



nawaz modi
perfect fit

It's that time of the year again! With Diwali gone, and X'Mas and New Year around the corner, there are innumerable get-togethers, parties, weddings and dinners to attend. And with that, there's always food!



Fighting fit: Nawaz Modi Singhania



LOOKS like it's the food festival again! You'll be surrounded by mounds of dessert, starters, heavy food, alcohol, and the list goes on.. Which will tempt even the most conscious dieter.

Are the coming weeks supposed to be filled with joy and cheer? May be. But for those of us who're trying to get that fat off and keep it off, this time of the year can be most stressful. You still have another couple of weeks to go before you can surf into the New Year safely.

That aside, the extra time we may spend shopping, is bound to knock any exercise routine right off its feet! Let's face it. The odds aren't in your favour. Just relax. With a little careful handling, and some amount of jugglery, you can come out on top of this. Today's article will show you how.

SOME HOLIDAY SURVIVAL TIPS

Have dinner before you go

If your dinner invitation says 8 pm,

that probably means that dinner won't be served till it's time for Cinderella's coach to turn into a pumpkin. As the evening drags on, even your fingernails will start to look appetising.

Not looking good! When you're hungry, you'll give into eating anything, and you'll tend to really pack it in.

But if you've nibbled before leaving the house, if you've had a sandwich, salad or soup, you'll be just fine.

It'll curb the temptation of eating all those deep fried kebabs, and mini pizzas drowned in melted cheese.

Get a grip (of yourself, not of your love handles!)

Get real. You'll probably end up attending 2-3 parties per week over the next couple of weeks. Opt for wine instead of beer. A glass of wine (especially red) can lower your cholesterol level.

And remember, if you drink too often to other people's health, you'll end up ruining your own!

This, clubbed with nibbling

away on those appetisers is going to leave you wanting a new wardrobe at the end of the season, so go easy!

Imitation is the best form of flattery

The best recipes are on the dinner table during parties. Super! The only problem is that your host expects you to actually eat all that food!

In our society, cleaning your plate and going back for seconds and thirds, is the only way to say you enjoyed the meal. Great for the cook's ego; suicidal for your hips!

Instead, why don't you do the sneaky thing and ask your host for the recipe?

Imitation is the best form of flattery. Your host will be thrilled that you loved the food so much, that you want to share it with others.

Score brownie points

Score points with the host by offering to bring some appetisers of

your own along. Bring something that pleases both your taste buds, and your hips!

Titbits

It's okay to try what looks yummy, but just take a bit, rather than going the whole hog.

This way you'll cut down on the calories, but still please your taste buds.

If you're not part of the solution, then you're part of the problem!

At your own party, practice what you preach! Limit the number of appetisers you serve, and make sure you keep them as healthy as possible.

Choose fresh veggies with light dips and slices of fruit, rather than deep-fried *bhajiya*s and cheese balls. Serve dinner at a reasonable hour, and choose seafood or chicken (without the skin) rather than mutton, beef or pork.

If you're like a kitchen mouse, who likes nibbling away constantly while cooking, be smart about it. Keep healthy snacks like grapes or cucumber slices close at hand.

When it comes to dessert, make sure that you serve the same in prearranged bowls, so that they can be served in individual portions. If you're having a dinner for 12, make sure you have only 12 bowls, so there's no extra gooey chocolate cake to wake up to the next morning.

Stay active

Try to incorporate some additional activity to compensate for the hazards of the season. For instance, take the stairs instead of the elevator, or walk to work. If you've got even just a few minutes, you've got the time for a workout. Where fitness is concerned, something is better than nothing.

Short, effective workouts that

If you don't want to do an organised workout, then engage in any activity that you enjoy. If you feel like doing the salsa, or climbing up & down stairs, that's fine too. Just enjoy whatever it is that you're doing. It's all about getting you activated!

Put on your dancing shoes

If it's a dance party, then dance! You'll burn calories & become a better dancer! Practice makes perfect!

Healthy self-image

Almost everyone seems to have a problem with themselves! The thin think they're too thin, the fat think they're too fat, the short think they're too short, the tall think they're too tall, & the list goes on! These paranoias seem to peak in the party season, where people feel that they are more on display than before.

Go easy, and be good to yourself! After all, you're all you've got! Relax, and get comfortable with your body, and with who you are as a person.

If you're overweight, stop wearing dark colours in the hope of looking thinner. You won't.

You'll just look dreary and dull! Instead, focus on looking the curvaceous, wholesome woman that you are! Wear something that reflects your personality.

Don't compare yourself to everyone else. Genetics, body frames, basal metabolic rates, and many other factors go into our physical appearance. Not all of them are within your control. Be the best that you can be, and be happy about it!

Cut it out

Many standard recipes can be modified so that you can cut back on the fat, but not on the taste. Here are some ideas.

Instead of using:	Try:
Eggs	Egg whites only (two egg whites for every whole egg)
Cheese	Light cheese
Whole milk	No-fat milk
Sour cream	Light sour cream or low fat yogurt
Oil	Use less oil, & a non-stick pan
Chocolate	Cocoa
Meat	Use lean cuts. Use less, and cut them up into small bits.
Mayonnaise	Lighter salad dressings like olive oil or vinaigrette (in salads)
White bread	Whole grain bread

combine cardiovascular activities and strength training can help raise energy levels, tone the body, alleviate stress and much more.

Don't forget to warm up and cool down. Preferably, get yourself a good pair of cross training, air-soled shoes, to give you adequate shock absorption and support. Ideally get into cotton gear only. Avoid synthetics such as lycra, spandex and nylon.

These synthetics do not allow the body to breathe through the skin, thereby retaining the temperature build-up, which is natural during exercise.

Cotton, on the other hand, allows the body to breathe.

This will make things a lot easier for you during your workouts. Stay well hydrated.

Keep sipping on water during exercise, and drink plenty both before and after.

Remember that activity of any kind is better than nothing.

Of course, if you have the time, then hit your local fitness centre. Sweat it out in the cardio studio, or target strength or resistance training.

Remember that you're not alone. Everyone hopes to watch his or her weight through this season. It's just a matter of striking the right balance!

All the best for the season! Have a great Xmas and New Year. See you again on the eve of it. Same place, same time!

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