



The Rebel Roadsters

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A TOAST TO PUNE'S LIFESTYLE

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Celebrating three glorious years of Crème an ode to the lifestyle of Pune



Head South

Haunted Houses of Pune

anniversary

SOUND OF MUSIC

The eye of the Tiger

“IT’S ALL ABOUT WORKING OUT SMART”

- Nawaz Modi

A businesswoman, a fitness instructor, a lawyer and an artist. Crème explores the multifaceted personality that is Nawaz Modi Singhanian...

TANWI DIXIT

TELL US A LITTLE ABOUT YOURSELF

I am a lawyer by qualification, a fitness trainer and a businesswoman by profession and an artist by orientation.

HOW DID YOU BECOME A FITNESS ENTHUSIAST

I was weak and small as a child and hence always felt a need to come out of that. I felt like I was being guided towards fitness. I had a need to do something new and creative; something which wasn't already done before.

ONE FITNESS MYTH YOU WOULD LIKE TO BUST

The belief that if you workout longer or harder you'll be fitter. It's totally untrue. It's all about working out smart.

ONE UNDERRATED THING PEOPLE TAKE FOR GRANTED WHILE WORKING OUT

Consistency is highly underrated when it comes to working out. People don't realize that being consistent is the only way to achieve fitness. Life happens, you have to find time for your health.

HOW IMPORTANT IS EATING HEALTHY AND EXERCISING?

As important as it is to be on the planet Earth.

FOR A PERSON WHO IS INTO RUNNING AND TRAINING FOR MARATHONS, WHAT TIPS WOULD YOU LIKE TO GIVE THEM?

Make sure that you don't drastically do anything, train up slowly while building up your endurance. Lots of hydration and correct nutrition are the most important aspects during training. Your workouts should include aligning the specific muscle groups involved in running. Right shoes, correct running mechanics and a spot on diet are extremely important.





YOU HAVE INCORPORATED MANY DIFFERENT FORMS OF WORKOUT IN YOUR STUDIO. HOW IS ONE FORM DIFFERENT THAN THE OTHER?

I believe every form of fitness is different in the way you approach it. Every form has a different style and a different outcome.

WITH THE MONSOONS HERE, PEOPLE ARE GOING TO BE MORE RELUCTANT TO LEAVE THEIR HOMES, WHAT EXERCISES CAN ONE DO AT HOME ?

The best exercises to include in at-home workouts are compound exercises such as Planks, Squats, Pushups and Lunges in which many muscle groups are targeted at once.

WE CAME ACROSS SOME INTERESTING NAMES OF WORKOUT FORMS WHILE READING ABOUT YOUR STUDIO. CAN YOU ELABORATE ON SOME OF THEM FOR US.

Some innovative forms to be found in my studio include Body Sculpting which is reshaping, tightening and toning of your body. Facial fitness workshops are meant for anti-ageing. This workout prevents the development of crow's feet, laugh lines, furrows, droopy eyelids and double chin. NYC muscle ballet includes training just the way they train for NYC ballet.

