

SKINNY BUT FAT?

While we are fussing over being obese and overweight, those who are 'thin but fat', are also at various health risks

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Do you have a lean frame and fall under the category of what we call 'slim' but there are love handles, or flab on your tummy, loose arms and cellulite on your thighs? If you identify with these conditions, then you are probably 'skinny fat'. Skinny fat - medically known as metabolically obese normal weight, became a buzz word in 2014 after TIME Magazine did a detailed feature on it. According to research by the magazine, "Skinny fat refers to someone who has a weight and BMI that are normal for that person's height but has much more fat and not enough muscle recommended for optimal health. On the outside, you look skinny, but internally, your body composition is unbalanced."

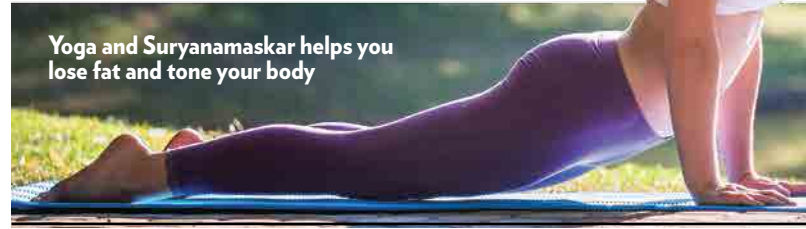
to many health risks - diabetes and cardiovascular problems are some. Advising on how to attain a healthy body and lose fat, Mishra says that regular physical activity, walking, cycling, sports, strength training and so on are the ideal ways to lose fat. He adds, "Besides physical activity, keeping your calories in check is also equally important as those who are normal obese have the tendency to binge and generally, even their meal comprises a much larger portion than what an overweight person eats, irrespective of their gender. Hence consuming protein and fibre-rich diet and a balanced diet is important." If you thought dieting would be a great idea to lose fat, remember dieting will help you lose weight but without exercise, after weight-loss your body will become even more loose."

DON'T GO BY BMI

People with normal BMIs (body mass index) will never consider being skinny fat, but to find out if you fall in that category, only measuring BMI is not sufficient. You may weigh perfect on the scale and may have a normal BMI but how do you decide if you have the right proportion of bone weight, muscle weight and fat? Says Mishra, "Many people just assume that if their weight

WHAT CAUSES IT?

In skinny fat, the ratio of fat to muscle is more in one's body. Your legs may look thin but since there is no muscle covering your bones, what lies inside is only fat. What can cause this condition? Says Dr Ramakant Mishra, a physician from Gurugram, "Unhealthy lifestyle, overconsumption of carbohydrates and fatty food, no physical activity, weight-loss, over-eating, lack of sleep, lack of protein in their diet are some of the reasons why a person becomes skinny fat. The accumulation of fat certainly gives rise



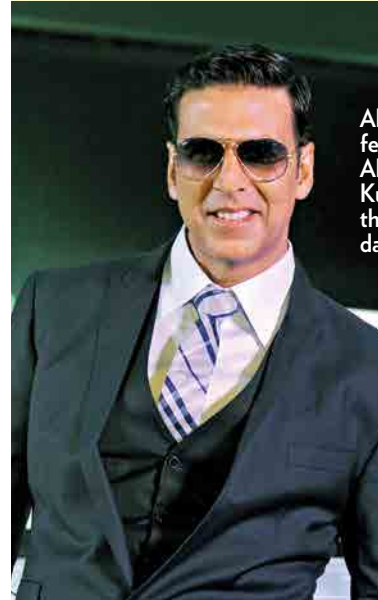
Yoga and Suryanamaskar helps you lose fat and tone your body

Don't get inspired by Bollywood glamour for fitness: Abbas Ali

Celebrity trainer Abbas Ali, who has worked with Bollywood personalities Shahid Kapoor, Shilpa Shetty, Sonakshi Sinha and Zareen Khan, among others, says fitness is not a three-month fat-loss package but a lifestyle and it's important to understand the purpose and reason of choosing it as part of your life than opting for it just because some actors are doing it. "Don't get inspired by the glamour of Bollywood in fitness. If you want to be fit and healthy, first know the reason and purpose of choosing fitness as lifestyle," said Ali.



