

# WHO WILL BE THE BIGGEST LOSER?



Three women. One goal. Femina and Nawaz Modi Singhania 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...

Readers who have been following the Femina Fitness Challenge with great interest will now be intimately acquainted with the three readers — Vaishali, Ferzin and Sheetal — who were chosen to work out with Nawaz Modi Singhania at the Body Art studio. The ladies have worked hard, eaten right, and overcome illness and bad backs since the commencement of the Challenge, to lose weight and tone up within the stipulated three-month period. With only a week to go before the final measurements, let's see how each one has fared so far... And who is most likely to win the Femina Fitness Challenge...

PHOTOGRAPH: DHAVAL DHAIRYAWAN

## VAISHALI NEGANDHI INTERIOR DESIGNER

Vaishali has been travelling and hence has missed quite a few of her workouts. She has, however, made up most of the sessions she missed by taking back-to-back workouts at the studio. Other than that, she's been disciplined with her food habits.

Like Ferzin, she too, has suddenly encountered a bit of a back problem, but in her case, it's due to too much work. With all the travelling she has had to do because of her job and the long journeys she has to make on our pot-holed Mumbai roads during the monsoons, her back has begun giving her some trouble.

Nawaz has given her a few simple stretches that will strengthen her back and help reverse the problem.

### WEIGHT LOST

**Vaishali has lost a full 10 kilos and 35.5 inches over the past three months!**



*Vaishali is getting her cardio workout on the treadmill*

## NAWAZ SAYS...

These lovely ladies have worked very hard and have come such a long way. They've lost so much fat, inches and weight, that they look like new people altogether! They don't look or feel tired, drained or worn out either, even after a long day at work or with the kids at home! In fact, they have a fabulously healthy glow about them! They're happy, positive, upbeat and energetic.

It has been fantastic working with them over the last three months! Regardless of who actually wins, keep up the good work, all you girls!

Congratulations to the new and hugely improved you!

Over the past two-and-a-half months, amongst the three girls, Ferzin has lost the maximum amount of inches all over (39%), but Vaishali has lost the

maximum amount of weight (10 kilos).

So who wins then?

Among themselves... Vaishali thinks that Sheetal will be the winner of this contest... Ferzin and Sheetal think... that Vaishali will be the winner...

Who will win the Femina Fitness Challenge?

Watch this space as we bring you the winner of the Femina Fitness Challenge!

## SHEETAL KAPASI

### HOMEMAKER AND MOTHER OF TWO

Sheetal has not had much luck in the last two weeks. Since she has been spending time at her mum's place, she has been unable to come in regularly for her workouts. And at this crucial moment, this has considerably set her back.

As of now, even though she's back at her own house and has just about gotten back to our fitness centre, some domestic problems have cropped up. Her maid is playing truant and she has to manage the house by herself. With all this and the little baby, she can't see herself coming in regularly for her workouts.

Although the Fitness Challenge is almost over, if a similar situation arises in the future and Sheetal is unable to make it for her regular workouts, Nawaz has advised that she stay fit by going for a brisk walk that doesn't require any equipment.

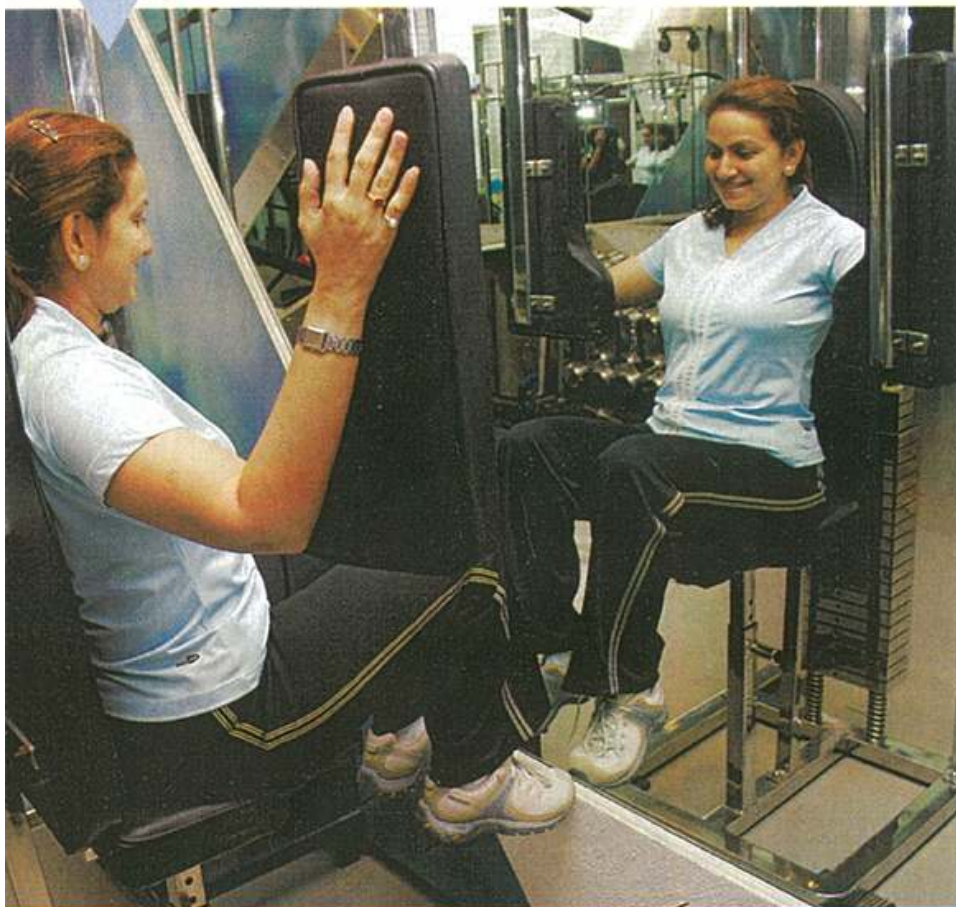
The Body Art studio runs a variety of programmes that teach its members how to get a complete body, deep-tissue workout, even if they're stuck at home, with little or no equipment and with crying babies and household chores in the picture! Chair workouts, floor exercises (callisthenics and callanetics), and body sculpting are just some of these.

### STARTING WEIGHT

**Sheetal has lost six-and-a-half kilos and 29 inches all over during the last three months!**



*Sheetal is working her chest muscles on the Pec Deck Machine*



*Ferzin is working her triceps (the muscles in the back of the upper arms) on the Bicep/Tricep Machine*

## FERZIN SHROFF

### ADMINISTRATIVE EXECUTIVE

The last two weeks have been fairly calm for Ferzin, with almost no binge eating or any reason to miss her workouts — all's smooth sailing with her. She's been working out regularly and her diet is completely on track too.

She says she has injured her back slightly by lifting something heavy, but that hasn't gotten in the way of her programme with us.

In order to ease and release the tension in the upper back region, Nawaz has given her a few simple stretches to do. **R**

### WEIGHT LOST:

**Ferzin has lost seven kilos and a whopping 39.75 inches all over during the past three months!**