



nawaz modi singhania

perfect fit

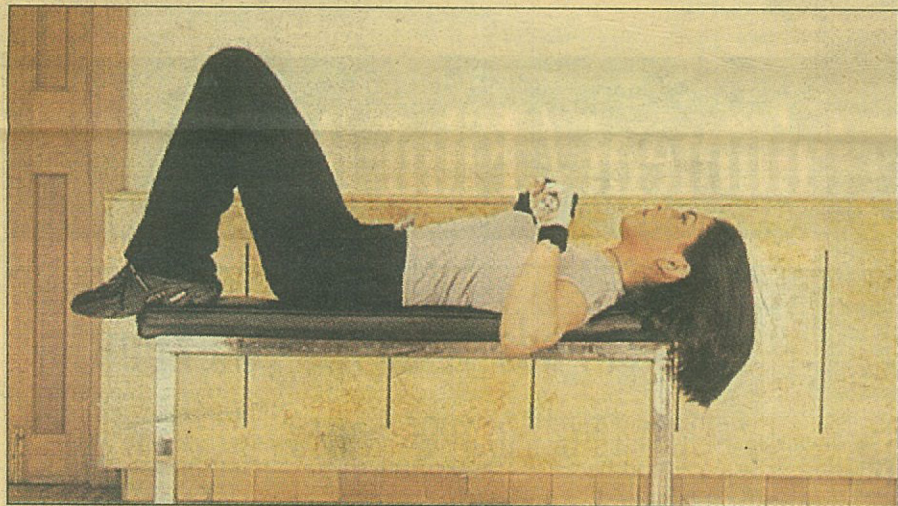
Kiss your fat goodbye

ANDY Rhine from California weighed all of 480 kgs when he died at the age of 35. He was found in his apartment on the couch, unable to walk anymore due to the tremendous weight of his own being. A crane had to be called for to lift him out of his apartment! He was transferred to hospital where he died, when his organs were crushed as a result of his body weight. His tired heart just could not cope anymore with having to pump blood into every nook and cranny of his gigantic body. It simply stopped beating!

Priscilla Stone took the cake! She weighed 1,100 lbs, and had to rely on a lorry as her only form of transport. Everything in her apartment was custom-made (doorways, beds, chairs, etc) to accommodate her monstrous self!

Society seems to be deeply and constantly preoccupied with weight. Obesity causes trauma, anxiety and depression, playing havoc with one's mind. The strong underlying implication is that there is nothing worthy about us except for the slimmest and tautness of our body - as if these are the measures of our worth and loveliness!

As a very minuscule percentage of the population are able to reach these highly unrealistic internalised standards, most people end up hating themselves, giving birth to psychological disorders such as an inferiority complex, lack of self-confidence, guilt pangs and depression. If only we were more disciplined, if only



Bench pressing for upper body conditioning

PICS BY RAM BHERWANI

we had more will power, if only we were thinner, we would be liked and accepted better!

This syndrome often gives rise to destructive eating disorders such as bulimia and anorexia nervosa.

It tends to negatively affect one's social life, personal life, sex life and career. Fat people are often the target of ridicule and butt of jokes among friends and in society.

As is well known and documented, obesity is also the cause of numerous health problems such as coronary heart disease, arthritis, diabetes, high blood pressure, high cholesterol, some forms of cancer, to name just some.

In short, the plight of a fat person is truly pitiable.

The upside? None! Except that you don't have to live with obesity! The age-old combination of a well-balanced and controlled diet along with exercise can truly turn your life around.

The benefits of regular exercise are endless and include:

- Fat loss
- Increased strength and endurance
- Increased self-confidence
- Increased flexibility
- Increased cardiovascular efficiency
- Increased mental alertness
- Denser, stronger bone
- Dramatic improvement in appearance
- Rise in life-expectancy
- Improved sleep
- Radiant health
- Decreased resting heart rate
- Decrease in blood pressure

The goal of exercising and getting fit should not be to contour yourself into the cur-

rent fashion mould, or to look like someone else. Make your own body as vibrant and healthy as it can be. Target overcoming the alienation from your body that so many of us feel.

Getting rid of your fat

Many factors affect a person's weight like genetics, body type, environment, dietary habits, metabolism, and so on. In many cases, obesity is the result of a sedentary lifestyle. Those engaged in active jobs are rarely obese. When exercising to lose fat, one must carefully consider the following factors, which if planned out correctly, will effect the desired bodily changes.

Activity- Aerobic (performance in the presence of oxygen)

Intensity- How hard one exercises

Frequency- How often one exercises

Duration- How long one exercises

Aerobic activities cover a large sphere, and include aerobic classes, swimming, cycling, stair climbing, racket games, jogging, walking and much more.

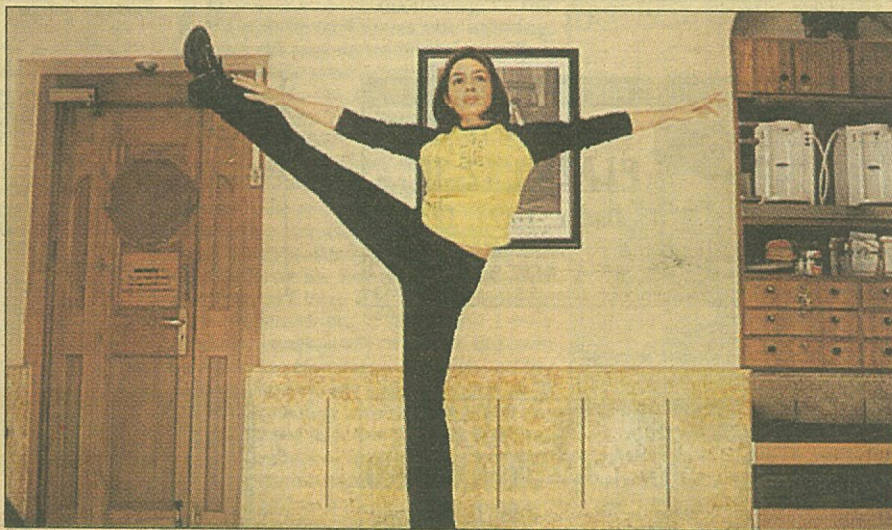
Intensity, or how hard one exercises, must ideally be within one's fat burning zone. This is also known as the target heart range or training zone. This range varies with each individual as it depends on varying factors such as age, goals, fitness level, health problems or limitations, medication, which one might be taking which possibly could affect the heart rate. There are various methods by which this target heart range can be calculated and monitored.