"In today's day and age, our mind is leading another life and our body is going in a different direction. We need to incorporate fitness as a lifestyle and not as a concept. We, as media and celebrities, inspire Indians when it comes to fitness and that's where we have gone wrong. Fitness is science. Do your research before starting a fitness regime or a healthy lifestyle from a fitness expert," he added.



Abbas feels Akshay Kumar is the fittest dad



Katrina Kaif working out

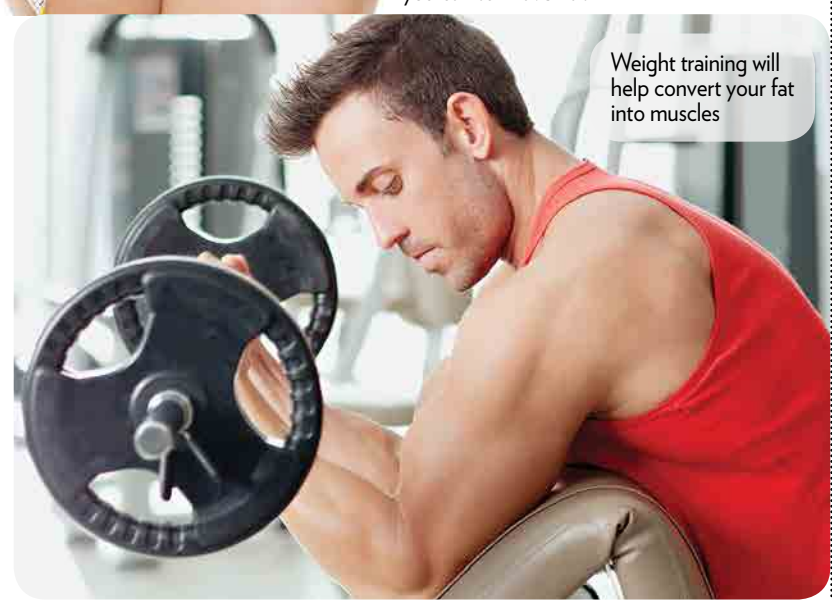
mine had a different purpose for health and fitness and as a coach, I show them the most efficient way to achieve a fit body rather than going to extreme levels and using short cuts," says Ali. Ali adds that true success and satisfaction in his career came through his own transformational experience. An eight-month transformation, to be precise, that saw him go from 95 kg to 79 kg. He says that 'health is not a monkey see, monkeys do business'. "You can't ape people because we all come from different cultures (food), different lifestyle, genetics, and body types. Know your body, know your fitness goals, do your research, consult a sport nutritionist and a fitness coach who can guide you for health and performance rather than following a celebrity or media article on fitness," he said. However, he feels that Indians have become more health and fitness conscious now than ever.

"Today, an average Indian contributes to his or her fitness by incorporating small changes like morning walks, changing from sugar to sugar-free, from eating white carbs to brown carbs, and avoiding gluten and unhealthy fats, junk, packaged food and aerated drinks," he said. With Father's Day on Sunday, who, according to him, is the most fit Bollywood father nowadays? "Easily, Akshay Kumar for his age and discipline. He has a comprehensive approach towards health and fitness," Ali said. IANS



You can be thin but you can still have flab

"Skinny fat refers to someone who has a weight and BMI that are normal for that person's height but has much more fat and not enough muscle recommended for optimal health. On the outside, you look skinny, but internally, your body composition is unbalanced." — Time Magazine



Weight training will help convert your fat into muscles

and/or BMI is normal, they have nothing to worry about as there is a misconception about BMI's usefulness in assessing weight and health. For example, according to the World Health Organisation (WHO), if your BMI is between 18.5 and 24.99, you are considered to be in the normal range for sufficient health. But does it define fitness? While BMI is just a simple measure of the weight of a person scaled according to height, body fat percentage is an estimate of the fraction of the total body mass that is fat mass, as opposed to lean body mass (muscle, bone, organ tissue, blood, and everything else that makes you work)." Hence body fat percentage is a much more accurate way to measure excess body weight than BMI.

