After joining the Fitness Challenge, the contestants have all reported feeling fitter with higher levels of energy and mental alertness. They claim their overall health has improved and they are enjoying the attention and compliments they have been receiving. Let's see what else they have to say.

PHOTOGRAPHS: CARL PEREIRA

SHEETAL KAPASI

HOMEMAKER AND MOTHER OF TWO

Sheetal has missed a few workouts over the last fortnight since she's had to look after her baby daughter who is teething and hence not too well. Nevertheless, she has managed to progress, and drop another kilo and shed 6" all over the last two weeks!

According to Sheetal, her sleep has improved thanks to her regular workouts. Prior to joining the Fitness Challenge, she would feel lethargic and tired and be compelled to take a nap in the afternoon. Now she says she has

FERZIN SHROFF

ADMINISTRATIVE EXECUTIVE

Last fortnight saw Ferzin in a rather festive mood, enjoying with her friends at various parties and dinners. Over the last 15 days

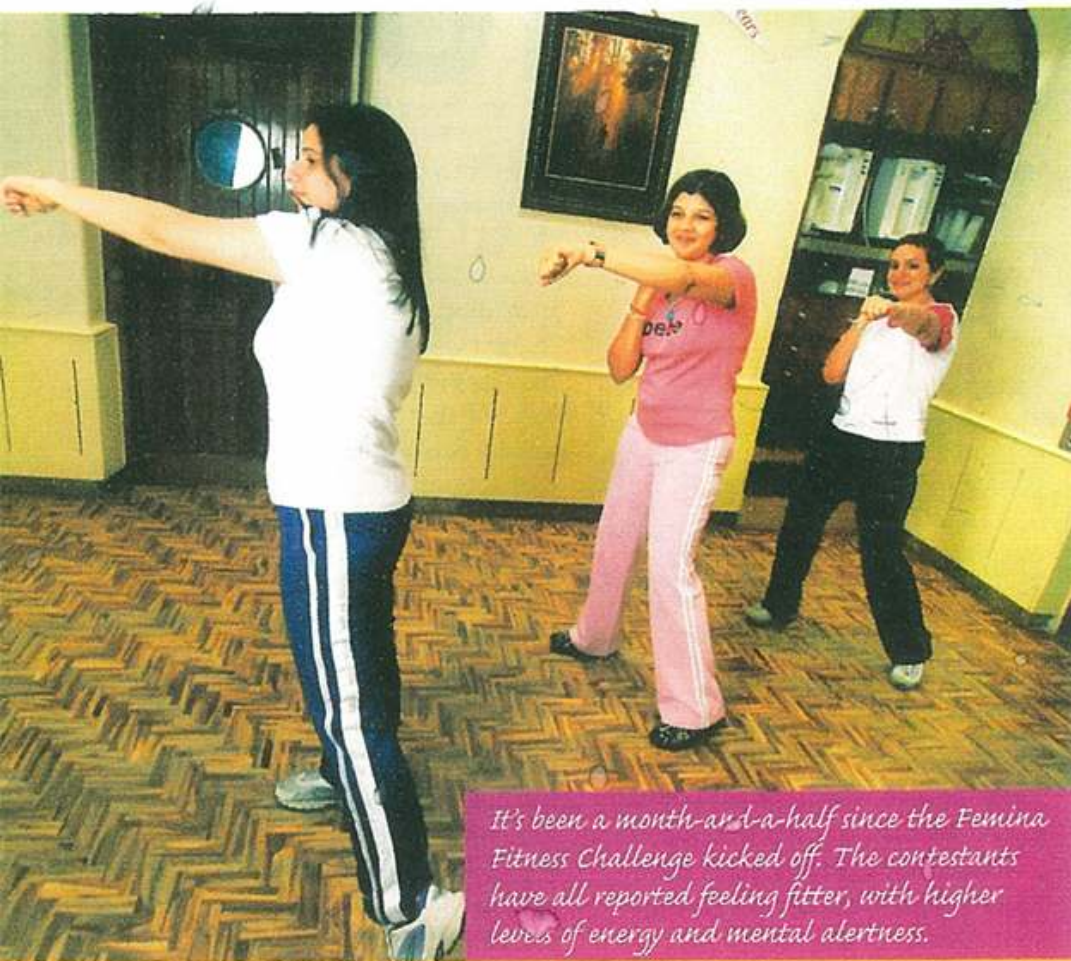
though, she has gotten her act together and has been working out regularly and watching her food habits too. She has lost another kilo and 1½" all over. Which is just fabulous! She's been focusing more on her lower body. Ferzin's also

managed to get back on track with her diet, and has begun eating more home cooked meals. She's really been putting a huge effort into her workouts, as she says she's gotten great results already. She's self-motivated to surge ahead and achieve new heights (or should we say depths) of weight loss.

Many people have been complimenting her on her weight loss, and she's begun fitting into her old clothes now. She even says her engagement ring has become loose!

Starting weight:

Ferzin began this Fitness Challenge at 61 kilos and now she is down to 56 kilos!



It's been a month-and-a-half since the Femina Fitness Challenge kicked off. The contestants have all reported feeling fitter, with higher levels of energy and mental alertness.

enough energy to last her right through the day. Her concentration levels and mental alertness have also both greatly improved. She now eats smaller meals and finds that her stomach capacity has also reduced due to her overall loss of fat and inches, thereby reducing her appetite. She's started fitting into her old clothes once again and many people have been commenting on how great she looks. She adds her overall health has improved greatly, and that her sinus problem has largely disappeared. Exercises improve circulation, opening up all the passages, including the sinus

passages. She notes that her flexibility levels have increased and she's able to move about and get all her work done faster and more efficiently than ever before. She says people are treating her differently, with more respect, post her attaining this new avatar.


A friend of hers who previously used to tell her that she would never succeed in shedding weight and get back into shape, is eating her words today!

STARTING WEIGHT:

Sheetal had started out with the Fitness Challenge at 59.5 kilos and now weighs 54 kilos.

VAISHALI NEGANDHI

INTERIOR DESIGNER

Vaishali's been doing well over the last two weeks. She's down by another kilo, and has lost a further 6" all over. She says there has been a huge improvement in her chronic back pain thanks to her workouts. Her overall health has improved. She feels that her flexibility has improved 110 per cent. Aside from many people commenting on how much she's reduced, she's particularly thrilled that her husband is so excited about this. Her appetite has reduced, and she's mentally sharper and more alert now. As a result of her weight loss, she's looking much younger than before. People are viewing her differently now and treating her with renewed respect. She says gleefully that the other day her doctor mistook her for being the younger sibling, whereas she's actually the older one! 

STARTING WEIGHT:

Vaishali had begun this Challenge at 61 kilos and is now down to 54 kilos.