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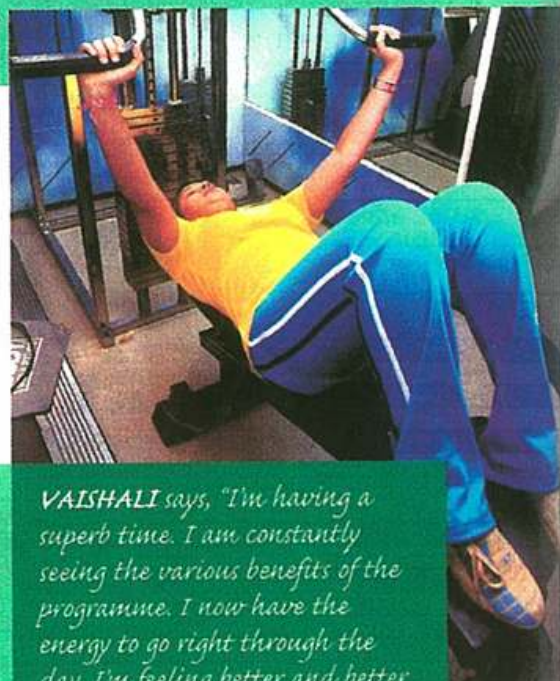
# FEMINA FITNESS CHALLENGE



Three women. One goal. **Femina** and **Nawaz Modi Singhania** of **Body Art** launch a mission to tailor-make a great workout regimen for our lucky readers **Vaishali**, **Sheetal** and **Ferzin**... watch this space every issue

## THE STORY SO FAR...

It's now been four weeks since our three lucky readers started training with our fitness expert **Nawaz Modi Singhania** at the **Body Art** studio. Readers **Vaishali**, **Sheetal** and **Ferzin** embarked on a three-month-long journey to lose weight and get into shape on June 1, 2006. Two weeks later, the lovely ladies had lost both weight and inches and were feeling fitter and more energetic than ever. Two weeks on, they are still sticking to their routines and diets — more disciplined than ever...



*VAISHALI says, "I'm having a superb time. I am constantly seeing the various benefits of the programme. I now have the energy to go right through the day. I'm feeling better and better about myself as time goes by."*

## OVER TO NAWAZ

"The ladies have been coming in regularly for their workouts. None of them misses a workout, and if they do, they make it up by taking another class. Their workouts haven't been modified and they still have to get in four cardio sessions at our workshop, one session at the Pilates hub and one session at the gym at **Body Art** each week. Cross-training in this fashion and watching their food habits based on the information that we've given them, they've progressed very well so far. They've knocked off a lot of fat, inches and weight. One of the ladies has lost inches while her weight has remained constant. I'd like to point out that, this is because through cardio activities, one loses fat, inches and therefore, weight. During strengthening and toning exercises, where muscle structures are worked upon, one needs to remember that muscle is heavier and denser (although more compact) than fat is. So this accounts for an increase on the scales. However slim one gets, it's useless and unappealing if you still have pockets of fat hanging on you. This is just one of the many reasons why toning exercises are very important. The weighing scales cannot distinguish between how much fat weight one has lost and how much muscle weight one has gained, and therefore is not the best measure of your progress. This happens just initially. Thereafter, as fat and inch loss continues, and toning is maintained at a certain level, the weight on the weighing scales keeps dropping too. With their goals, health limitations and requirements all being different, we've worked out individual programmes for each of them and the ladies have toned up very nicely."

## VAISHALI NEGANDHI INTERIOR DESIGNER


Unfortunately, **Vaishali**'s suffered a bit of a setback. She is prone to a yearly attack of sciatica which lasts for about 15 days. This year it seems to have picked this timely moment to rear its ugly head! She's been suffering the same over the past week. As a result, though she's been coming in regularly, she hasn't been



able to do all she otherwise would have. So, we have modified her workouts. As she's been on heavy medication to control the sciatica, her doctor has advised her to eat well. In spite of this she has managed to walk a tightrope and progress well. Vaishali does bench-presses among other exercises at the Body Art gym. This exercise targets her upper body.

**STARTING WEIGHT:** When Vaishali joined the Fitness Challenge, she weighed 61 kilos. In the first two weeks she lost 4 kilos and inches all over.

**AT FOUR WEEKS:** Though she has not lost weight, she has lost more than 5" of fat all over. This is not cause for concern, as it's common to lose more fat and inches than weight initially.



