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# *Khiladiyon ka Khiladi*

AKSHAY KUMAR

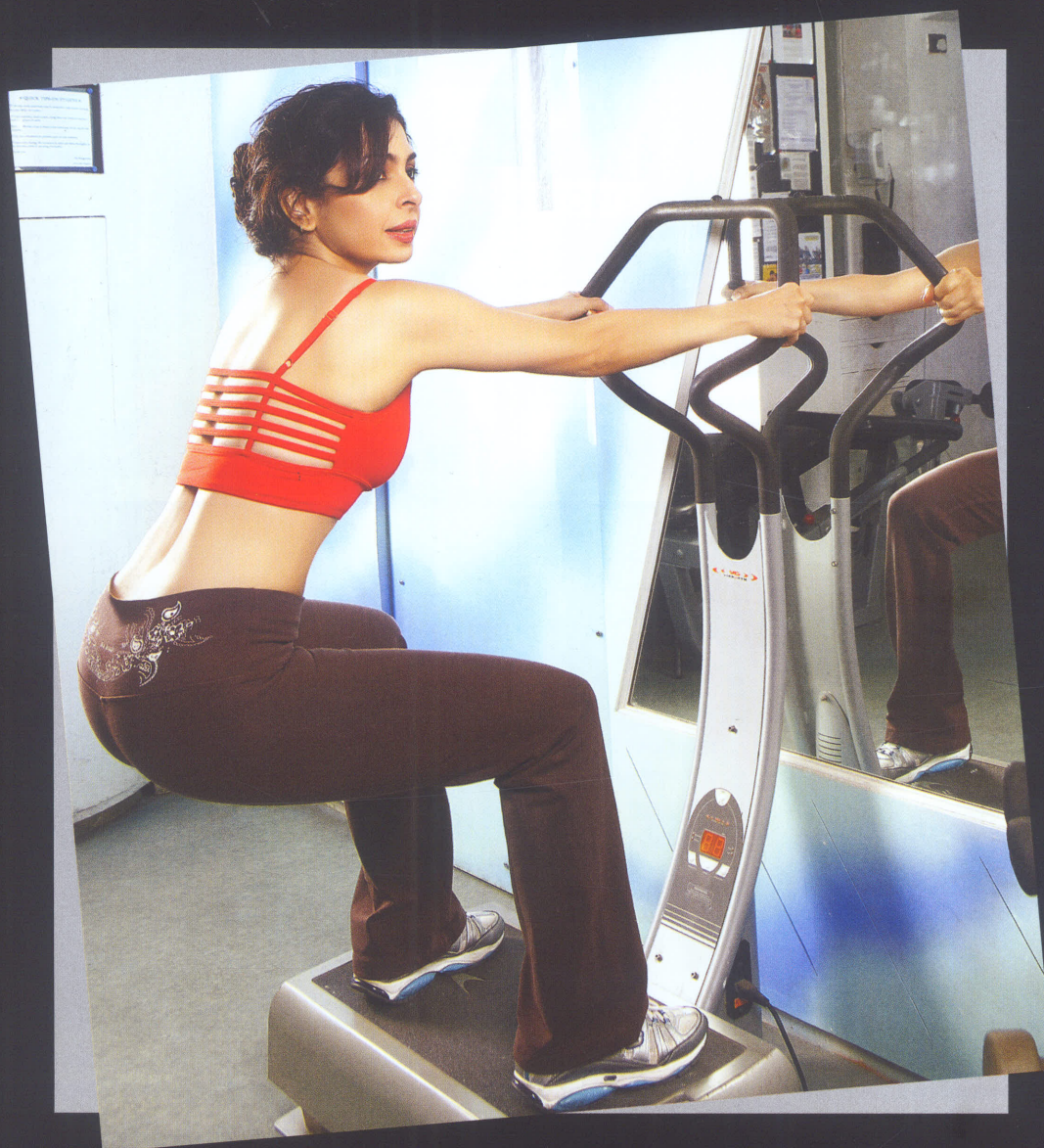


CARS AND COUTURE, MAKE-UP AND DANCE, AMBROSIA AND ACTION



# *Fitness fast-forward*

*Narwaz Modi Singhania*, fitness guru and Founder, Body Art, offers you a few handy tips to follow, maintain and sustain



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OW that we've gotten so far on the fitness front, let's take in a few other pointers. After all, we don't want to miss out on the fine-tuning of the process!

## WHERE'S THE FIRE?

Of prime importance, make sure you're driven by your own burning desire to get fit—not your best friend's, your mother's or your husband's. You are going to want to have it and you are going to have to want it. And you're gonna have to want it real bad! Anything else is a waste of time and effort. Don't bother kidding yourself.

## WHAT'S GOOD ENOUGH?

Exercise cardiovascularly at least three times a week for 30-40 minutes continuously. Recent research in America has shown that the effects of exercise are cumulative. They add up. So if

you are really busy and can only spare 10 or 15 minutes every day, this would be acceptable, though not ideal for fat loss.

It works on the principle that it's better to work out a little everyday, rather than not at all. Take in as much as you can for a total of around 3 hours a week, stepping this up gradually from time to time to speed up the process.

