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## LOSING WEIGHT – THE ULTIMATE FITNESS GUIDE

By Nawaz Modi Singhania  
Founder, Body Art, The Fitness Studio

So if you're saddled with the extra weight, waiting for your life to begin, & you want to look your slimmest, sexiest best, you've laid your hands upon the right reading material!

Read on to figure out the fastest & most effective way to do it.

It's only a proper combo of cardio exercise & resistance/ strength training that's going to knock those kilos & inches off, while toning & firming you up nicely!

A sensible low-fat, low-sugar, low starch eating plan must be combined with your workouts to achieve the result you want. You'll get the best guidance from our Body Art website - [www.bodyart.in](http://www.bodyart.in)

If you're new to exercise, start with 3 hours of Cardio, coupled with 2-3 hours of resistance/ strength training a week. Sessions of one hour at a go are ideal, & try & space all your sessions out. If you've been exercising for sometime now, then step up the cardio to

5-6 hours a week, along with 3-4 hours of resistance/ strength training.

Cardio activities could include walking, jogging, skipping, stair-climbing, swimming, dancing, an aerobic class, step workouts, kick-boxing, slide training, trampoline workouts, biking, roller blading, & ski-ing.

Resistance/ strength training activities could include gym training, calisthenics (floor-work), callanetics

(reshaping & lifting muscles), Pilates, Swiss ball training, body sculpt classes, body weight training & certain forms of yoga.

The best thing to do is to get professional help; join a Fitness Centre which offers you cross training programmes (a wide variety of classes and fitness routines).

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Keep a written record of your weight & inches every month to mark your regular progress. This is a very important motivational tool.

If you want to speed up the process further, beyond the scope of the below charted-out 2 month programme, then add on a brisk & continuous 45 min- 1 hour walk 2/3 times a week. Keep a check on your pulse every 10-15 minutes during your walk to ensure

that you stay between 160- 180 beats per minute, where fat & inch loss is at its optimum. Common pulse location sites are the radial artery, located in line with the thumb at the wrist, & the carotid artery on the side of the neck just below the jaw-line. If your pulse is over 180 beats per minute, it's important to slow down slightly. If it's under 160 beats per minute, then step up the pace! Intersperse your walk with mild, slow jogging for a few minutes every now & again. When you feel a bit out of breath, come back to walking, & when walking seems too easy, go back to light, slow jogging.

A word of caution:- Always warm-up before your workout & cool-down post it appropriately. Get your trainer to help you on this.

Never embark on an exercise programme without your physician's approval.

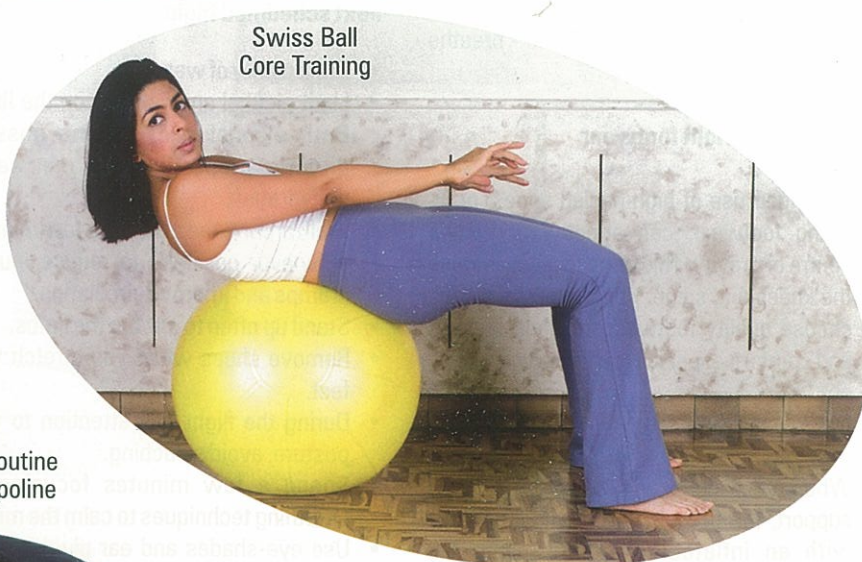
Start now, and in no time you'll enjoy the new and improved you. Life's too short to be anything other than the best that you can be!

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

More health & fitness-related  
info available on [www.bodyart.in](http://www.bodyart.in)



A Cardio routine on a Trampoline



Swiss Ball  
Core Training