When it comes to frequency, for fat loss, one should workout at least three times a week, moving gradually upto five or six times. Ideally, raise your heart rate into its target

tracted state instead of stretching them could cause stiffness and muscle cramps later. Both these segments play a very important role in injury prevention.

2. Remember when exercising aerobically it is important to exercise continuously. If you feel the need to stop due to exhaustion, slow down

easily be dissipated. Synthetics, on the other hand, like spandex, lycra and nylon, are avoidable, as they do not allow the body to breathe. It is therefore difficult to continue with your workout, as the core temperature can't be easily dissipated through the skin through the sweat. Over and above this, one may additionally suffer skin irritations and rashes.



In the midst of a step routine

instead. You are probably working too hard to be burning stored body fat anyway.

3. Aerobic centres offer a large variety of Cross Training classes to choose from like Step, Boxercise, Body Sculpt, Slide, Circuit, Trampoline, Fusion classes, etc. One should ideally rotate all sorts of activities, planning different routines for different days. This will allow members to enjoy a wide variety of classes, alleviating boredom due to monotony in routines. It also allows for progression. When one sticks to the same routine, the body gets immune to that routine. After the initial spate of results, you'll cease to notice any more. The routine is thereafter ineffective.

4. It's natural to feel self-conscious when you start out, but remember that everyone in your class, even your instructor, was once a newcomer. Focus on the positive. Enjoy the music and the group energy, and be proud of yourself for taking that first step!

5. The muscle-toning segment will help you strengthen, tone and reshape your muscles. This segment also corrects postural deviations such as rounded, droopy shoulders, or a forward pelvic tilt. Even if you're exercising only to lose fat, do not skip this segment. Muscle toning is crucial in the way you end up looking, and is largely instrumental in injury prevention. The more toned you are, the higher your metabolic rate, and therefore the more calories you will burn both at rest and at work.

6. Do not compromise on footwear. Get yourself a good, thick, air-soled pair of cross-trainers. Your lower limbs require good support. Air-soled shoes are usually far more supportive and provide better cushioning than others.

7. Cotton exercise wear (especially during the hotter months of the year - like now!) is ideal, as cotton allows the skin to breathe easily. So, the heat built-up in the core of your body, which is a natural bi-product of exercise, can

8. Many exercisers like the look and feel of leotards and tights, but any non-binding clothing that is comfortable but supportive, and allows you to move freely, is fine to wear.

9. Many beginners feel uncoordinated until they get used to the routines. Don't worry: you will get used to them! Until then, to help you pick up the routine quicker, just do the leg work, and leave the arms loose. Take on the arms later, once you have pieced the footwork in together. Remember to work at your own pace. You are not in competition with anyone!

10. You'll start noticing the difference in the first two weeks. If you're doing it right, you'll see the effects of your workout almost immediately. If you don't, then review the situation. You've probably missed something!

11. Water must be drunk before, during and after your workout, in order to replace the water lost through sweat and to avoid dehydration. Water is also crucial in regulating the body's temperature. This is important as overheating hampers a person's ability to continue exercising.

12. The best surface to exercise on is a wood floor with an airspace underneath it. This surface will absorb up to 2.5 times your body weight. Avoid working out on cement or stone floors. They do not have shock absorbing features, and injuries therefore are unavoidable. If you're engaging in an outdoor activity such as jogging or walking, make sure that you use a mud/dirt or grass track, but not cement concrete. Non-resilient floorings typically pressure the lower limbs tremendously, specially the knees, shins and ankles, as they take the brunt of one's workout. Stay safe!

13. You should be going down at the rate of one - 1.5 inches per area per month. This pertains to the larger areas of the body such as the hips and stomach. On the smaller area such as the arms, obviously it will be proportionately less.

14. Keep a tab of your progress. Measure yourself each month; avoid using the weighing scale as a means to monitor your progress. Remember that your aerobic workout will get fat inches and weight off. However, when you tone, muscle is heavier, denser (but more compact) than flab is. So, during this segment, while your inches and fat remains low, your weight goes up. In other words, the scales can't give you an indication of your body composition, and therefore it's a misleading method of monitoring yourself.

Notice when you're able to do five more of a set or a routine, than when you started. Give yourself a pat on the back for creating those positive changes. Everyday you'll be one day closer to achieving your goal!

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Some important tips

- The warm-up and cool-down are very important
- When exercising aerobically - exercise continuously
- Everyone was once a newcomer, don't feel self conscious
- Muscle toning is also crucial
- Do not compromise on footwear.
- Cotton exercise wear is ideal
- Any non-binding clothing that is comfortable but supportive is fine to wear.
- Work at your own pace
- You'll start noticing a difference in the first two weeks
- Water must be drunk before, during and after your workout
- Keep a tab of your progress.