

# TELL ME, PLEASE

NAWAZ MODI ANSWERS SOME OF THE QUERIES MOST OFTEN ADDRESSED TO HER

**Y**OU ask, I tell! Here are some of the questions I am most commonly asked — and the answers to them.

**What is the best time of day to work out?**

**EARLY BIRD**

There is no 'best' time of day. Whatever works for you is fine. Some feel that around five to 5.30 in the evening is ideal since an individual's metabolism is at its peak at that time, but there is no conclusive evidence to support this.

Many people prefer to work out in the morning as they feel that they can concentrate on their workout single-mindedly without distractions at this time. Also, because they find too many excuses not to do it at the end of the day.

Others find they prefer to exercise at the end of the day on their way home from work — they can make it a part of their routine and it helps them unwind, too.

EXERCISE ANY TIME OF THE DAY THAT IS CONVENIENT FOR YOU

So it really depends on your lifestyle.

**I am a 25-year-old woman, getting married in December. I need to get a good 10 kg off before my big day. How and where do I start?**

**WANNABE BRIDE**

The safest and most effective way to lose inches is to combine exercise with a sensible diet. A good place to begin is your local fitness studio or gym. Look for a trainer or classes.

Exercise non-stop for 35 to 40 minutes three to five times a week. Include weight training for the major muscle groups.

**I am looking for an exercise machine that will give me a good whole-body workout. What would you suggest I buy? Money is not a consideration, but since space is at a premium, I need something that isn't too cumbersome.**

