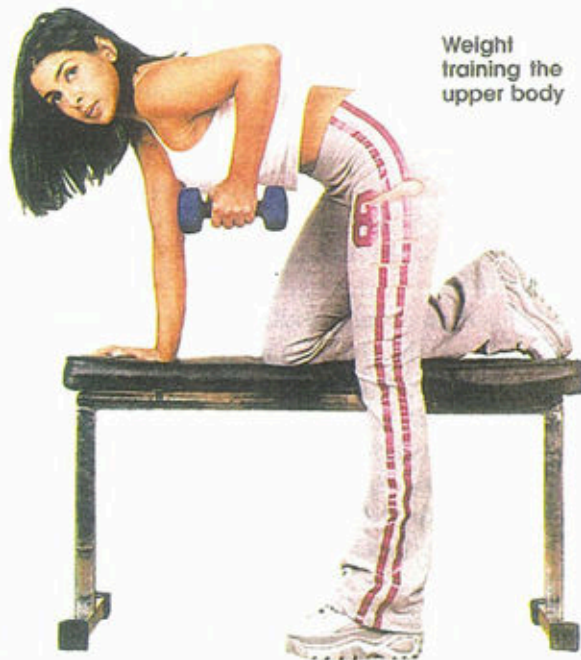


A FAST fading notion this, but many Indian women still harbour the irrational fear that strength and resistance training might bulk her up, taking away from her femininity. Nothing is further from the truth! In fact, within limits, strength and resistance training can actually help you load up on feminine grace and visual appeal.

With moderate strength training on a regular basis, you can enjoy an endless list of advantages, some of which include:

- * Increased fat loss
- * Increased muscle strength and endurance
- * A well sculpted, toned body
- * Increased flexibility
- * Increased bone density
- * Higher resistance to osteoporosis
- * Increased self-confidence
- * Improved sleep



GO FROM STRENGTH TO STRENGTH

Transform your weaknesses into your strength.
Fitness expert Nawaz Modi Singhania tells you how

- * Less or no menstrual pain; corrected menstrual disorders
- * Better posture
- * Increased fertility
- * Improved cardiovascular fitness
- * Higher life expectancy
- * Normalised blood pressure
- * Great form of rehabilitation for the injured or the handicapped
- * Increased alertness

FAT CHANCE!

Go from being a tub of lard to a svelte silhouette! Strength/resistance training pumps up your metabolic power and, coupled with cardiovascular exercise, is the

only long-term solution to permanent fat and inch loss. Muscle is the most metabolically active

tissue in the body.

The more muscle you

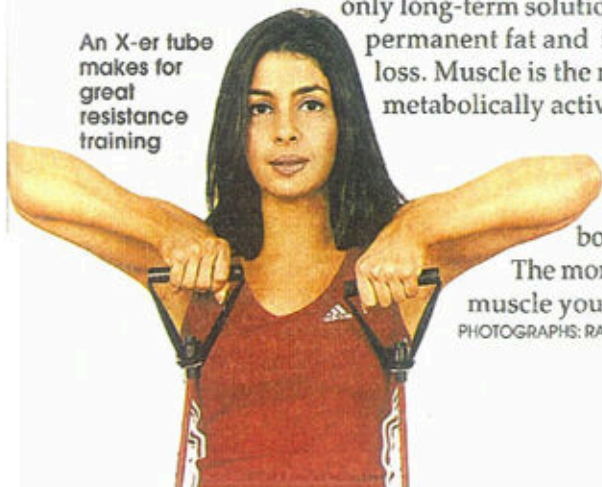
PHOTOGRAPHS: RAM BHERWANI MODEL: NAWAZ MODI

have on you, the less fat the body will tend to store, as muscles store a lot more calories both at rest and at work. For each kg of muscle you gain, you'll be burning approximately 35 to 50 calories more on a daily basis. Depending on your programme, coupled with a well-chartered diet, you will lose about one kg of fat per month initially and, on an average, about two-and-a-half to three cm per area, per month.

ALL BRAWN?

Wait! Don't go pressing those panic buttons already! No, you're not going to end up looking like something on the cover of 'Muscle and Fitness'! This is because unlike men, women don't typically bulk up or gain size in comparison to men; women don't have the male hormone testosterone, which, among other things, causes one to bulk up. While gaining strength you'll gain long, lean muscles, and not large bulky ones. Moderate weight training will increase a woman's strength by 30 to 50 per cent.

An X-er tube makes for great resistance training



Back

Strengthening the lower back muscles, and working on flexibility of the lower back and surrounding areas has an 80 per cent success rate in eliminating or reducing lower back pain. This combination will contribute to a strong, healthy, trouble-free back.

Arthritis

This is an excellent choice for arthritis, as joints can be strengthened, while reducing arthritic pain. Both joint and muscle flexibility can also be improved.

Heart disease

One's cholesterol profile and blood pressure status will improve, contributing to a healthier heart. It's best to combine this with some cardiovascular activity.

Diabetes

Adult onset of diabetes is an increasing problem. Studies show that resistance training can increase glucose utilisation in the body by 23 per cent in four months time.

People of all ages, both sexes, those with varying health conditions and fitness levels, all stand to gain tremendously. Quite naturally, many modifications would need to be made to suit various populations. And these are best discussed with a fitness pro.



Gym train with the front lat pulley.

CROSS TRAIN

It's not necessary to just pump iron or spend hours in a gym! All sorts of activities and pieces of equipment can do the trick. For instance, equipment such as rubber tubing (X-er tubes and dynabands), Swiss Balls, wrist grips and body bars, and workout techniques like Pilates, some forms of yoga, callanetics, calisthenics and partner workouts, can introduce you to a whole new world of strength and resistance training.

ON THE RIGHT TRACK

Here are just a few pointers to lead you in the correct direction.

FOR CLASSES, GYM WORKOUTS AND PERSONAL TRAINING CALL THE WRITER'S CENTRE, 'BODY ART', ON (022) 2-380-5929/2602. GOT COMMENTS OR QUESTIONS? E-MAIL US AT femina@timesgroup.com WITH 'FITNESS — GO FROM STRENGTH TO STRENGTH' IN THE SUBJECT LINE

Plan your work, and then work your plan

* Set your goals within realistic time frames. If too many, just prioritise them. Work this out with your trainer and track your progress periodically using a measure tape, a body fat monitor or with fitness testing. Keeping a tab on your progress will help you stay lumbered. However, do change your workout every now and then to get maximum mileage. Chalk out your routine with your trainer — the exercises, number of sets and reps, the level of resistance, how many times a week, how long each session should be, the type of clothing and shoes you need, etc, need to be discussed in advance with your trainer. A detailed

plan can make your exercise regime more meaningful, effective and exciting.

One step at a time

Don't try taking on too much too soon. Give your body time to adapt to a particular routine before overloading. If you get over-ambitious, you may find that you're not able to cope. Feeling discouraged, this might prompt you to drop the whole programme altogether.

Log your workouts

Record the exercises you perform. Note down the number of sets, reps, and the level of resistance

used. This will allow you to make progress.

A to Z

Just like with any workout, always remember to warm up and cool down adequately. These will aid in injury prevention, while preparing the body for the rigors of the workout, and will help to stretch and relax those muscles. Generally speaking, each of these segments should be approximately five to 10 minutes long.

And finally, it's important to obtain medical clearance before embarking on any exercise programme, along with any advice (recommendations or restrictions) from your medical practitioner. Also, a fitness pro's supervision is recommended at all times.