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# FOUR WEEKS TO GO...



Three women. One goal. **Femina** and **Nawaz Modi Singhanian** of **Body Art** have launched 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...

Femina picked three lucky readers from numerous entries to train with Nawaz Modi Singhanian at the Body Art gym here in Mumbai. Sheetal, Ferzin and Vaishali embarked on a three month-long-journey on June 1, 2006 to knock back the fat and shed the kilos. They've been given a sensible, low-fat and low-sugar diet plan by Body Art, which incorporates all the food groups and encourages frequent eating. Two-and-a-half months down the line, let's see where they've gotten...

## OVER TO NAWAZ

Sheetal and Vaishali were doing fantastically well the last time. I hope their success and all the fabulous feedback they have been getting hasn't gone to their head! With just four weeks left to go to the end of the contest, I hope they hang in there and stay as determined and motivated as ever. Among the three girls, over the past two and a half months, Ferzin has lost the maximum amount of inches all over (35¼ totally), but Vaishali has lost the most amount of weight (7½ kilos). With four weeks left to go, it's a close call, and things could change dramatically. Losing inches is far more important than losing weight. This is because when we're doing a cardiovascular workout, we're burning fat and inches. Which is great! However, when toning, muscles become heavier and denser (but more compact). So, during this segment, while the inches and fat remain low, weight goes up. Well, then why not just skip the muscle toning segment and work on the fat loss bit? That way, one can keep the fat, inches and weight down, right? Right. However, without some degree of muscle tone, visual appeal is greatly reduced. We've all come across women who've lost loads of weight and inches, yet seem shapeless. They still have extra flab hanging around where they least want it. That's why building muscle is important. It's also crucial to keeping the skeletal system well supported and strong, and so getting rid of this segment is just not advisable.

## FERZIN SHROFF

### ADMINISTRATIVE EXECUTIVE

Ferzin is doing just fine. She had a bit of a sore throat, compliments of the season, and missed a few workouts as a result. She's been making up for lost time now. She has lost another kilo and 4½" all over.

She's also noticed a huge leap in her stamina levels (both cardiovascular and muscular) and says she's able to do a whole lot more during her workouts now than before. She says she's confidently been sporting shorter and more daring clothes than before!

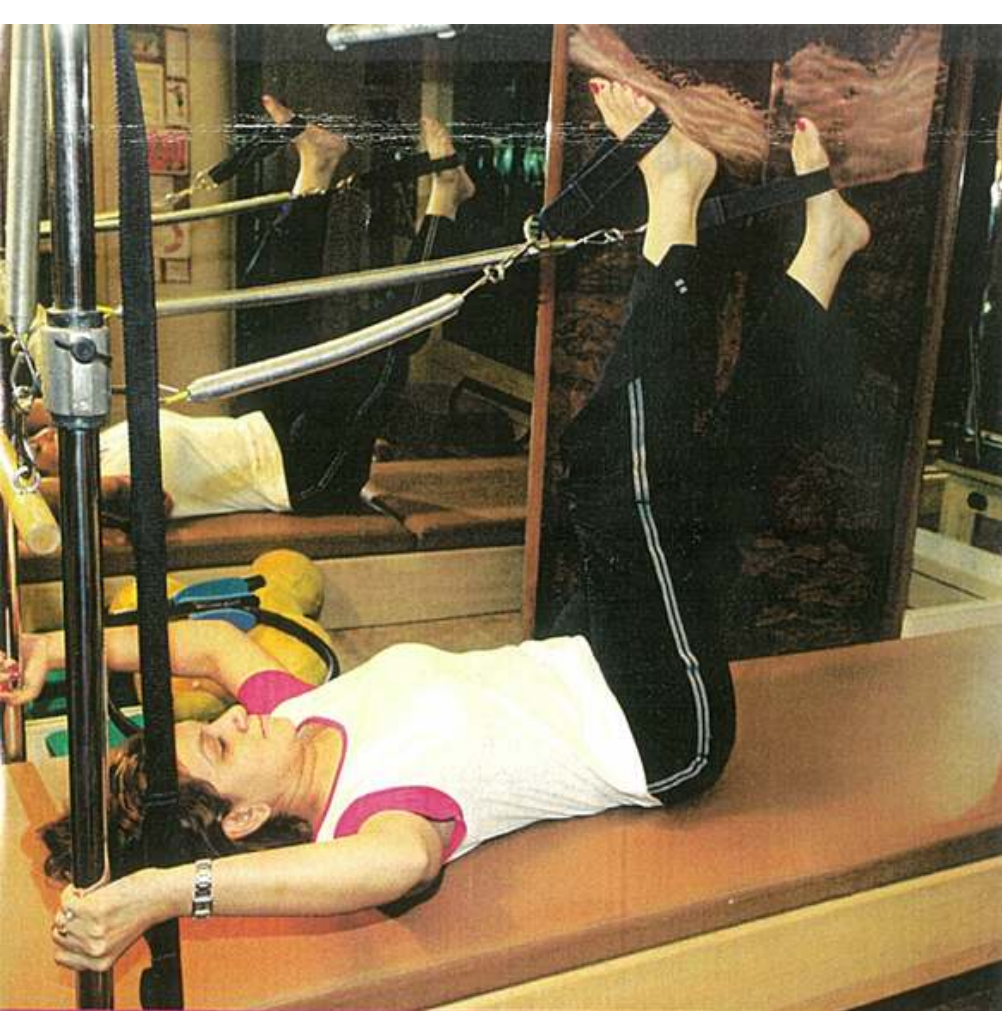
#### Starting weight:

