

G2

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NAWAZ MODI SINGHANIA STARTS A NEW EXCLUSIVE COLUMN FOR G2



FITNESS TRENDS

Nawaz Modi Singhania, India's leading fitness and lifestyle expert, begins a new, exclusive column for G2. In this issue she spotlights the top three fitness trends that have taken centre stage this year

- **Barre workouts** are a hot new craze. Done barefoot, with nothing but a ballet barre, one can tighten, tone, reshape, burn fat and inches, improve on flexibility and become very fit, not to mention feel as supremely graceful and lissome as a ballerina. Barre workouts are a combination of postures inspired by the disciplines of ballet, pilates and yoga. It is a superb way to get that long, lean look, which is typically associated with a dancer's body.
- **Bodyweight Training** is occupying one of the top fitness hot spots, and for good reason. Why? Because it's easy and cheap! All you need is your own body weight. You can do this workout practically anywhere. No fancy equipment or special facility required! Push ups, planks, squats, lunges and other such compound exercises which work many muscle groups in a single exercise are part of this routine. Combined with cardio and a sensible diet plan, one sees superb results in a short period of time.
- **Gyrotonics** is another hot ticket item! Developed by Juliu Horvath, a lead dancer in the world renowned Romanian State Opera, in the late 1980s, this revolutionary system is based on moves from a variety of exercise forms such as yoga, ballet, swimming, dance, *tai chi* and gymnastics. Using the Gyrotonics tower/handle machines, about 50 sets of exercises, with approximately 130 variations, get one to bend, twist, stretch, spiral and turn muscles and the skeletal system with minimal

effort, in a fluid, almost surreal manner.

The Gyrotonics System is often combined with the Pilates Method, and can be used by more advanced pilates practitioners, but may also be used independently. This three-dimensional system of exercise guarantees an increased range of motion, aerobic stimulation, neuromuscular rejuvenation, improved balance and better coordination. The system even works wonders in rehab. Bone strength and density are increased, countering osteoporosis.

Faulty ingrained posture is corrected, eradicating movements leading to pain and fatigue. Profound core body strength is quickly and easily developed. Bone structure and ligaments are strengthened by working internally. It also promotes cardiovascular stimulation by raising the heart rate and keeping it there for a sustained period of time.

Being a non-impact form of exercise, senior citizens too find great value from the methodology. A whole array of health problems can be controlled, and in many cases, reversed.

Pilates, treadmill training, TRX suspension training and various other forms of fitness are hot on the heels of the above mentioned routines. At the end of the day, variety is the spice of life. Variety in your workout is key to seeing constant improvement in the various parameters of fitness, so go, ride the wave. Above all, enjoy your workouts while getting fitter and healthier all year through! ☺