*FERZIN says, "I feel slimmer, lighter and definitely more active! I have so much extra energy now! I don't feel tired or lethargic as I used to. I'm thoroughly enjoying this whole Fitness Challenge!"*

## FERZIN SHROFF

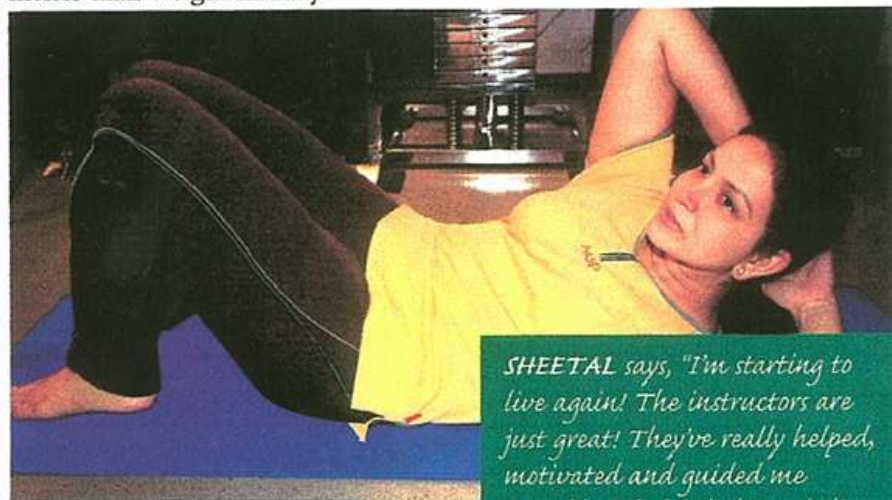
### ADMINISTRATIVE EXECUTIVE

Ferzin is doing just fine. She's finding it easy and comfortable to cope both with her exercise regimen and her diet plan. Since Ferzin wants to tone the muscles of her lower body, she works on her

thighs, using the leg extension/ leg curl machine at Body Art's gym.

**STARTING WEIGHT:** When Ferzin joined the Fitness Challenge she weighed 61 kilos. After two weeks of training she had lost 2.5 kilos.

**AT FOUR WEEKS:** Ferzin has dropped another 1.5 kilos and lost 9" all over in the last fortnight. Today she is down to 57 kilos!



## SHEETAL KAPASI

### HOMEMAKER AND MOTHER OF TWO

Sheetal has been following her programme down to the last letter and has improved dramatically in the bargain. She's very pleased with the diet plan that she has been given, as it is not too strict and involves the four food groups — one reason that she is very happy to stick with it! Among other exercises that she does at the gym, she regularly does her oblique abdominal crunches to work her abs, mainly the waist muscles. Having just delivered a baby not so long ago, it's an area she particularly wants to tone and tighten.

**STARTING WEIGHT:** Sheetal joined the Fitness Challenge weighing in at 59.5 kilos. In the first two weeks of the Fitness Challenge, she lost one kilo and inches all over. She was also happy with the way her muscles were toning up.

**AT FOUR WEEKS:** Sheetal has lost two more kilos and 7" all round in the past two weeks! She is now down to 56.5 kilos! **F**

*SHEETAL says, "I'm starting to live again! The instructors are just great! They've really helped, motivated and guided me superbly. I feel so light and slim now — and so charged up! I haven't felt this upbeat and positive in a very long time."*

PHOTOGRAPHS: CARL PEREIRA

## Exercise tips!

If your main goal is to lose fat and inches, do cardiovascular exercises for at least 35 to 40 minutes daily to begin with. Activities such as walking, aerobics, swimming, jogging, jumping rope, climbing stairs, hiking, or even racket games are all considered good cardiovascular activities.

The thing to remember here is that the body is so designed, that during the first 20 minutes of your workout, it does not use fat for fuel. It's only thereafter, that fats are utilised. Make sure that for fat loss, you're working in what is referred to as a target heart rate zone.

In other words, make sure that you are working out at a moderate level of intensity. You're not burning fat, if your intensity is too low. The same applies if you're working out too hard; in that case you might be utilising phosphagen systems, burning quick energy or glycogen, all of which are great on the health and fitness front, but do nothing for all that fat!

There are various methods by which this can be done. Speak to a fitness professional to find out more about these and to figure out which is best for you.