TONE YOUR BODY AND BUILD MUSCLES

While losing the fat is important, converting the fat into muscles is of equal importance because you need muscles to not only support your bones but also for strength. Says Chinmayee Pai, city-based yoga expert and trainer, "While yoga is helpful in toning the body by reducing the fat percentage, if one wants to build muscles and bulk up one's body, one needs to join a gym and do weight training under supervision of a fitness instructor." However, she emphasises that losing fat for skinny or thin people is similar to those who are overweight and have fat in their body. "For any fat loss, cardio is the best option and Suryanamaskar is the best way to lose fat and tone your body. Besides different asanas are targeted at different parts," she says.

FIT AS A FIDDLE

Retired banker Sitaram Jadhav follows strict dietary and exercise regime

Sitaram Jadhav, the 67-year-old former regional manager of the Union Bank of India, says, "It is necessary to have a balanced diet for a healthy life. Though I was never fat, I realised that due to my profession, I would get addicted to unhealthy food habits. Therefore I started looking after myself. I made sure that I eat healthy and preferably home-made food."

Currently working in a college, Jadhav has laid down certain rules for himself. He starts his day with a glass of boiled water, followed by a heavy breakfast which includes either poha or upma or a paratha without oil along with some fruits. His lunch comprises two medium-sized chapatis and a vegetable. He strictly avoids rice in his diet. "In the evening, when I take a break for snacks, I drink a cup of green tea. I keep my dinner very simple and light. I consume one medium-sized chapati with a vegetable and salad. I avoid consumption

FITNESS FUNDAS

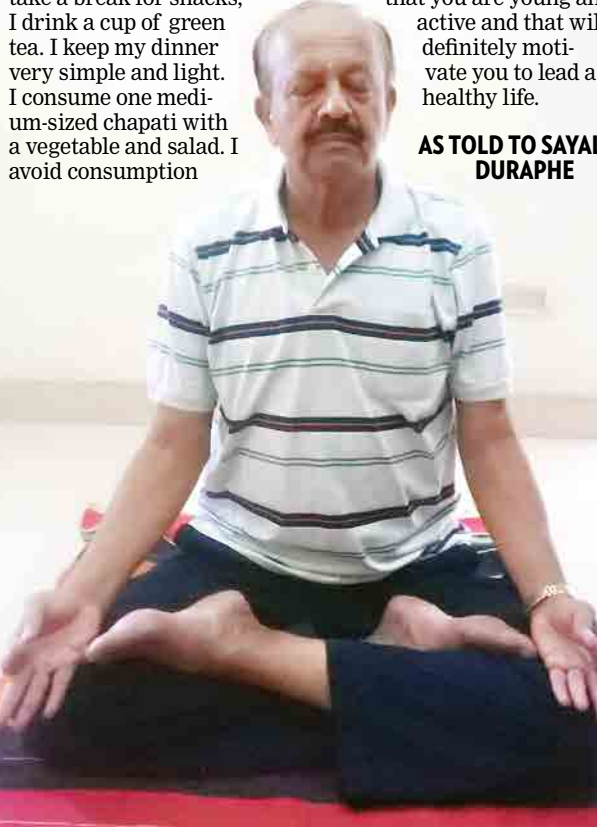
of oil, milk and milky products, bakery products and outside food," explains Jadhav.

Although a balanced diet is important, Jadhav believes that exercises and fitness play equally important roles.

"I do yogasanas at 5 in the morning for an hour and a half. Later, I take a 30-minute walk in a nearby garden. On every Sunday, I go trekking to the Sinhadag Fort. Every year in the month of May, I travel to the Himalayas or Nepal and explore the scenic beauty along with my friends. Also, we trek and try out different adventurous sports." Recently, Jadhav visited Bhutan and did some rappelling. Says he, "Because of my healthy diet and fitness funda, I can live my dreams and explore the world outside. I think it is important for you to believe

that you are young and active and that will definitely motivate you to lead a healthy life.

AS TOLD TO SAYALI DURAPHE



SHAPE UP

Sweat it out

You don't have to skip your fitness regime during the rainy season. Here are some exercise routines that you can follow indoors

NAWAZ MODI SINGHANIA

So has the monsoon washed away your workout? Can't head out for a walk, cycle around the neighbourhood, play tennis, get to your Aqua Aerobics class or get a good roller blading session anymore? No sweat (pun intended)! There are plenty of other fitness activities you can engage in like gymming, spinning, aerobic classes, pilates, gyrotomics, yoga, trampolines workouts, slide training, dancing, playing badminton and many more.

