

Move that body!

Aqua aerobics and Gyrotonics are the latest buzzwords in the field of fitness, says fitness expert Nawaz Modi-Singhania

The science of fitness is constantly changing to include newer techniques to suit different body types, lifestyles and needs. Apart from the regular cardio and resistance training, a variety of workouts are now being practiced, like the extremely popular Pilates method, Swiss ball training, step workouts, slide training, trampoline exercises, muscle balls, facial fitness, indoor biking, muscle toning, Boxercise, circuit training, callanetics etc. However, two of the newest forms of exercise are Aqua Aerobics and Gyrotonics.

AQUA AEROBICS

The fitness value of aqua aerobics is fantastic. It conditions the heart, lungs, all major muscle groups, builds muscle endurance and strength, along with cardiorespiratory endurance. Most importantly, as 90 per cent of your body is supported by water, there is a very small injury risk because there is little stress on joints and ligaments. It's a great activity even for those who can't swim! Water exercise is probably the best choice for those who are overweight and

out of shape, for those who have arthritis or knee or lower-back problems as well as the pregnant exerciser. Aquabells, fins, hand paddles, inflatable rubber mitts and styrofoam noodles are some of the aqua aerobics accessories used by the exerciser for opti-

feel more challenging in the water. At the same time, water is gentle on the body, which is why it's used for injury rehab. And most importantly, it's such a fun workout!

GYROTONICS

Gyrotonics (pronounced

which exercise the musculature while mobilising and articulating the joints. Coupled with specific breathing patterns, the movements release blockages and stimulate the nervous system while improving co-ordination and increasing

and aerobically by varying speed and/or intensity. The result is increased muscular strength, endurance, flexibility, a slim, stream lined body, improved coordination and balance, cardiovascular stimulation, increased bone density, detoxification, tension release, neuromuscular rehabilitation, improved posture and better co-ordination.

This fluid form of exercises executed on the apparatus Horvath designed, the Gyrotonics Tower/Handle Machine — uses hand and foot operated wheelbases, suspended pulleys and spring tension to create resistance. There are 50 sets of exercises — with about 130 variations to

stretch, bend, twist and turn muscles with minimal effort.

The Gyrotonics system is a three-dimensional system of exercise which is a perfect complement to the Pilates Method. It is considered to be the next step from Pilates and is taken at a more advanced level at the trainers discretion.



Fitness expert Nawaz Mody Singhania demonstrates an exercise technique

mal result. This exercise helps strengthen the upper body and legs by increasing resistance against the water. Water provides natural resistance — the harder or faster you try to move or push through it, the more it will resist you. Sports drills that you might find easy to do on the floor, like executing a grapevine, can suddenly

gy-ro-ton-ics) is a new form of movement and body conditioning developed by Juliu Horvath, a Hungarian and principal dancer in the world renowned Rumanian State Opera which draws on his extensive background in gymnastics, swimming, yoga and dance. Gyrotonics focuses on a series of undulating spiral and circular movements,

internal and external strength.

Each exercise moves uninterrupted through flexion and extension, contraction and expansion resulting in a balanced support system for the skeleton. Done with a rhythm and flow, the body moves smoothly through exercise patterns. One can work gently and restoratively or more vigorously

Deepak Dhuri