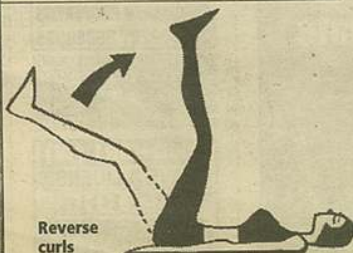


THE MUMMY RETURNS!



New mom Nawaz Modi Singhania tells us how to get back into shape post-pregnancy



Reverse curls

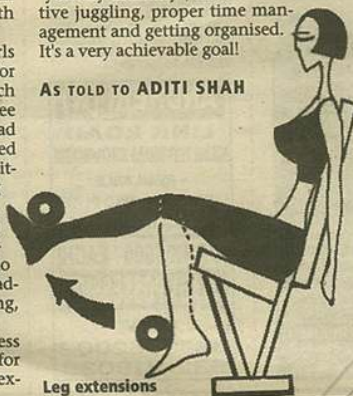
exercise mid-January, about 40 days post-delivery. While my last workout was the night before Niharika was born, I've restarted with all the Cardio and Strength Training group sessions that my fitness centre offers, along with equipment-based Pilates at our Pilates Hub.

There are several tips that women should follow post-delivery, with reference to exercise routines, diet and so on. Some include starting gradually, and overloading slowly as the body adapts over a period of time. It's very important to stay very well hydrated, especially if you're feeding. Water is lost during exercise through sweat. So in order to ensure that milk flow is not reduced, fluid intake is critical. Wear only cottons so that the skin breathes easily. If you've had a c-section, check with your obstetrician before starting ab exercises.

Post-natal fitness and care for women is absolutely critical. Taking the traditional "40 days" off allows the body, which is still facing hormonal highs, to rest and recuperate from the rigours of the previous nine months and, of course, from the entire birth process. Proper nutrition, a daily massage and adequate rest are all very important. By neglecting yourself at this juncture, many suffer its consequences over the years to come.

As for becoming a "fab mom" or a "yummy mummy", all it entails is effective juggling, proper time management and getting organised. It's a very achievable goal!

AS TOLD TO ADITI SHAH



Leg extensions

Mother of five months, the uber glam Britney Spears was recently spotted at a holiday resort in Maui, Hawaii, in a one-piece swimsuit further camouflaged with denim shorts and a hat. Although Spears is ready to re-launch her career with a new album, she's apparently still not confident enough of her body to shed her clothes.

Getting back into shape after pregnancy is an issue of contention for women on a daily basis. Closer to home, it's been just a little over two months since December 10, when Nawaz and Gautam Singhania became parents to a baby girl named Niharika. Now completely recovered from her caesarean delivery, Nawaz Modi Singhania, who runs fitness centre Body Art, advises our readers on post-partum health and fitness:

Firstly, how soon can or should one start working out after delivery? From case to case and obstetrician to obstetrician, the opinions alter slightly. But, gen-

erally speaking, for those who've had a normal delivery, two weeks post delivery is fine. For those who've had a caesarean, six weeks is advisable. It is best to start your fitness regime slowly, particularly for those who've had a caesarean, and gradually build it up. Walking would be the way to go initially rather than jumping into weight training. In the beginning, about one hour of exercise daily is suggested. However, for those who'd like to step up the pace and speed up the process of getting back into shape, a maximum of two hours per day is recommended, with a minimum of one day's rest per week.

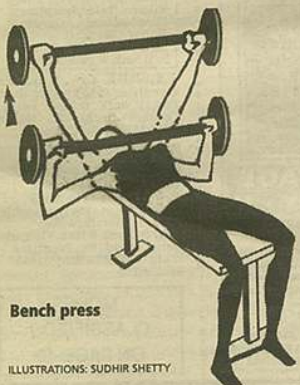
There are varieties of exercises a woman can do, either free-hand at home or at a gym with or without weights.

At home, free-hand: Compound exercises - such as push-ups and squats, which target a host of muscles at the same time - are great. Back hyperextensions will strengthen a back weakened by pregnancy. Abdominal crunches, sit-ups and reverse curls will help flatten those abs in no time, especially in conjunction with cardiovascular exercises.

At the gym: Leg extensions and curls along with leg presses are great choices for a compound lower body workout. Bench presses and flies along with some free hand upper body work is advisable. Dead lifts will help strengthen those weakened back muscles. Ab curls, crunches and sit-ups of various sorts will work at getting those ab muscles back in top condition.

Whether at home or at the gym, to get those inches and weight off, it's important to also get some form of cardio exercise in; be it in the form of the treadmill, cycle, stair climber, rope skipping, a cardio class, swimming or skating.

To talk about my personal fitness regime, as it isn't advisable to exercise for six weeks post a c-section, I resumed ex-



Bench press

ILLUSTRATIONS: SUDHIR SHETTY

YOGA FOR A HEALTHY BACK

Basic exercises for relaxation of the back - Part I

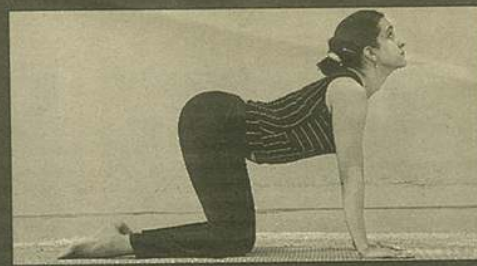
The following asana helps relax the back and improves its flexibility and strength. It also helps remove postural defects like a rounded back.

Caution: Practice this gently and slowly and avoid jerks.



STEP 1

Go down on all fours with your arms straight, palms under your shoulders, fingers facing forward and knees in line with your hips.



STEP 2

Inhale and raise your head to look up as you create an intense dip in your back
Hold your breath in the same position for a few seconds.



STEP 3

Exhale and drop your head down to arch the back, as shown
Hold your breath and hold the position for a few seconds
Resume from the starting position
Repeat 10 - 15 times.



Mumbai Mirror has been showcasing a series of Yoga exercises, specially sourced by Yoga guru Bharat Thakur. We have been featuring exercises for the back. Continuing with the same series, we will be covering exercises that help relax the back for the next three days, starting today. Bharat Thakur is the founder of Bharat Thakur Artistic Yoga. For further information log on to www.bharatthakur.com or call 022-55262536 for information on classes.