What are the advantages of indoor workouts over outdoor workouts?

- **Temperature control:** You no longer have to put up with the sweltering heat, humidity, rain or cold. You can avoid the harmful rays of the sun.
- **A clean, healthy environment!** You don't have to put up with the visual pollution, offensive gases and toxic fumes you're subjected to on an outdoor workout in an urban environment.
- **Ideal flooring:** The worst floor surface you can workout on is cement concrete as this doesn't absorb body impact at all. So body parts like the knees, back, shins and ankles are under a lot of pressure and may well get injured when working out on cement. The best flooring to workout on is wooden, with an air space under it. This absorbs two to three times a person's body weight and therefore is very shock absorbent.
- **Variety:** You get a lot more variety of routines that you can engage in indoors than you can outdoors. This alleviates boredom and doesn't let the body get immune to the same old routine.

line. A spinning class will require you to have an indoor bike. For a slide training class you'll need a slide and sliding socks. A slide is a long, flat surface with rubber gradients on the ends which act as stoppers. As the very name suggests, the basic idea is to slide from one end to the other. Slide socks are worn over your shoes to make the feet conducive to sliding.

Starting up

- Initially when starting up with any new activity, you will need to allow your body time to adapt to it.
- Break tasks down. Learn the leg or the arm work first and once you're comfortable with that, add in the rest.
- Allow yourself to be a beginner. Take your time and work at your own pace. The class you're in might be fancy stepping their way through with impressive choreography. Don't feel pressured to keep up with their pace. Just do as much as you're comfortable with, and leave the rest out. Add on bits and parts whenever you feel ready to take on more.
- If in a class format, it helps to keep an eye on your feet in the mirror. This will help you feel more stable, and create a feel and awareness of where exactly you are and where your equipment is placed, even when you aren't looking directly to see.
- Keep a bottle of water or a sipper along with a pair of lightweights (for routines that allow for it) near you at all times. It's very important to stay well hydrated in order to regulate body temperature and make sure that the fluid lost through sweat is replaced.
- Make sure you warm up and cool down adequately. Each of these segments should last for about four to eight minutes.
- Make sure all the muscles of the lower limbs are well stretched out at the end of your workout, or you may be stiff and sore the next day. Flexibility exercises allow the muscles in question to rid themselves of the waste matter of exercise, which includes excess blood, lactic acid and carbon dioxide. If not done correctly, this is what causes pain, typically 24 to 48 hours post-exercise.
- Watch your pulse! Generally, in order to burn fat, you should keep your target heart range between 16 and 18 on a six-second count.

Dietary requirements

A balanced, healthy, low fat, low starch, low sugar, fibre and protein rich diet are very important.

(The writer has trained, taught and certified in America as a fitness professional by American Council on Exercise and International Dance Exercise Association. She founded Body Art, the Fitness Centre in 1992. For more information, log onto www.bodyart.in)



Nawaz Modi Singhania

WASS UP!

UTTARAKHAND THROUGH LENS

Balgandharva Kaladalan, Jangali Maharaj Rd, Shivajinagar, June 19-21, 9.30 am-8.30 pm
The photography exhibition on Uttarakhand by Dr Shreekanth Kelkar will be inaugurated by eminent artist Ravi Paranjpe in the presence of famous archaeologist G B Deglurkar, Chandrashekhar Bapat, an expert on photography and deputy collector Uttamrao Patil on June 19. On display will be more than 100 enchanting images of Uttarakhand captured by Kelkar on his camera. The images depict the awesome natural beauty, wildlife, birds and also the holy trail of Chardham along with wonderful landscape and adventurous hilly steep slopes.



COLOURS ON CANVAS

Darpan Art Gallery, near Patrakar nagar, June 21-27, 6 pm
A group painting exhibition of the artists of Pancham group - Poonam Paranjape, Rajeshwari Karle, Purnima Mishra, Tejaswini Karnavat and Mangalesh Bhajekar - will be inaugurated on June 21 by eminent artist Sudhakar Chavan, at Darpan Art Gallery. The exhibition will be open for viewing and sale from June 21-27, 11 am-8 pm.

