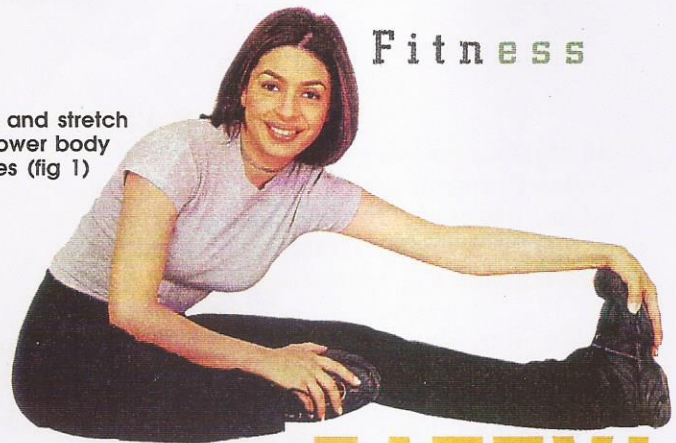


Cool down and stretch out the lower body muscles (fig 1)

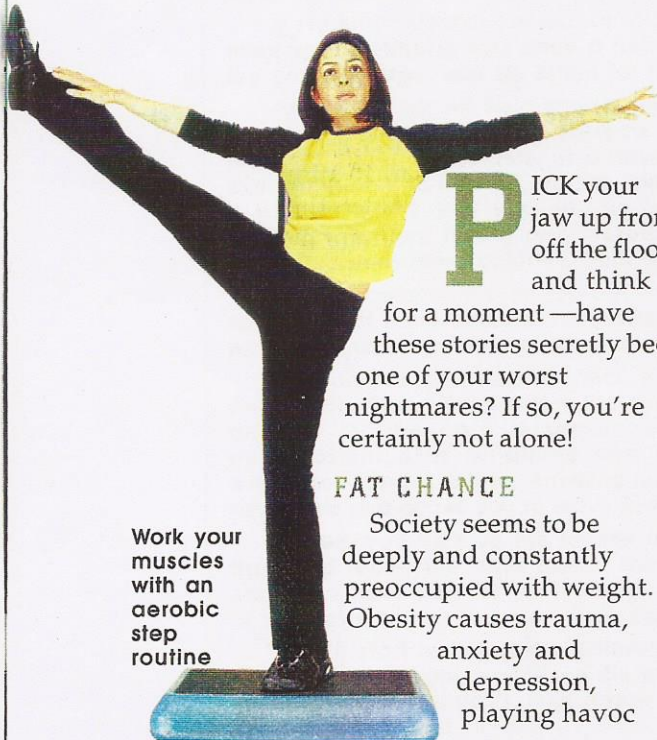


No One Wants To Be Called A FATTY!

...and more importantly, no one wants to be unhealthy. Nawaz Modi Singhania gives us the lowdown on food, flex 'n' turning your life around

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

PRESCILLA Stone weighed 550 kg, and had to rely on a lorry as her only form of transport. Everything in her apartment was custom-made (doorways, beds, chairs...) to accommodate her monstrous size!



Work your muscles with an aerobic step routine

MÔDEL: NAWAZ MODI SINGHANIA

PICK your jaw up from off the floor and think for a moment—have these stories secretly been one of your worst nightmares? If so, you're certainly not alone!

FAT CHANGE

Society seems to be deeply and constantly preoccupied with weight. Obesity causes trauma, anxiety and depression, playing havoc

with one's mind — the underlying implication being that there is nothing worthy about us except for the slimness and tautness of our body! Since only a very miniscule percentage of the population is able to reach these highly-unrealistic standards, most people end up hating themselves, or suffer an inferiority complex, low self-confidence. This can also give rise to destructive eating disorders such as bulimia and anorexia nervosa. Fat people are also the target of ridicule and the butt of jokes among friends and in society. And let's not forget that obesity also causes numerous health problems like coronary heart disease, arthritis, diabetes, high blood pressure, high cholesterol and certain types of cancer.

DON'T LOSE HEART

The age-old combination of a well-balanced, controlled diet along with exercise can truly turn your life around. The benefits of regular exercise are innumerable:

- * Fat loss
- * Increased strength and endurance
- * Increased self-confidence
- * Increased flexibility
- * Increased cardiovascular efficiency
- * Increased mental alertness
- * Denser, stronger bones
- * A dramatic improvement in appearance
- * A rise in life-expectancy
- * Improved sleep
- * Radiant health
- * A decreased resting heart rate
- * A decrease in blood pressure

The goal of exercising and getting fit should not be to contour yourself into the current fashion mould, or to look like someone else. Make your own body as vibrant and healthy as it can be.

USEFUL POINTERS:

* The warm-up and cool-down are very important. **They must not be rushed through.** The warm-up includes a series of stretching and limbering exercises, which get the muscles and heart ready to work. The cool-down brings your heart rate back down to near-normal levels, it helps you stretch and relax the muscles you have worked so hard, as in fig 1. Leaving the muscles in a contracted state, instead of stretching them, could cause stiffness and even muscle cramps later. Both these segments play a very important role in injury prevention.

* **Remember,** when doing aerobics it's important to exercise continuously. If you feel the need to stop due to exhaustion, slow down instead.

* It's natural to feel self-conscious when you start out, **but remember, even your instructor was once a newcomer.** Enjoy the music and the group energy, and be proud for taking that first step!

* Muscle-toning 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 instrumental in injury prevention. Toning also increases your metabolic rate and helps you burn more calories, both at rest and at work.

* 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 more supportive and provide better cushioning.

* Cotton exercise wear is ideal. **Avoid wearing spandex, lycra and nylon.** They don't allow the body to breathe and make it difficult for the core temperature to be dissipated through perspiration. Skin irritations and rashes can't be ruled out with these fabrics either. Anything non-binding that is comfortable, supportive and allows you to move freely, is fine to wear.

*To help you pick up the routine faster, just do the leg work at first, and leave the arms loose. Take on the arm routines later, once you have pieced the footwork together. Remember to work at your own pace. You are not in competition with anyone!

* 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!

ROLL AWAY

Many factors affect a person's weight like genetics, body type, environment, dietary habits and metabolism. Obesity can also be the result of a sedentary lifestyle. When exercising to lose weight, one must carefully consider the following factors:

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

Intensity — 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 factors like age, goals, fitness level, health problems or limitations and the 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.

Frequency — how often one exercises. When it comes to frequency, for fat loss, one should work out at least three times a week, moving gradually up to five or six times.

Duration — how long one exercises. Ideally, raise your heart rate into its target range and keep it there for approximately 30 to 40 minutes.

Watch this space next month for more pointers!



Now you can look trendy as you work those

gams. All you have to do is share your best fitness tip with us. The best tip will win fitness underwear from Jockey.

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