

FEMINA FITNESS CHALLENGE



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



YOU WANT TO SHED THOSE EXTRA KILOS.

You cringe at the mirror because your clothes no longer fit the way they should.

You switch the alarm that's supposed to wake you up for the gym off, and go back to bed all the time secretly wishing that someone would just take charge of your workouts and force you to hit the treadmill.

That's our cue.

Femina believes that fitness is not just about being slim; it's about a better way of life. So with fitness expert **Nawaz Modi Singhania**, we handpicked three women who will walk the walk to get into shape. This is the beginning of what will be a tough but rewarding exercise... and needless to say, fulfilling. Femina will follow these women's journey to fitness.

VAISHALI NEGANDHI

INTERIOR DESIGNER

WEIGHT: 61 kg

GOAL: Lose weight and inches. Body tone-up

FACT FILE: Stress is an integral part of her life and this sometimes leads to back trouble. Her meal timings are rather irregular as a result of her hectic lifestyle.

AGENDA: She will be exercising early each morning with us so her workout is out of the way before the pressures of the day consume her. Vaishali's programme will also include back stretches and strengthening exercises in order to alleviate back pain, stiffness and muscular spasm.



SHEETAL KAPASI

HOMEMAKER, MOTHER OF TWO HAS HAD A BABY SEVEN MONTHS AGO)

WEIGHT 59 ½ kg

GOAL: Lose weight on and firm up mid-section and hips.

FACT FILE: She has been working out and following dietician **Niti Desai's** guidelines. She has already lost about 10 kg as a result.



THE TARGET:

Knock off excess weight and inches

THE TIME FRAME:

Three months

THE REWARDS:

A prize for the contestant who loses the maximum weight.

BOOT CAMP SCHEDULES

All three members will come to Body Art to work out six times a week.

WORKSHOP:**4 TIMES A WEEK**

(in any of the one hour cardio classes). Cardio classes comprise Hi-Low Fusion Workouts, Step Classes, Boxercise, Trampoline Classes, New Body Format, Slide Training, Indoor Biking, & many more routines.

PILATES HUB:**ONCE A WEEK**

Pilates Hub is an equipment-based studio. They'll cut down on inches while toning up and improve flexibility. While it is a less aggressive and a slower paced workout than many other forms of exercise, it is extremely effective. Pilates is also used extensively in rehabilitative processes.

GYM:**ONCE A WEEK**

They will be working with weights and resistance training equipment of various types, targeting all body parts, while losing weight and fat with tightening exercises.

THE MENU...

We have given them detailed dietary guidelines, where they have

been advised that diets (especially crash diets) are not only ineffective but can also be extremely harmful. The right way in which to lose weight and inches is not by dieting but by eating the right kind of food, coupled with the right type and amount of exercise.

They will be opting for a sensibly balanced, low-calorie diet, which is sparing in fats and sugars, rich in fibre with the right carbohydrates.

TIPS TO HELP THEM ALONG:

Eat small snacks through the day and avoid large meals, drink plenty of water, eat slowly, eat at restaurants and parties as sparingly as possible, avoid foods which have a shelf life, consume more fruits and vegetables, reduce salt intake and eat out of a smaller plate (that makes one tend to feel they're eating more than they really are). Our non-vegetarian participants will stick to eating seafood and chicken and will avoid red meat. Skins of chicken and fish will be removed before cooking, as they contain a high level of fat.

Regarding food preparation, they'll be switching from frying to boiling, grilling, baking and steaming instead.


They will make sure they consume milk and milk products such as yoghurt, cheese, cottage cheese, ice cream, fresh cream, etc which are made of 'no-fat' milk (which is easily available).

Butter, mayonnaise, whipped cream, cakes, chocolates, desserts, salad dressing, Indian sweets, as well as soft drinks and alcohol will be avoided.

We'll be tracking their progress every two weeks and keep you posted on a regular basis.

We look forward to knocking off serious amounts of fat and inches for them.

We know they can do it!

And they know we can help! 

FERZIN SHROFF**ADMINISTRATIVE EXECUTIVE**

WEIGHT: 61 kg

GOAL: Lose weight and inches all over.

FACT FILE: She enjoys the fast pace of dance-exercise, cardio routines and finds slower paced routines such as walking on the treadmill extremely dull and boring. Her primary target areas are her hips and abs.

AGENDA: Ferzin has a tendency to overeat. She leaves the house as early as 7:15 am and doesn't leave work before 4 pm. So she will work out with us in the evenings.



MANY STANDARD RECIPES CAN BE MODIFIED SO THAT ONE CAN CUT BACK ON THE FAT BUT NOT ON THE TASTE. HERE ARE SOME IDEAS FOR THEM TO TOY WITH.

INSTEAD OF USING:

EGGS

CHEESE

WHOLE MILK

SOUR CREAM

OIL

CHOCOLATE

MEAT

MAYONNAISE

WHITE BREAD

TRY USING:

EGG WHITES ONLY

(TWO EGG WHITES FOR EVERY WHOLE EGG)

LIGHT CHEESE

NO-FAT MILK

LIGHT SOUR CREAM OR LOW FAT YOGHURT

USE LESS OIL AND A NON-STICK PAN

COCOA

USE LEAN CUTS. USE LESS AND CUT THEM UP INTO SMALL BITS.

LIGHTER SALAD DRESSINGS LIKE OLIVE OIL OR VINAIGRETTE (IN SALADS)

WHOLE GRAIN BREAD