Ferzin began this Challenge at 61 kilos, and now she is down to 55 kilos! She has lost (brace yourself!) 35¼" all over in the last two-and-a-half months!



PHOTOGRAPHS: CARL PEREIRA

Ferzin is working the triceps (the muscles at the back of the upper arms) on the Combo Chair



Sheetal is working her abs and lower body on the Trapeze Reformer Combo Table. The exercise she's performing is called Slow Walks In Space

## SHEETAL KAPASI

### HOMEMAKER AND MOTHER OF TWO

Sheetal has run into a roadblock over the past two weeks. She's developed slight knee pain and has been advised to rest it as much as possible. As a result, she's missed most of her workouts and has not lost any more weight or inches. She is, however, being as careful as possible with regard to her food habits, more so now than earlier, since she's not working out! She's also managed to maintain her weight and inch loss, although she's not dropped any further.

She has been advised her to do some quadriceps-strengthening exercises (exercises to strengthen the front of the thigh muscles) as those muscles are responsible for keeping the knees healthy, strong and trouble free! Her workshop, Pilates hub and gym trainers will help her with these. Her workouts will also be modified, and stretching and protective exercises will be included, to tide her over this time.

Her problem is short-lived and can be easily reversed with the right kind of exercises.

We wish her a speedy recovery and look forward to having her back in the game real soon!

### STARTING WEIGHT

Sheetal started the Fitness Challenge weighing in at 59.5 kilos and has lost 5½ kilos and 27" all over since the start of this Challenge, two-and-a-half months ago!



Vaishali is using the Magic Circle to tighten and tone the upper body and the core muscles

## VAISHALI NEGANDHI

### INTERIOR DESIGNER

Vaishali started off very well over the past fortnight, but more recently she's hit a stumbling block. Due to it being Shraavan, she's been giving her husband company and munching on a lot of 'faral'. She should have at least replaced the 'faral' with some of her regular food, but she did not. The 'faral' was in addition to it! She realised she had to take remedial steps right away. So, as of the last two days, she's gotten back on track. She's come down by another half kilo and has lost a further ¾" all over.

### STARTING WEIGHT

Vaishali had begun this Challenge at 61 kilos and is now down to 53½ kilos. She's lost 29¼" since the beginning! **L**