

NAWAZ MODI SINGHANIA-

TAKING THE STRESS OUT OF YOUR BUSY LIFE!



Behind the famous last name- Modi (maiden) or Singhania (married) is a woman who believes in a whole-istic approach to health!

Nawaz helps you find balance in all areas of your life, because she believes that your body, mind and spirit must work together to create fitness, vitality and inner peace. Meet **Nawaz Modi Singhania**- the woman behind *Body Art*!

People have become more aware of the benefits of exercise and a healthy lifestyle and the demand for the provision of services has created a diverse range of employment options. Gyms are no longer the prerogative of the rich, and to think that one of the richest women in the country runs a Health and fitness centre which caters to meet the needs of different sections of the society- from intensive training for professional athletes to gentle exercise for older adults.

Coming from a family of solicitors, it was understood that Nawaz would be a lawyer too. But she wanted to do something different. Sitting in her fabulously done Modi Lodge, she smiles as she reminisces,

"I was fresh from college. I was looking at doing something different. My father, my brothers, kind of expected that I would go that way. Actually my father wanted me to be a lawyer but I didn't want to. I completed my law but my options were always open. I was really looking at doing something different, which wasn't done at that time. I am very artistic. I like to work on my own terms. I wanted a variety of things. At that point of time I told him to give me two years to set this up and then I could switch over to law. The law aspect just didn't grab me and I wanted to delve further into what I was doing. I started doing workshops, without equipments, very few resources, very small area, built up a number of classrooms and built on facilities one after the other. So the gym came much later. And that's what I am doing currently.... for all those who are concerned."

What is- PILATES?

Pilates, the 70-year-old internationally recognized method is an all-encompassing workout, offering itself to just about everyone from the sedentary office worker to the professional dancer. Method compounds muscle groups and trains the whole body, coordinating the upper and lower musculature with the body's centre. All the 500 odd exercises are designed to get the body to work through its full range of motion, using every single bundle of 800 voluntary muscle-motors that each of us has been given to alter ourselves.

While Pilates takes a 'whole body' approach, the other programs take a 'body parts' approach. Celebrities like Katherine Hepburn, Madonna, Meg Ryan, Glen Close, and Nancy Sinatra have turned to this system.

Nawaz's *Body Art* is the only centre that is providing this equipment-based program.

Nawaz is professionally trained by the American Council on Exercise and the International Dance Exercise Association in USA. She has attended fitness conferences, workshops and programmes in US, UK, Far East and Australia. Every trainer or instructor who she hires is personally trained by her, according to the international standards.

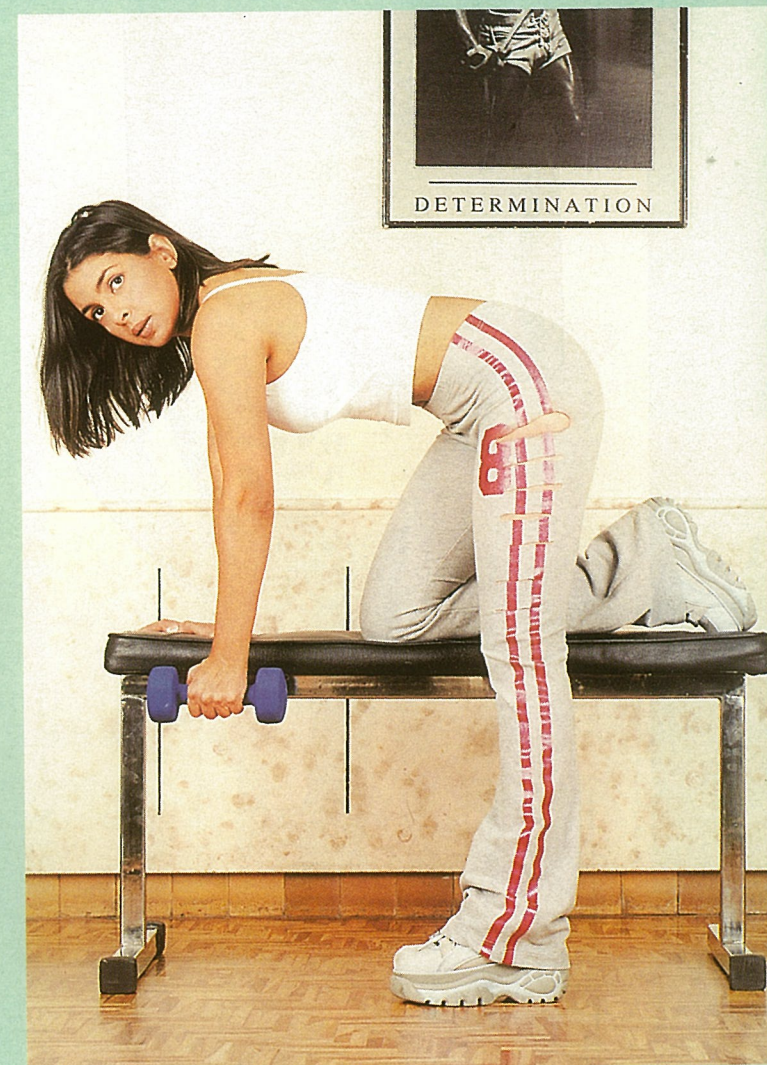
Even till date she keeps doing something unique in terms of routine, method of working, their clientele etc. *Body Art* conduct a lot of classes, methodology in terms of work, which doesn't happen everywhere.

"We conduct social workouts which are not available anywhere else, national ballet classes, **Pilates studio**, which was the first in India. So I'm looking at doing things, which have not been done. Stress management classes are not being done in most of the centers, we do that. In fact we do a variety of it."

How many clients does she have? And they must be all A-List celebrities...