## A GOOD SUPPORT SYSTEM

When making changes, even the most beloved friends and family members may feel it is an unnecessary exercise, which imposes upon them. If you can identify people who will



support you, their encouragement will make it easier for you to stick to your new lifestyle. Get a good overall support system. Steer clear of those who undermine your weight-loss programme. Whatever their motivation, you don't want people forcing you to have another piece of chocolate cake or some more *mithai*. If they really cared about you, they would want you to be happy, healthy and in great shape.

## START HERE AND NOW

Remember, the journey of a thousand miles starts with a single step. No matter where you're currently at, just get going. It's never too late.

## WALK THE TALK

If you're new to exercise, you might want to consider starting with walking. It'll give you an endorphin high that'll spur you onto taking classes and lifting those weights.

## GET A PARTNER

Enroll into a class or gym with a friend or spouse. When you're feeling lazy they will motivate you to get your act together, & vice versa.

## DIETING CAN WRECK HAVOC ON YOUR CLOSE PERSONAL RELATIONSHIPS

Recent studies have found that a woman's obsession with her weight, crash dieting and low body esteem can lead to marital problems, even divorce. A husband, close relatives and friends can lose patience and tolerance with a dieter's constant cribbing or sad, negative self-image. Keep your problems to yourself. Don't be a talker; be a doer!

## GO VEGETARIAN

By cutting back on all that protein and the excess fat that goes with it, you'll lose fat and inches fast. If you can't find it in yourself to do this, then try and stick to seafood and chicken. Go slow on the red meat and other animal products. Remove the skin of chicken and fish before cooking as they contain a high level of fat.

## WAIT FOR TEN MINUTES AFTER THE FIRST HELPING

It's a fact, and a handy little trick. Wait for 10 minutes after your first helping, and you won't want a second one, or a snack soon after. This is the amount of time that it takes for the hypothalamus (a section of the brain) to figure that the stomach is full and satisfied. It actually takes 20, but you've taken an average of 10 minutes already while consuming the first helping.

## TAKE A BREAK FROM RESTAURANTS

A good many people commit suicide with a knife and fork! Cook yourself healthy, low-fat, low-sodium meals at home. Your wallet and your waistline will thank you for it.

## SIP YOUR SOUP

Studies have shown that a bowl of soup before your meal will curtail your appetite as it is filling and takes a relatively long time to eat. As the brain takes about 20 minutes to realise that the body is full, soup sipping is particularly useful in quantity control.

## SOCIAL EVENTS DON'T HAVE TO FEATURE FOOD

The worst part of a diet isn't watching your food, it's watching everybody else's! Friends and fun do not have to be centred around food. Instead of meeting for lunch or dinner, join a fitness centre together or take a walk together. You'll get a thrill out of enjoying each other's company and knowing that at

the same time you're improving your health and fitness levels!

## DUMP CONVENIENCE FOODS FROM YOUR DIET

As a thumb-rule, non-fresh foods usually contain added chemicals, a high amount of sodium and fat. This is exactly what adds to their shelf life! They don't, however, do your body any good.

## KEEP HEALTHY SNACKS CLOSE AT HAND

Destiny shapes our ends, but caloric intake is what shapes our middles! Keep things like fruits, vegetables, and sandwiches made of whole wheat bread and no butter close at hand. When those hunger pangs burst in, you'll want to grab the first available edible item. Make sure it's low on fat and calories, while being nutritionally rich.

## READ LABELS

Get into the good habit of reading food labels. If there are some ingredients you can't pronounce, let alone identify, then the chances are high that this meal is loaded with chemicals. Avoid it.

## DROP THE SALT

Add the zing to your meal by using chilly sauce, black pepper, vinegar, paprika seeds, mustard or lime juice instead of salt. Besides keeping your blood pressure in check, you'll cut down on that belly bloat you'll otherwise get from salt consumption. You'll be surprised to find that your food will taste better too!

## IT'S OKAY TO GAIN WEIGHT

Gaining 1.5 to 2 kgs. every decade, after the age of 20. Don't fear aging. Putting on a bit of weight as we get older is good for the body and the soul. Extreme thinness can increase the risk of osteoporosis. A very thin face is also far more likely to show wrinkles at an earlier stage.

## EAT SMART ON THE JOB!

Overeating is not the way up the corporate ladder! Eat simple, sensible food. It'll keep from you feeling sleepy, lazy and sluggish all day. Keep your mind on the business at hand. Stay focussed.

## CHECK ON INCH-LOSS, NOT WEIGHT-LOSS

Though you might have been working out diligently, your weight might stay the same. This is because you've probably built up on muscle tissue, which weighs more than fat. That's great. Therefore go by the measure tape, how your clothes fit, and how you look in the mirror—not by the weighing scale.

## THINK THIN!

Mind over matter. Carry yourself, walk and think like a thin person. It actually works wonders.

## HAVE FUN!

Don't get too obsessive and stressed about achieving your goals. Relax, have a good time working out, and before you know it, you'll meet a new and improved you!

## CREDIT YOURSELF

See how far you've come with your plan and how much you've accomplished. Compare old photographs of yourself when you were at your heaviest with recent ones. Huge difference! Imagine how great you'll look and feel when you do reach your eventual goals! All the best ☺



For more info log onto [www.bodyart.in](http://www.bodyart.in)