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# Top 10 Fitness Trends

Fitness guru and founder of Body Art Fitness Studio **Nawaz Modi Singhania** spotlights the hot new fitness trends

**I**'M often asked what's new, hot and buzzing on the fitness scene these days. Hot fads such as exercise apps like the Fitbit, weight training, high intensity strength training and more are taking centre stage. Let's take a closer look at what's hot.

- 1 **Wearable Technology:** Smart watches, heart rate monitors and fitness trackers of sorts, smart glasses and even smart fabrics are amongst the most popular trends. These wearable devices give the user immediate feedback which makes them more aware and conscious of their level of activity, motivating the user to strive to achieve their fitness target. Having a sort of fitness buddy / buddies via your techie device, forms a community of like-minded people and lends support and motivation to users to stick to the path.
- 2 **Body Weight Training:** Using one's own body weight as resistance during a workout, like in exercises such as push-ups, planks, squats and sit-ups continues to be high up on the most popular list. It's a quick, effective and minimalistic approach to fitness.
- 3 **High Intensity Strength Training:** This sacrosanct, evergreen favourite continues in popularity, all the more so with the male population.
- 4 **Cardio Dance:** If you like to dance, or have secretly always wanted to learn but felt you had two left feet, you'll love cardio dance routines. There's Bollywood, Latin American, Pop, Zumba, Clubbercise, Ballet, Scottish, Country Line, Pole Dancing and there's plenty more where that came from. Exciting, fun, high energy routines where you learn to be a great dancer is a no-brainer win-win situation. If you're one of those that loves a little bit of everything, some cardio dance classes gives you a great mix of everything from Bollywood to disco.
- 5 **Personal Training:** If you prefer one-on-one settings rather than large groups, personal training is for you. This is specially true if you need a highly customised programme for any special needs or health conditions like arthritis, scoliosis, knee or back problems.
- 6 **Functional Fitness and Beyond:** To be functionally fit means you can easily perform your daily activities without discomfort or injury. For instance you can sit down and get up off the floor with ease, you can sleep without getting a crick in the neck and you are able to climb up a flight of stairs without your legs really hurting. The next step leading from and moving beyond functional fitness though, is Loaded Movement Training where the body trains to move in three dimensions using loads such as weights, kettlebells and sandbells.
- 7 **Fitness Programmes for Senior Citizens:** Everyone wants to live long, but no one wants to grow old. Like it or not, we grow old anyway! However, everyone wants to be as healthy and fit as they possibly can. Therefore these highly customised fitness programmes which consider the senior's age, health conditions, fitness level, goals, lifestyle, likes and dislikes are on the rise.
- 8 **Pilates:** Studio-based pilates involves the use of different types of reformers, various types of pilates chairs, spinal correctors of sorts, and far more. One can expect a perfectly sculpted, flexible body, with long, lean musculature and a strong, flat mid-section. Pilates is also great for rehabilitative purposes.
- 9 **Anti-Gravity Training:** This new kid on the block is fast gaining in popularity and quickly moving up the charts within a short period of time. This is a mind-body-soul workout. Working aerially in a hammock, one can look forward to a strong, lean, sculpted and flexible body, among many other mental, emotional and psychological benefits.
- 10 **Yoga:** Deeply rooted in our ancient Indian tradition and culture, yoga continues to be evergreen. There are so many forms such as Power, Ashtanga, Bikram, Kundalini, Hatha Yoga and more. Just select the one that is right for you and you will find yourself embarking on a wonderful journey in this realm. ☺

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