"As per database, I have over 5000 clients. At given point in time, 500 or so are actually on hand. It's more of a value for money kind of a place. I cater more to the average rather than the celebrity clientele. We do have celebrities but I want to do things for average people who can't do afford to stay fit otherwise."

Are fitness centres really necessary? They say when you drop out you gather much more weight than you did earlier. "It's true that if you've never joined a gym you'll always have flab on you. When you'll get into any kind of fitness, you'll lose that weight. It's like going to a parlour. When you go to a parlour you don't expect it to be a one-time fix. You don't expect that the wax and the haircut is going to sustain for life. Obviously it needs physical maintenance. Similarly, your fitness has to be maintained."



Wouldn't someone who is very busy just love to diet and not exercise! Nawaz laughed at the easy solution.

"When you diet without exercise, you lose a lot of muscle and very little fat. Your basic metabolic weight is very low. It's the amount of energy that the person burns per day. Some people's metabolic weight is very high which is why the skinniest people may eat everything fat and still won't put on weight. Whereas the fattest people may eat nothing, just breathe and put on weight. It's really important to keep a person's metabolic rate very high because otherwise the weight gain is always going to be an issue. So the point is not that you're losing weight but making sure that the weight doesn't come back. The metabolic rate falls due to a variety of reasons. You do tend up losing a lot in terms of fat. But you end up not being very happy with the results. Today its not just about losing weight, it's about being fit, being toned and looking good."

She then repeats to me something she read somewhere, "A doctor was prescribing some exercise to his patients. The patient complains about not having the time to exercise. So the doctor asks what does he have more time for? One hour of exercise or 24 hours of being dead? So it really depends on what you want to compromise on. But there is



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no compromise in terms of can I still tone it down and get what I want out of it. No, you won't get what you want out of it. It could be better than doing nothing at all. It depends on how much you value and how much you improve yourself. I know mothers who look absolutely fit and fabulous after three kids than they did before any kids. Of course you get older, but you can still look good."

Every time my husband bumps into me in the middle of the night, he is astonished and says, 'Again you're eating?' I've always been a big night eater.

The little bit you can do is better than doing nothing at all. It may not give you the personal results that you want, but you can stay active as much as possible.

"Walk to work or back from work, stay as physically active as possible. Also drink a lot of water. Eat a lot of fruits and vegetables. The fibers are really important and help in weight management. Timely meals rather than just few meals in large quantities are better. It works differently for different people. For most people it works best not having anything in the morning."

And there are people who are so obsessed with fitness that even 100 Grams make them scream with paranoia.

"Anything done in extremes is always going to be a problem. Health and fitness should be your first priority. It's a vehicle to have you live a healthy, happy, fulfilled life. I find people who are such paranoid about weight gain, mentally unstable to a great extent. I strongly believe in balance."

Nawaz herself is a very active woman besides being slim and fit. How much does she exercise?

"Actually I don't really exercise." Unbelievable! "I take classes, that's the only form of exercise, which I do. Recently I've started exercising, working out myself. Before this I'd

never exercised by myself. I do it because I find it hugely effective and I find it very relaxing and soothing. But otherwise as far as mainstream fitness is concerned it's my classes, which I teach and happen to get the exercise. We have a team of about twelve instructors, spread out between the gym, the workshop, the Pilates and then there are personal trainers."

What about the diet she follows through the day?

"I go with fruits in the morning. I have a lot of water. I don't drink tea. I need my coffee first thing in the morning. I can't function otherwise. Lunch happens between 1-2 in the afternoon. Lots of salads, some cereals, usually rice with some curry or dal, typically Indian lunch. Evening round about 4pm I need a snack, which could be a sandwich or fruits, it really depends on my mood. Dinner is heavy and never controlled. It's not as restricted as one dinner. If I am watching television till late then every two hours I literally

HOW TO ADD STEPS TO YOUR DAY At Home:

Park in the farthest space from the shop.

Walk, run and play actively with your children

Hide your remote and change channels the old-fashioned way

Put on upbeat music and dance while you clean your house

Walk to your neighbors/friends instead of calling

Walk in place while talking on the phone or walk while talking on a cordless phone

Walk during commercials on TV

Plan active weekends (long walks, go hiking, go to the park)

Make more trips when unloading groceries from your car

Walk the dog

At Work:

Instead of a coffee, take a walking break

Park farther away in the parking lot

Walk in place while talking on the phone

Take the stairs instead of the elevator

Start a walking club with your co-workers

Walk to your co-workers desk instead of calling them

Compete with co-workers to see who takes the most steps a day, week or month

While travelling:

Do a condensed but intense workout. Create your own 30-minute, in-room workout.

Get active in airports.

Pack healthy goodies.

Walk up as many flights of hotel stairs as possible.

Drink plenty of water- as often as you can.



have another whole dinner. Everytime my husband bumps into me in the middle of the night, he is astonished and says, 'Again you're eating?' Like I said different things work for different people. I find that in the morning I absolutely have no appetite. My body type is such. Through the day I keep eating but nothing excessive, nothing out of control. I've always been a big night eater. I have a place outside my bedroom with a lot of my night stuffy things."

Right now *Body Art* is running a contest, which is titled the dream maker's inch loss challenge where they picked around fifteen girls and recommended some mixed workouts, a certain format of a diet. They started in October and it'll go on till the end of December.

"The pre-winners will be selected, and in the first month itself, different people lost at different levels to a different extent. Two of our girls lost 4 kilos each and 4 inches in quite a few areas, like large areas of the body. That was a 3-week programme. It's tough to do it with Diwali, Christmas; it's tough to stick onto something like this."

But results she must give!

"To the extent that it sometimes gets difficult to recognize people because when a person is really large and I see them six months down the line, I almost can't recognize them."

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