

AS Jacob M Braude said, "Too many people confine their exercise to jumping to conclusions, running up bills, stretching the truth, and bending over backwards."

To get the maximum out of exercise, you need to schedule your workouts and stick to them. If you have trouble fitting a workout into your day, slot it into your diary as you would any other appointment and stick to that schedule, no matter what. Do it like your life depends on it — which in a way, it does.

Consider these:

* Studies have found that those who join an exercise class/gym and a diet centre lose twice as much in terms of fat and cms than those who try and take weight loss into their own hands.

* Meeting like-minded people on a regular basis, in a class or a centre, inspire people to work harder towards their weight-loss goals.

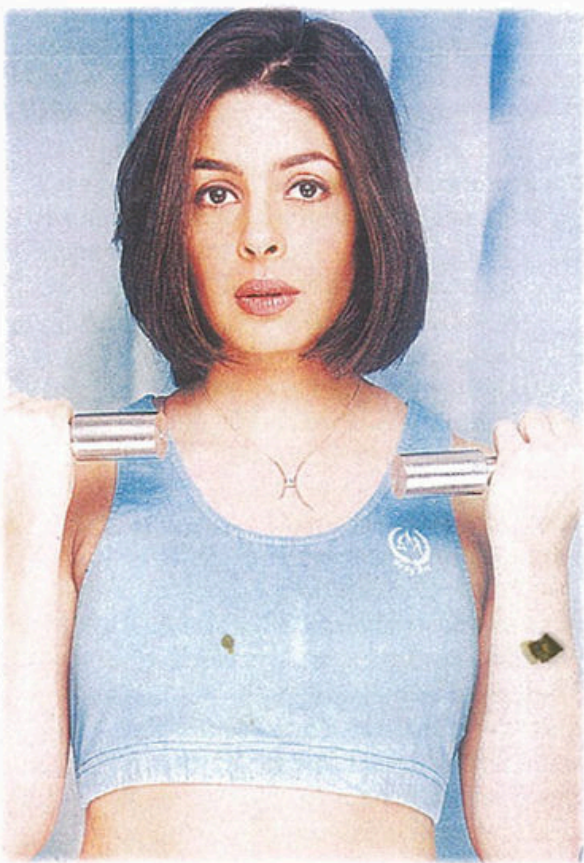
* You should ideally rotate your activities, planning different routines for different days. Choose from step, boxercise, body sculpting, Pilates, Swiss ball, trampoline, resistance training and fusion classes. This will allow you to enjoy a variety of classes, alleviate monotony and it will also allow for progression. When one sticks to the same routine, the body becomes immune to that routine. After the initial spate of results, you'll cease to notice any more.

* The best surface to exercise on is a wooden floor with an airspace underneath it. This absorbs upto 2.5 times your body weight. Avoid working out on cement or stone floors as they don't have shock-absorbing features, and cannot always prevent injuries.

* If you're engaging in an outdoor activity such as jogging or walking, make sure that you use a mud/dirt or grass track, not cement concrete. Non-resilient floorings pressure the lower limbs tremendously, specially the knees, shins and ankles. Stay safe!

* Do not underestimate the role water plays. Water must be drunk before, during and after your workout, in order to replace the water lost through sweat and to avoid dehydration. Water is crucial to regulate the body's temperature as over-heating hampers a person's ability to continue exercising. The

Aqua guard —
make sure you
drink enough
water



MODEL: NAWAZ MODI SINGHANIA

Go on, bust that gut

Getting started is the easy part, keeping it up is the toughie. Nawaz Modi Singhania tells you how to grit your teeth and get on with it

body also needs to flush out toxins and lose fat quickly, so drink away! (And no, we're not referring to alcohol here, so get that smirk off your face!)

* Many people, once they join a fitness centre, feel they can endow the centre with the responsibility for their fat loss. While it is your centre's responsibility to make sure you get that fat off, it is just as much your responsibility to make sure you keep it off! It's pointless getting that workout and then going back and ruining it by stuffing yourself silly with the wrong types of food! Speak to your fitness trainer about correct food habits. Don't totally banish certain foods from your diet — that'll make you crave for them, leading to bingeing.

* Remember, square meals make you round! Avoid sticking to just two or three large meals. This way, the body uses up the calories from your meal rather than storing the excess in the form of fat. Herbal powders and protein diets can do you more harm than good, and the results of these diets are very temporary. However desperate you are, these are just not the answer. Have more respect for your body!

Tools you can use:

* Use the RPH (Rate of Perceived Hunger) Scale. This is a very effective mental tool. Think of '0' as an indication of extreme hunger, and of '10' as indicating feeling stuffed.

Now make it a point to stay between three to eight at all times. If you're starving, chances are that you will overeat at meals, particularly since it takes your brain about 20 minutes to realise that you are full. Begin to eat when you're at about three on the scale. Stop when you're at seven to eight, where you are full.

* Besides the obvious health angle, perfect posture will make your body look its best. Stand straight. Avoid slouching.

* Do household chores as you watch TV. Climb the stairs instead of taking the elevator. Walk home from work

GOT COMMENTS OR QUESTIONS? E-MAIL US AT femina@timesgroup.com WITH 'FITNESS — GO ON, BUST THAT GUT' IN THE SUBJECT LINE

FITNESS TIP:

To avoid bad posture which leads to tension in the neck, shoulders and spine, keep your body alert and straight, even while sitting. To do this just make sure your knees are at a higher level than your hip joints.

SANGJUNTA THAKURIA, MUMBAI

whenever possible. Get physically more involved, rather than being a couch potato.

* Be flexible. If you can't make it to your aerobic class one day, maybe you can walk home that day, or head out for a jog instead. Take your walkman or a friend for company.

* Find a good partner as a support system. Get fit with a friend or relative with a nice, admirable figure that you can use as a role model. Don't choose a leggy supermodel to work out with. You'll end up losing not weight, but self-esteem.

* The monsoons washed away your exercise programme? Instead of making excuses, find yourself an indoor activity like riding a stationary cycle, jumping rope or stair climbing.

* You should be going down at the rate of 1 — 1.5 cm per area per month. This applies to the larger areas of the body such as the hips and stomach. On the smaller areas, such as the arms, obviously the loss will be proportionately less.

* Keep a tab of your progress. Measure yourself each month; don't weigh yourself. Remember, your aerobic workout will get fat, cm and weight off. When you tone, muscle is heavier, denser (but more compact) than flab is. So, during this segment, while your inches and fat remain low, your weight will go up. In other words, the scales can't give you an indication of your body composition, and therefore, it's a misleading method of monitoring yourself.

Every day, you'll be one day closer to achieving your goal! It'll change your life in every way, like nothing else will!



Now you can look trendy as you work those

gams. All you have to do is share your best fitness tip with us. The best tip will win fitness underwear from Jockey.

 **JOCKEY**
WORLD LEADER IN UNDERGARMENTS

Change your routine with some low impact aerobics

