

SAVVY

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NEWSSTAND COPY

**SEXUALLY
UNCONFIDENT
AFTER YOUR
BREAKUP?**

**KIARA
ADVANI**
ON HER CHALLENGES,
HER EQUATION WITH
SALMAN KHAN
& MORE...

**LUXE
THERAPY**
BODY POLISHING

**THE PROS
& CONS OF
FASTING**

**WILL TAYLOR
SWIFT &
KANGANA
RANAUT
EMPOWER
OTHER WOMEN?**

**DIWALI
DAZZLE**

- FASHION
- MAKEUP
- JEWELLERY
- FOOD
- DÉCOR
- CELEBS

fit & FAB!



Fitness expert
Nawaz Modi Singhania
gives you the fastest
and most effective way
to lose weight.

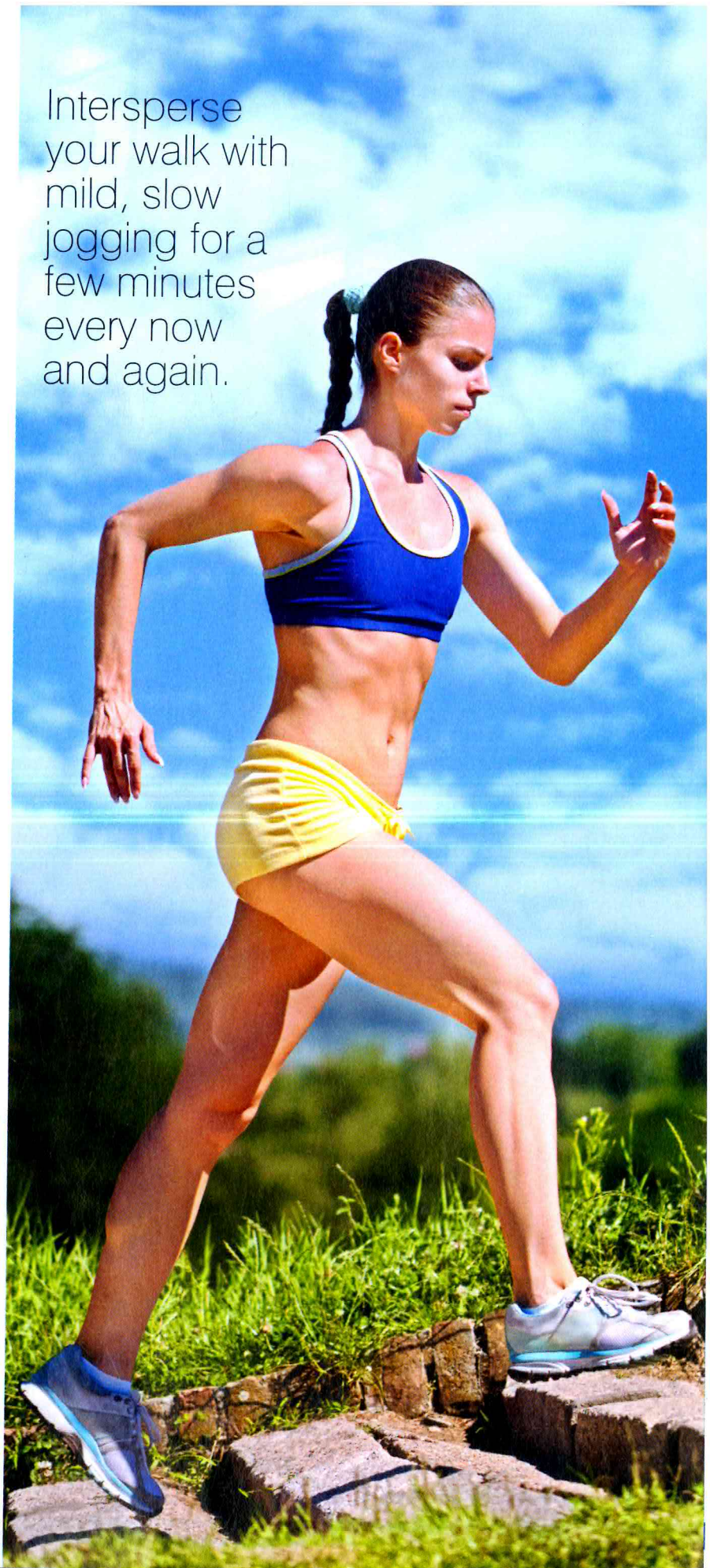


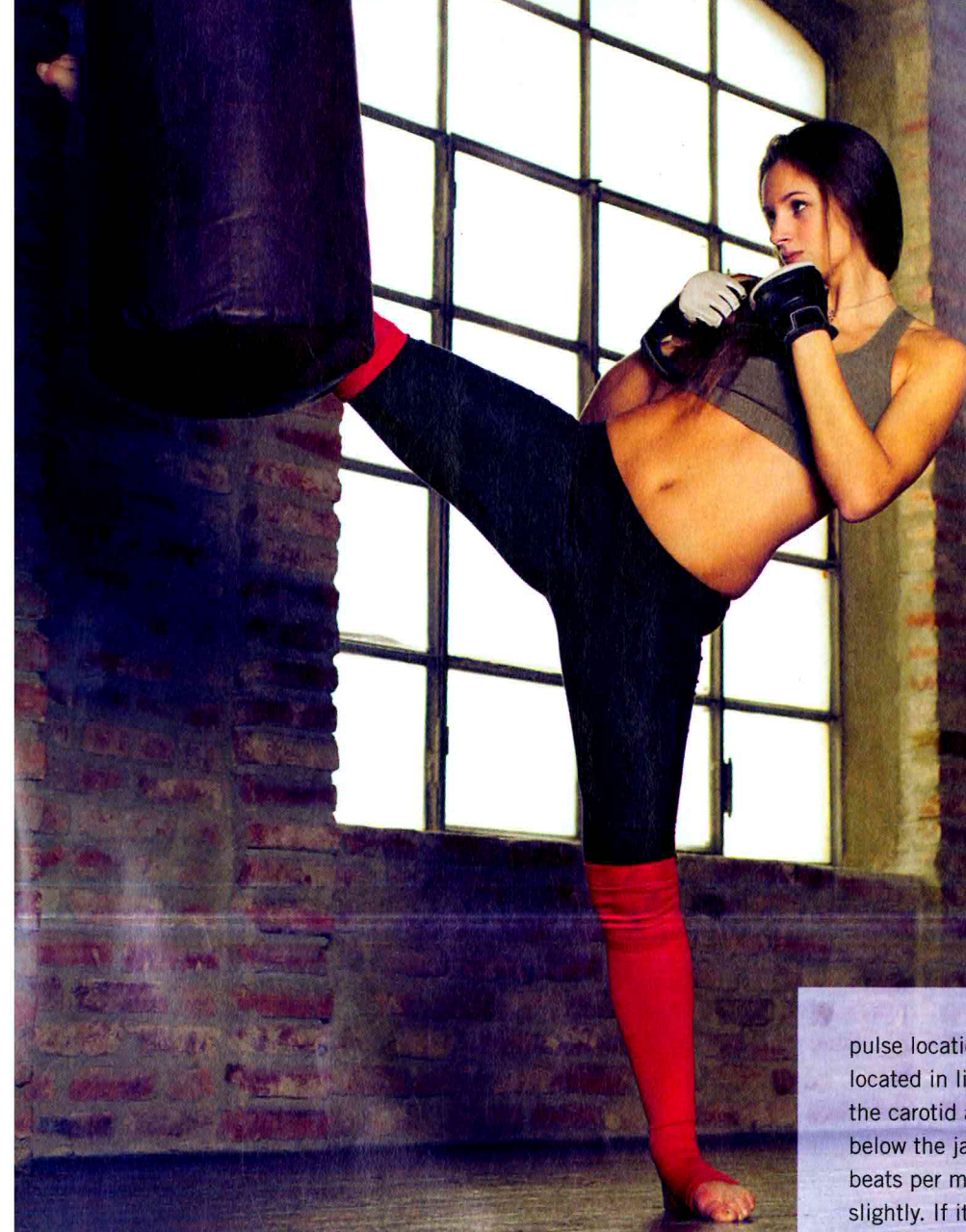
Are you saddled with extra weight and want to look your slimmest and sexiest? It's only a proper combo of cardio exercise and resistance/ strength training that's going to knock those kilos and inches off, while toning and firming you up nicely. A sensible low fat, low sugar, low starch eating plan must be combined with your workouts to achieve the result you want.

Exercise Right!

- 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 an hour at a go are ideal. Try and space all your sessions out. If you've been exercising for some time now, then step up the cardio to 5-6 hours a week, along with 3-4 hours of resistance/ strength training.
- Cardio activities should include walking, jogging, skipping, stair-climbing, swimming, dancing, aerobics, step workouts, kick-boxing, slide training, trampoline workouts, biking, roller blading and skiing.
- Resistance/ strength training activities should include gym training, calisthenics (floor-work), callanetics (reshaping and lifting muscles), pilates, Swiss ball training, body sculpt classes, body weight training and certain forms of yoga.
- The best thing to do is to get professional help. Join a fitness centre which offers you cross training programmes.

Intersperse
your walk with
mild, slow
jogging for a
few minutes
every now
and again.





Always
warm-up
before your
workout and
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post it.

pulse location sites are the radial artery, located in line with the thumb at the wrist, and the carotid artery on the side of the neck just below the jawline. 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 and again. When you feel a bit out of breath, come back to walking and when walking seems too easy, go back to light, slow jogging.

- A word of caution: Always warm-up before your workout and cool down post it. Get your trainer to help you with this.
- Never embark on an exercise programme without your physician's approval.

So start now, and in no time you'll enjoy the new and improved you!

- Keep a written record of your weight and inches every month to mark your regular progress. This is a very important motivational tool.
- If you want to speed up the process beyond the scope of say, a charted-out 2-month programme, add a brisk and continuous 45 minute-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 and inch loss is optimum. Common