

ON THE GO FITNESS

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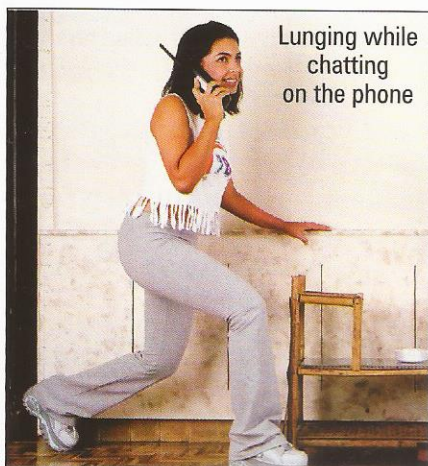
"In this fast - paced life of ours it isn't always possible to take the time out to get & stay fit & healthy."



A family doctor in one of my favourite cartoons asks his patient what would suit his patient's busy schedule better - one hour of exercise every day or 24 of hours of being dead?

In this fast - paced life of ours it isn't always possible to take the time out to get & stay fit & healthy. Taking out 45 minutes to an hour at a stretch may be a bit of a stretch in itself! While we can't afford to let our health & fitness go down the drain, today's article shows you how easily you can multi - task your way to getting fit.

While at home, or at your office desk, while chatting on the phone, reading a magazine, watching TV, even bathing or cooking, one can always couple up the time & use it more effectively in order to get a few exercises in. In the adjoining images you'll see how easy it is to get the odd exercise or two in while doing something else!



Lunging while chatting on the phone

No equipment is needed. Just a few of your household furniture items. Nothing fancier than a simple, basic table and chair!

A few pointers:

- Compound exercises which work many muscle groups all at once will be better to take up as you get more value for the time & effort that you're putting in. Examples of some compound exercises are squats, lunges, push - ups & planks.
- Start by doing 2 sets of 10 repetitions each of an exercise, taking a break of a few seconds between the sets.
- Breathe correctly. Exhale on the more difficult phase of the exercise, & inhale on the easier phase.
- Take up exercises on every alternate day for the best result.

Some other on - the - go fitness suggestions:

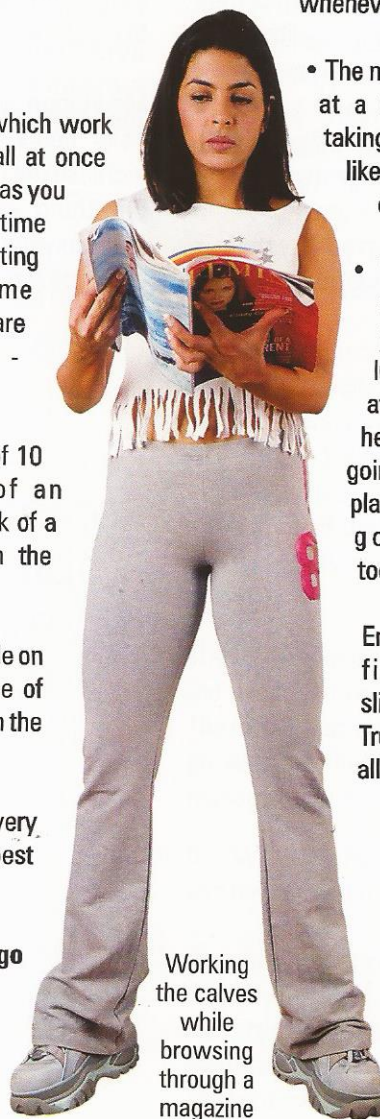
- Take the stairs rather than the elevator whenever you can.

- Walk down the road or around the block to do the errand you headed out for rather than riding down in your car whenever possible.

- The next time you're looking at a new hobby, think of taking up a physical activity like cycling, a racket game or swimming.

- When making plans with friends instead of just meeting for lunches & over drinks at bars, also consider healthier options such as going for a walk together, playing a racket game or going for a swim together.

Enjoy the emerging of a fitter, more toned, slimmer & healthier you. Truly the greatest gift of all!



Working the calves while browsing through a magazine

More health & fitness-related info available on www.bodyart.in