

JULY 2016

# FORUM VIEWS

BBF AT ICSA 2016  
29<sup>TH</sup> ANNUAL GENERAL MEETING  
Stockholm, Sweden (23 - 24 May 2016)  
Hosted by Swedish Securities Dealers Association

BSE BROKERS' FORUM (BBF)  
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on International Council of Securities  
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## FITNESS VOCABULARY

By Nawaz Modi Singhania  
Founder  
Body Art, The Fitness Studio

“Your words will make you fat and unhealthy! Remember that choices are not made at the stage of action. By then it’s too late. As the saying goes – You may believe that you are responsible for what you do, but not for what you think.”

### **A is for... Apple** **B is for ...Big Belly** **C is for ...Can't be bothered**

Is somewhere the language we feed into our brain making us fat? How precisely we are psychologically affected as a result of the things we say to ourselves? Let's take a look at some of the common self - defeating statements we feed into.....

- I can't exercise as I just don't have the time.
- I can't exercise as I have 2 kids in the house.
- Now that I have kids my days of having a good figure are long gone.
- I can't exercise as I have Arthritis / Asthma / Cardiovascular disease / knee problems.
- I can't exercise as I work late.
- I can't exercise as I'm lazy & have no will power.
- No point exercising & trying to be slim as I have an emotional eating problem.
- I'm a chocoholic.
- I find exercise so boring!

Your words will make you fat and unhealthy! Remember that choices are not made at the stage of action. By then it's too late. As the saying goes - You may believe that you are responsible for what you do, but not for

what you think. The truth is you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think....

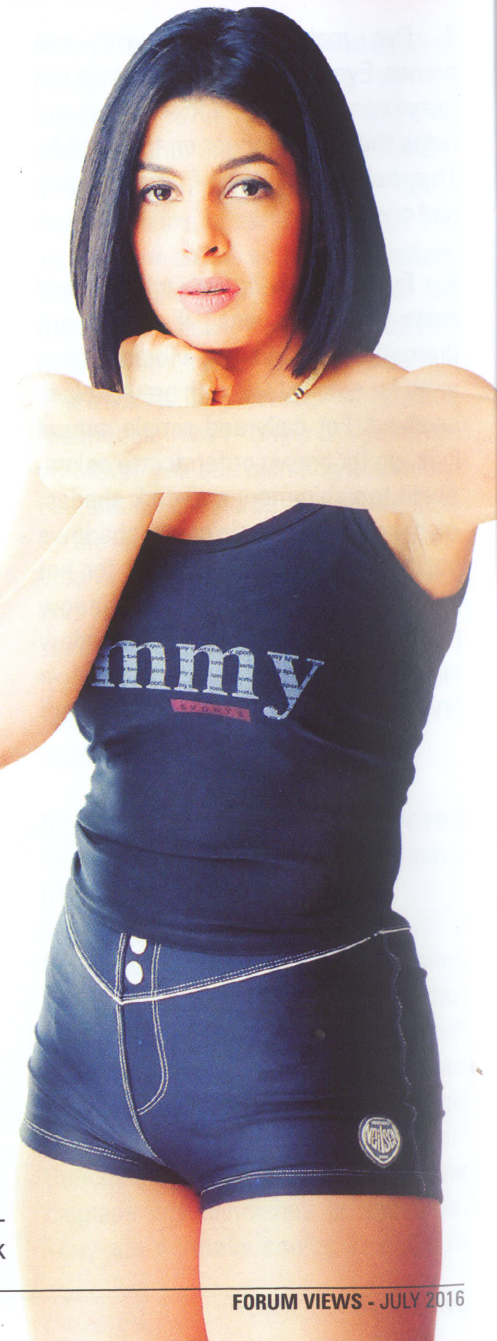
“Your thoughts become words, which then translate into action, or the lack of it, as the case may be.”

Your thoughts become words, which then translate into action, or the lack of it, as the case may be.

So while everyone wants to look their best, to be slim, toned, healthy & energetic, what is it that makes us keep feeding ourselves the above negative language, thought and emotion? What really is the dichotomy?

Is it that somewhere we feel the effort won't be worth it? Do we feel it's all too hard? Or do we feel it's just not going to yield the result we want? Or perhaps we feel we don't really need to be or to look any better?

Shadow Boxing -  
Delivering a Head Hook





My personal feeling is it's because one really doesn't truly get how fabulous in every way it feels to be an ideal size, shape, tone, at an optimum level of health, and so on. For instance, how would you ever explain the wonders and the miracle of sight to a blind man? It's just not possible to truly understand, till one really gets there themselves!

So what exactly are these unparalleled benefits anyway? They're countless! They include fat & inch loss, muscle endurance & strength, a variety of Cardio-respiratory benefits, lowered risk of Type II Diabetes, stroke, some types of Cancers, dementia & Alzheimer's, improved self-confidence, improved sleep, increased energy, countering osteoporosis, delayed ageing, and so on.

Is all that worth it? Of course it is! Your body is the sole reason you are able to enjoy a human experience here on planet earth! You certainly want the best possible one that you can have! If it's important enough to you, you'll find a way. If it's not, you'll find an excuse. That's really all there is to it.

Reasons and motivation examined, let's delve a little deeper into what really keeps you from making exercise a part of your life, and see how we can alter that.

If your struggle is time, there are many ways to work around this. Try using most of the lunch hour at the office to workout instead of only eating through it, or get your workout in early in the morning on the way to work, or then post work on your way back home. On days when you are so stretched that you can't even do that, make sure you generally stay more active. Use the stairs instead of the elevator, walk down the road to your next appointment instead of driving there, or do a few simple exercises even just sitting at your desk! If you can't exercise as you have children to look after, exercise at home with them



around! If you're under the illusion that post kids you can't have a good figure anyway, look around you and think again! Many women have far better figures post their children than they did prior to having kids! If you have Arthritis / Asthma / Cardiovascular disease / knee problems, exercise can to a very large degree either reverse these conditions or at least give you much relief from the pain & disability caused by them. If you feel you can't exercise as you're lazy or have no will power, you probably just need to find the activity that you enjoy doing so that exercise doesn't seem like a chore. That might be dance, martial arts, roller blading, biking or whatever. Many of us have emotional eating problems. These can be easily overcome by keeping healthy snacks ready & cling-filmed in the fridge so when these attacks come about, you still don't do yourself damage. These might be healthy, low fat, sugar & gluten free snacks such as soups, salads, wraps, and so on. If you're a chocoholic try switching to chocolates that are sugar-free but contain stevia or malitol instead.

Where there's a will, there's always a way. Most importantly, start right now. Excuses never burnt any calories. Watch in amazement as you transform completely into a superhuman version of you!!

Photo Courtesy - Body Art,  
The Fitness Studio  
Nawaz Modi Singhania

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