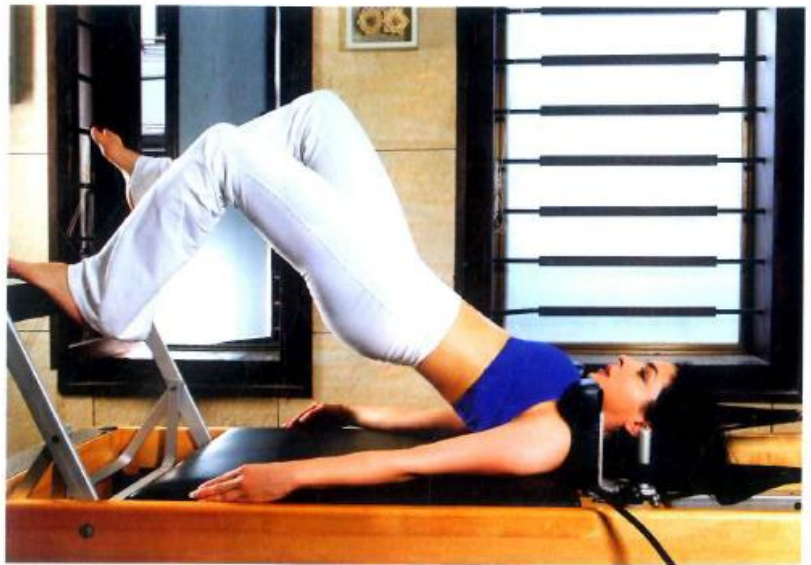
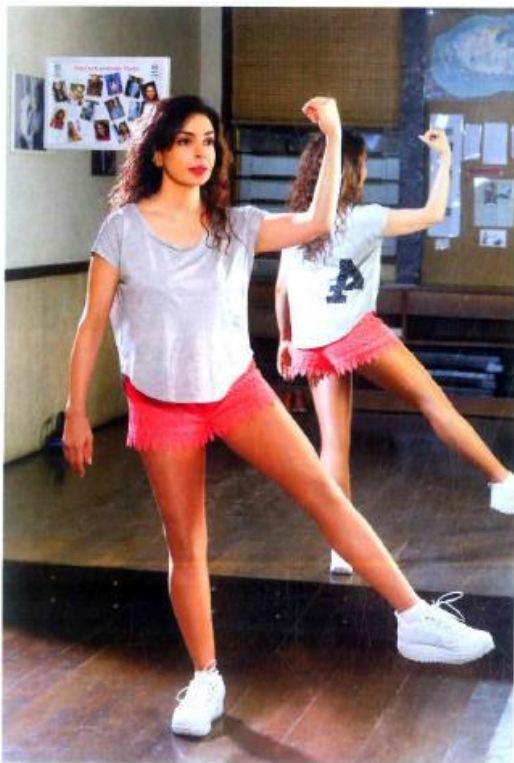


DO YOU THINK TODAY, PEOPLE ARE BECOMING MORE AWARE AND ARE PAYING MORE ATTENTION TO THEIR FITNESS AS COMPARED TO WHEN YOU STARTED OUT? WHAT CHANGE HAVE YOU SEEN OVER THE YEARS?

The change that I have observed is massive. Initially, people didn't care much about their physical fitness, the market had to be evolved. But today, everyone wants to be leaner and fitter.

WOULD YOU LIKE TO SHARE WITH US SOME SUCCESS STORIES OF YOUR CLIENTS?

Seeing your client achieve their goal is extremely gratifying. I have had stories ranging from clients who lost tons of weight to clients who were able to do things their doctors told them they couldn't.



HOW DOES FITNESS, ART AND LAW FALL TOGETHER FOR YOU. DO YOU FEEL EACH HAS ITS OWN IMPORTANCE IN YOUR LIFE?

Even though I have studied law, it was never my intention to practice as a lawyer. Fitness has always been a priority to me. Art came in at a much later stage in my life. But I feel, each of these avenues has enriched my life to be the person that I am today.

ANY TIPS ON A HEALTHY DIET FOR OUR READERS

First of all, diets don't work. When you're dieting, you put imbalanced nutrients in incorrect quantities in your body. If at all you lose weight, you start looking old and you'll put the weight back on as soon as you stop. Your diet should include superfoods such as avocados, berries, nuts, seeds, and quinoa which have a high nutritional value and healing capacity.

WHAT DOES PUNE MEAN TO YOU?

I love this city more than any other in the country and if I could I would definitely choose to live here. I love the city for its university atmosphere, youth and greenery. I would love to open a fitness centre here soon.

WHAT IS YOUR OWN FITNESS ROUTINE?

I make sure I don't go even a single day, apart from a weekly rest day, without working out. As I teach a lot of classes myself, I end up working out most days. The days I'm not working, I get into a gym and hit cardio. If I'm travelling, I make sure I go for a walk around the city. Not only does it keep me fit, but also helps me explore the new place. I eat everything but I make sure that it's made with ingredients which are correct and of a good quality. ■

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