

Nawaz's Fitness Mantras!

Amongst fitness enthusiasts, Nawaz Modi Singhania is a veritable celebrity. And rightly so!

She began 22 years ago and Body Art, her fitness centres at Gamdevi Road and Marine Drive, have become popular hubs for the health conscious, offering a range of fitness options from gym to Pilates, aerobics, aqua aerobics, trampoline classes, facial fitness, gyrotomics, boxercise, step classes, circuit training, slide training, callanetics, power yoga, prenatal and postnatal workouts, muscle ball workouts, muscle ballet, indoor cycling, Swiss ball classes...

The list is so exhaustive that one may lose a few calories just by reading through it!

Nawaz, as the moving spirit and rather lithe form behind it all, simply exults and concedes: "I like to bring in new things and develop new workouts. For over two decades, I've been at it."

She adds, "Unless I am excited and enthused, I cannot motivate others. My key joy is teaching. I love creating new workouts with music and choreography and sharing these with others. It's my passion. I do this first and last for me - others enjoying and benefiting from my work is a bonus!"

A mum of two girls, and still in super shape as she sits across us in her wine coloured velvet

tracksuit, Nawaz confesses to personally teaching about four classes a week.

Earlier, she used to teach upto 10 classes a week but found that was a bit much!

"I personally master train all my instructors at the centres so that they are all doing my workouts with the batches the way they should be done," she stresses.

"I am very particular and make sure none of our clients overstrain or hurt themselves. I see so much injury being inflicted at other so-called gyms. One has to be careful and one has to know what one is doing with one's body," cautions Nawaz.

One needs to determine the right workout for one's body, best suited to one's basal metabolic rate. "Most people start gym training because they don't offer too many options at regular gyms. We offer various types of workouts and guide people that merely getting on a treadmill or lifting weights every day is not necessarily required."

What is required, though, is maintaining one's optimal weight. "Parsis, particularly, are prone to cancer and heart disease and weight plays a role in both."

Nawaz reveals that a mindful approach to life, encompassing dietary care and adequate exercise, sees the reversal of many ailments.

Surely a far better option having to rush to the doctor!

- Dietary care and adequate exercise could lead to the reversal of many ailments
- Determine the right workout for your body, best suited to your basal metabolic rate
- Maintaining one's optimal weight is important
- Parsis are prone to cancer and heart disease and one's weight plays a role

