

DNA AFTER HRS opens its doors to some of the biggest health and fitness gurus to talk about the obstacles hindering the creation of a 'fit' India

'Size zero refers to clothes on the RACKS AND NOT HUMANS'

yourself, why not?

After Hrs: What about diseases like bulimia and anorexia? How do you avoid these?

Rujuta: Anorexia and bulimia are mental disorders and they need a psychiatrist's help to be completely tackled. Most of the problems related to over-eating or eating very less are mental. So they need to be taken to psychiatrist.

After Hrs: There seems to be a sudden fixation with protein shakes...

Niteen: As a retailer, we sell protein shakes like hot cakes. It's become like a gym accessory. People think that if you want to build muscle you must have the shake, but it is not that. You are supposed to have it only if it is subscribed by a nutritionist or a doctor. In fact, these shakes also come with a warning, but young boys just do not care.

Leena: The sad part is that these instructors and trainers recommend these protein shakes.

Manish: You have to be very careful before selecting your trainer. People should make absolutely sure that their trainers are qualified.

After Hrs: What is it about power yoga, sex yoga, hot yoga etc?

Priyamvada: These are just fancy names given to yoga to sell the classes, its all humbug! In sex yoga, they make partners do activities that sort of focuses on physical activities. And while doing that, how can one focus on the head.
Nawaz: In hot yoga they make you work out at a very high temperature and that can lead to many health problems, one of them being high blood pressure. These are definitely not that good and people need to be educated about the same.

—COMPILED BY RIDHI DOSHI

After Hrs: Over a period of time, the concept of fitness seems to have given way to that of wellness. Is there a direct co-relation between the two or are they separate entities?

Nawaz Modi Singhania: In my personal experience, regardless of how much you talk about wellness and the importance of being healthy, 99.99% of clients still come in with the aim of weight loss. They can't see beyond it. And if in that way, total health is acquired, that is great, but it is still not the focus.

Leena Mogre: But there are spas springing up everywhere and the definition of spas in India is changing. Earlier spas meant a steam bath and a sauna. Also now, yoga is picking up in a big way.

After Hrs: Are we really an 'unfit' country?

Unanimously: Absolutely, no doubt about it!

Puneet Nayak: I would just like to share some statistics here, 50% of urban women are over-weight and 35% of urban men are over-weight. That shows that we are not a fit country.

Minisha Lamba: Fitness in our country is a very new industry. But the mindset is changing. The concept of finding good, pampering oneself and trying to achieve overall wellness is becoming more prominent. **Priyamvada Waghmare:** I think there is more awareness of health. Sadly enough it is observed that it is the physical



(L-R) Niteen Shah, Priyamvada Waghmare, Althea Shah, Nawaz Modi Singhania, Leena Mogre, Rujuta Diwekar, Abhijeet Desai, Minisha Lamba, Puneet Nayak, Manish Tiwari

After Hrs: For Indians, is fitness only about the body and not the mind?

Priyamvada: Yes, things are still about physical appearance. Nobody is thinking long term, if you have a healthy mind you can face adverse situations in life and not break down.

Minisha: Today's if girls put on a few kilos in a matter of a few weeks or if their jeans don't fit them anymore,

many workshops and gyms that provide kids an exposure to fitness. One ad about a summer camp, and parents flock the place. **Niteen Shah:** But fitness is just not about a workshop, it is an ongoing, continuous process.

Nawaz: I was a really small, puny, tiny and weak child. My PT teacher would look at me and place me first in any line-up. There are a lot of people I know who in a way are from similar genres. I had friends

Niteen: Children imitate their parents. So if the parents communicate effectively with them, they will understand.



Minisha: We are living in a consumerist society so we can't blame anybody for

'I am overworked or there is no time to workout.' If you check out the lounges and restaurants, they are full. If you are committed to yourself, you will make sure that you take out time for your fitness routine.

tire size-zero hype has adverse effects. I met a 13 year old girl today who lost lots of weight as she was suffering from jaundice. Her friends and family started calling her size-zero and now, that girl has gotten into an unhealthy habit of not waking up till three in the afternoon out of fear. Waking up in the morning means that she will have to eat and so, loose her size-zero figure! and that is her fear.

short cuts like tummy tucks?

Leena: If it is done scientifically, yes. But there is no alternative to exercise.

Nawaz: And everything can't be taken care by fitness.

Leena: You can do a combination. Post-pregnancy even if women have lost weight they don't feel good about themselves because of stretch marks or whatever. You get operated for various other reasons, so if a cosmetic surgery is going to make you feel good about

Leena: The best way to get people to adhere to a good life is to mix all different

After Hrs: Do you support



health that holds fort and very few are giving importance to the mental health. The body is just the medium to reach the mind, and not the end in itself. If the body is fit, we can reach higher levels of concentration and meditation. In 1988, 200-300 people walked in the Yoga Institute daily. Presently, it is 2000-3000 people. People now want to manage their health. They want to attend workshops that shows them how to manage stress.

Manish Tiwari: 10 years ago, the trend was that only the oldies would do yoga. But now people all age groups are keen on it.

Leena: But it's very sad that the awareness of yoga has come in from West, especially when it is an Indian thing.

their self-esteem will completely crash. And this is a horrible mindset that we are giving the youngsters of today.

Abhijeet Desai: At least the self-appearance is making people take that first step towards leading a healthy life, that's the first step—the motivation—and then we can get them to see the benefits of achieving higher fitness levels.

After Hrs: How healthy are our kids?

Puneet: The correct mindset of fitness and also the facilities are missing in the society. Fitness is all about adopting a healthy lifestyle from the very beginning and that doesn't happen here in India. We even have a dearth of playgrounds where kids can play.

who were very obese and they resolved to lose all their weight. Sometime you need to a hit all time low to resolve to do improve your health and fitness. What is important is to imbibe in people that they think fitness all the time. But that is one of the most difficult tasks that we are facing.

Puneet: Also, if kids are going to watch ads of all the junk food on television, they will definitely demand junk food and it becomes impossible for parents to stop them.

Rujuta Diwekar: Parents play a huge role in letting kids follow a healthy lifestyle. If the kids are going to see parents eat healthy food they will follow. Please remember that the kid doesn't grow fat or obese alone. It is the entire family that is growing fat.

advertising their products. They are not holding a gun on your head and saying 'You have to buy me.' It's the choice that the parents have to make and usually, things go out of hand. Parent pressurise their kids so much about their education, health and fitness are forgotten. Even my grown up friends find it so difficult to hit the gym. But you have to make the time for yourself.

Althea Shah: Yes. Time management is extremely important and so is the commitment to yourself. We have many clients who make sure that they exercise come what may and that is something that needs to be inculcated in everybody.

Abhijeet: I think people have lots of time. It is a habit that makes them say

exercises and fitness routines to help people to lead a healthy life.

After Hrs: With short cuts like cosmetic surgery; do you think people are less motivated to work out?

Abhijeet: When we conduct cosmetic surgeries, we never tell people 'don't work out.' We always tell them that they will have to exercise to maintain their figures. There are certain problem areas in the body that exercises can't fix and that is when cosmetic surgery plays its role.

After Hrs: What are your comments on the size-zero and six-pack fixation?

Rujuta: There is no size-zero, not even in the models. It refers only to clothes on the racks and not to humans. But the en-