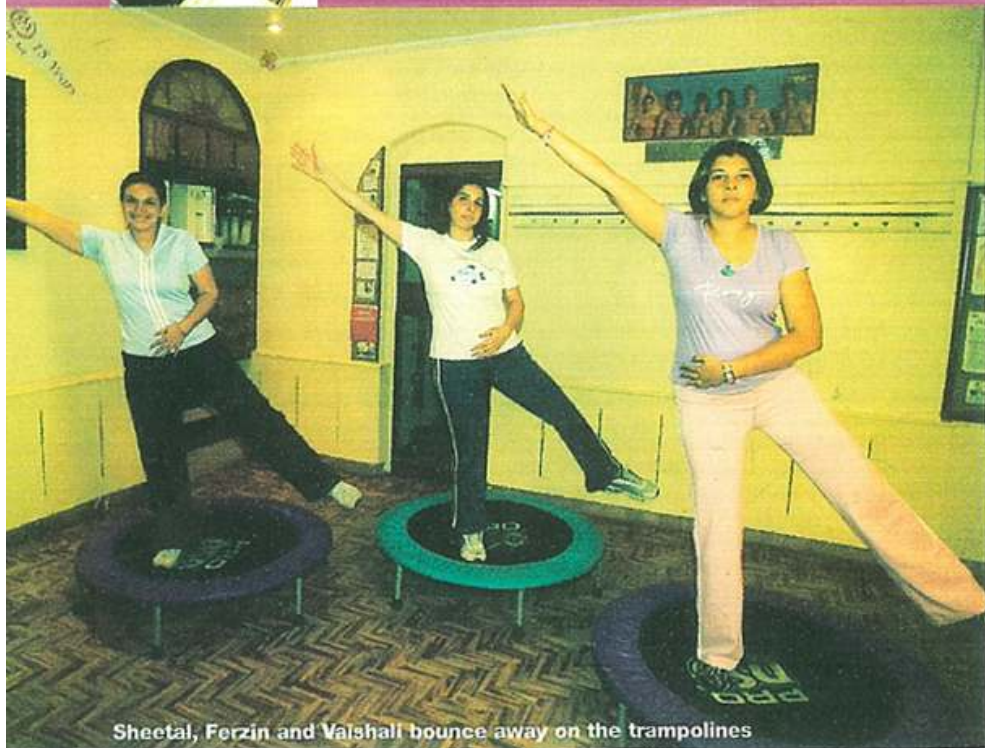


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FIT, FITTER...



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



Sheetal, Ferzin and Vaishali bounce away on the trampolines

SHEETAL KAPASI HOMEMAKER AND MOTHER OF TWO

This time, it's Sheetal who has suffered a bit of a setback over the last two weeks. She's missed a few workouts due to the heavy rains and also owing to her baby daughter falling sick. Despite this, she's managed to make progress and has dropped another 1.5 kilos and 5.5" all over the last fortnight!

STARTING WEIGHT:

Sheetal had started out at 59.5 kilos just a month and a half ago.

WEIGHT AT SIX WEEKS:

She is now down to 55 kilos! She says her ultimate goal is to knock off another five kilos. And we're here to help her achieve that goal.

THE STORY SO FAR...

The Femina Fitness Challenge started on June 1, 2006, with Nawaz Modi Singhania training the contestants at the Body Art studio here in Mumbai. It's now been six weeks since Vaishali, Ferzin and Sheetal took up the Femina Fitness Challenge. So far, their progress has been more than satisfactory, with all the women working hard and watching their diet. Last time, Vaishali suffered from an attack of sciatica and had to walk the tight rope of the right diet and exercise due to her symptoms and heavy

medication. Read on to find out how the ladies have progressed in the last two weeks...

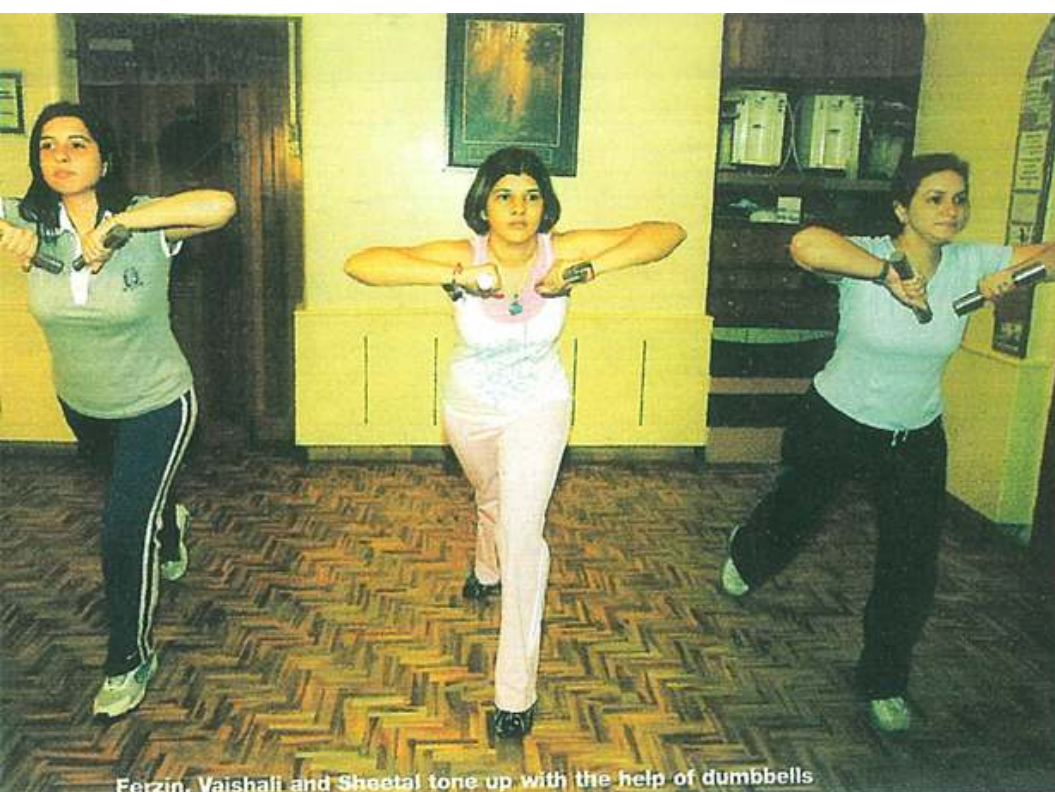
OVER TO NAWAZ...