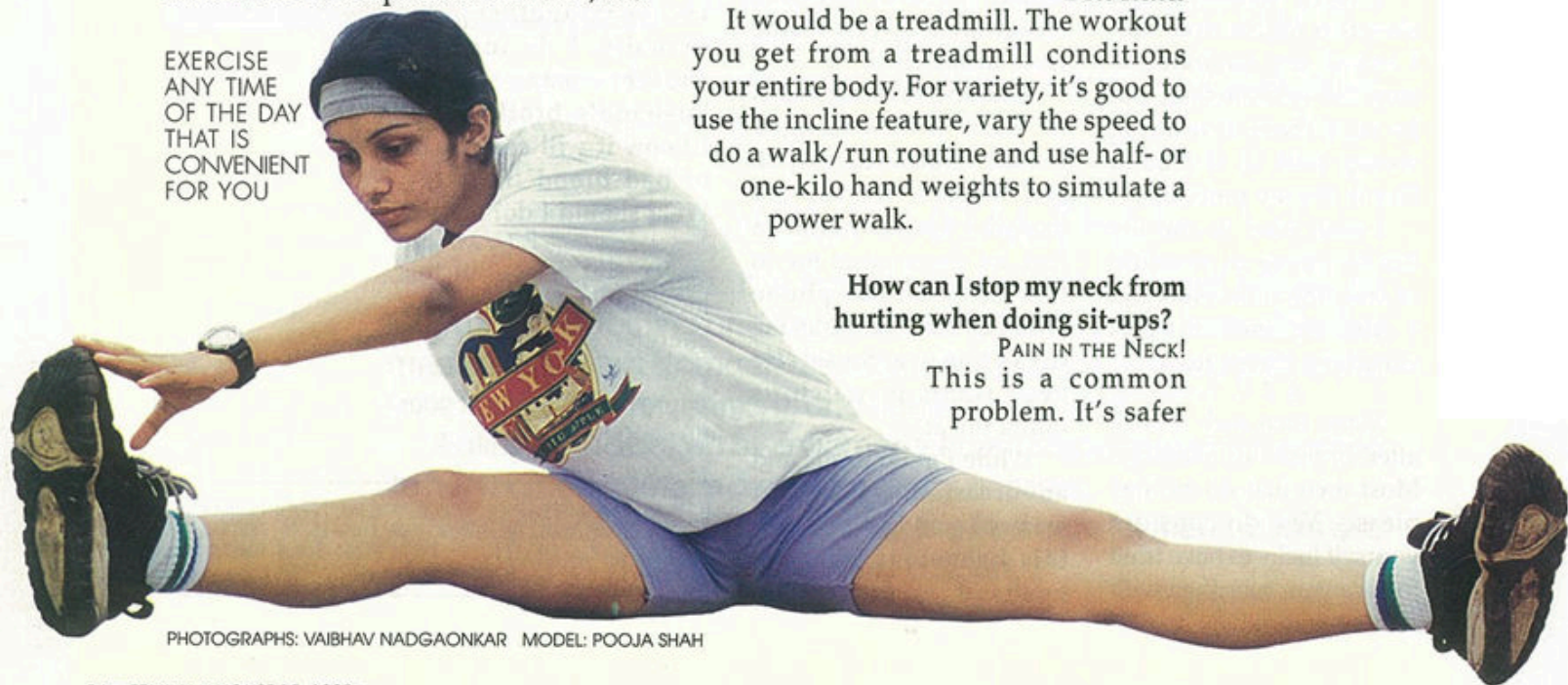
**MONEYBAGS**

It would be a treadmill. The workout you get from a treadmill conditions your entire body. For variety, it's good to use the incline feature, vary the speed to do a walk/run routine and use half- or one-kilo hand weights to simulate a power walk.

**How can I stop my neck from hurting when doing sit-ups?**

**PAIN IN THE NECK!**

This is a common problem. It's safer



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for your neck and back to do curl-ups, where you lift up and lower only partway, rather than a full sit-up. The head and shoulders must remain off the floor all through.

**I am both a big eater and a fanatical exerciser. And after I work out, I'm starving. What can I eat so that the effects of exercise aren't wiped out?**

HUNGRY HOG

Go slow on soft drinks, caffeine, fats and sugars. They'll sabotage what you just spent your energy on, and may even add up to more calories than you burnt off!

Instead, you may want to eat a baked potato, chapattis with lots of veggies, or a chicken salad, and drink plenty of water. Also consider that after a workout, we often think we're feeling hungry when we are really just thirsty.

EXERCISE CAN HELP YOU UNWIND AFTER A HARD DAY'S WORK

modifications, among which would be lowering the impact and intensity of your workout.

Walking is an ideal form of exercise for pregnant women. Start slowly and build up gradually. Get a good pair of shoes for added support. You may require a half size bigger than normal if your feet and ankles are swelling. Since your body's centre of gravity is different, pay extra attention to balance. Wear only cotton and avoid synthetics like spandex, lycra and nylon.

Never tire yourself to the point of exhaustion. Use the 'talk test': If you can't carry on a normal conversation without being out of breath, you're working too hard. It's better to take several shorter walks rather than one long one. Remember to always start gradually and end the same way. Drink plenty of water before, during and after your walk to avoid overheating your body.

Keep in mind that during pregnancy, progression may be better termed as regression. It's not the time to try and lose fat or inches. Exercise does not ensure an easier delivery. But it does ensure a fitter, healthier, happier mother and baby.

**I have an unusual problem. I desperately need to gain some weight. I am tall and weigh only 43 kg. I can't wear swimming costumes, shorts or short skirts because I look so terrible in them. I eat regular meals but nothing seems to help. Help! What should I do?**

SKINNY

Firstly, see your GP to eliminate any possible health-related problems which may account for your low body weight. If you've already done this, you're not alone. I hear from quite a few people who can't seem to keep their weight on.

You would need to increase the amount you eat. If you eat more than your body can burn, you're bound to put on weight. A nutritionist could help you develop a programme that is personalised for you.

Start an exercise programme that includes a moderate cardiovascular segment, along with weight training exercises to tone and develop your muscles. This way you'll also ensure that you don't end up putting on weight in all the wrong places, like the lower belly or inner thighs.

**I am three months pregnant and would like to exercise now so that I stay fit and don't accumulate a lot of weight which I may get stuck with later. What should I ideally be doing?**

FIT MOM

Don't embark on any programme without professional help and medical clearance from your gynaec. If you've been a regular exerciser, you ought to be able to maintain your normal exercise routine by making a few