The last fortnight has seen Vaishali get back in action since her recovery from her sciatica attack, Sheetal miss a few classes and Ferzin enjoy a rather festive two weeks... But the women have still managed to lose either inches or weight. And we are sure that with a little help from us, they will be able to achieve their goals in the given time.

FERZIN SHROFF ADMINISTRATIVE EXECUTIVE

Over the past two weeks, Ferzin has lost inches, but not weight. The last two weeks have been rather festive for her with friends visiting from out of town, lots of parties through the week, birthday and farewell parties at work... all centered around cakes and food! So we've given Ferzin a few tips to

PHOTOGRAPHS: CARL PERERA



Ferzin, Vaishali and Sheetal tone up with the help of dumbbells

help her in other such festive times, which we are sure she will have. These are a few tips that are easy to follow and will work for almost everyone.

STARTING WEIGHT:

Ferzin began the Fitness Challenge at 61 kilos

WEIGHT AT SIX WEEKS:

Now she is down to 57 kilos

annual attack of sciatica has finally lowered its head and she is thrilled to have lost more weight and some more inches.

STARTING WEIGHT:

Vaishali weighed 61 kilos when she joined the Fitness Challenge

WEIGHT AT SIX WEEKS:

Vaishali lost 6 kilos totally and 5" all over in the last fortnight.

PREPARE FOR THE PARTY

Have dinner before you go. If your dinner invitation says 8 pm, it probably means that dinner won't be served till it's time for Cinderella's coach to turn back into a pumpkin! As the evening drags on, even your fingernails will start looking appetising. Not a good thing! When hungry, even the most disciplined dieters will give into eating anything, and tend to really pack it in. But if you've nibbled before leaving the house, if you've had a

sandwich, salad or soup, you'll be just fine. It'll curb the temptation to eat all those deep-fried kebabs and mini pizzas drowned in melted cheese.

Tit bits

It's okay to try what looks yummy, but take just a bit, rather than going the whole hog. This way you'll cut down on the calories, but still please your tastebuds.

Put on your dancing shoes

If it's a party, dance! You'll burn calories and become a better dancer! Practice makes perfect!

VAISHALI NEGANDHI INTERIOR DESIGNER

We're thrilled that Vaishali is back in the game and is doing far better now than she was the last time. Her

Each of these lovely ladies seems determined to win the Femina Fitness Challenge by strictly sticking to the diet and fitness regimens that have been allotted to them — no matter what.

Watch this space as we closely follow their progress! **15**

MIX IT UP

The ladies are given a variety of cardio classes. Described below are some of the cross training programmes that the workshop conducts, that the ladies participate in

HI-LO FUSION CLASSES: A mix of high and low impact cardio and dance moves

STEP: A choreographed cardio routine structured around a step

BOX-AEROBICS: A fun routine, combining shadow boxing, and kick-boxing with martial arts and cardio moves

SCULPT: A structured toning and strength-training class using dumbbells, targeting each and every body part

NEW BODY FORMAT: A low impact routine using weights to burn fat and inches and tone the upper body

MAT PILATES: Working on all body parts, mainly the mid-section, using just a mat

PARTNER WORKOUTS: Working with a partner to tighten and tone up any and all muscle groups

CALISTHENICS: Floor exercises to firm, cut back on inches, increase strength and muscular endurance

CALLENETICS: Involves floor exercises to re-shape, tighten and lift muscles

TRAMPOLINE WORKOUTS: Using a mini trampoline, this fun cardio class has participants bounce and bob their way to a slimmer body

INDOOR BIKING: Using a stationary indoor bike, choreography set to music has one spinning and grinning away!

MUSCLE BALLET: This ballet class has one tone, strengthen, reshape, lose fat and inches, and improve flexibility.

SLIDE TRAINING: Using a flat apparatus with a sliding surface and stoppers of sorts on each end, one works by sliding from side to side, with choreography, through this cardio session

SWISS BALL: Every single body part can be targeted during this class that uses large air-filled balls, the curvature of the ball allowing for greater dimensions of use

CIRCUIT TRAINING: A large number of both cardio and toning circuit stations are placed around the room and participants work out at each one.

CHAIR WORKOUTS: All body parts can be worked upon through some simple exercises with a chair.