

# AND THE WINNER IS...

Femina and Nawaz Modi Singhania of Body Art launched a mission on June 1, 2006, to tailor-make a great workout regimen for our lucky readers Vaishali, Sheetal and Ferzin... They regularly visited the Body Art studio, to lose weight, get in shape and tone up. Now, three months later, it's time to see who the winner of the Femina Fitness Challenge is...

## NAWAZ SAYS...

The ladies have worked very hard and have come such a long way. They've lost so much fat, so many inches and so much weight! They don't look tired, drained or worn down either! In fact, they have a fabulous healthy glow about them! They're happy, positive, upbeat and energetic and revel in their newfound confidence and high levels of self-esteem!

It's only a combination of exercise and a sensible diet, that limits caloric intake, that gets you the results you so badly crave in order to change your life for the better. Over the last three months, Ferzin has lost the maximum amount of inches all over (39¾ inches), but Vaishali has lost the maximum amount of weight (10 kilos).

So who is the winner?!

It's always inch loss that is far more important than weight loss. This is because when we do cardiovascular exercises, we burn fat and lose inches and weight. Which is great! However, when toning, muscles become heavier and denser (but more compact) than flab. So, while the inches and fat remain low, your weight goes up. Well, then why not just skip the muscle toning segment and work on the fat loss bit? That way, one can keep the fat, inches and weight down, right? Right. However, without some degree of muscle tone, visual appeal is greatly reduced. We've all come across women who've lost loads of weight and inches, yet seem

## FERZIN SHROFF

### ADMINISTRATIVE EXECUTIVE

**Starting weight:** She weighed 61 kilos.

**Goal:** Ferzin wanted to lose weight and inches primarily on her hips and tummy.

The first month-and-a-half was all smooth-sailing for Ferzin. Thereafter she headed into rough waters. She suddenly began bingeing. There were too many parties and out-of-town friends visiting her. At work too, it was always someone's birthday, another's farewell... centred around cakes and food!

Ferzin was given a couple of tips to help her in these troubled times for the future. A fortnight later, Ferzin was back on track. Subsequently, she had a bit of a sore throat, compliments of the season, and missed a few workouts. She worked at making up for lost time though.

During the last two weeks, in the final run-up to the end of the Challenge, Ferzin injured her back

rather shapeless. They still have the extra flab (but not the extra inches) hanging around where they least want it — typically around the lower belly, the inner and outer thighs, triceps, etc. That's why building muscle tone is important as well. It's also crucial in keeping the skeletal system well supported and strong, and so getting rid of this segment is just not advisable.



slightly by lifting something heavy, but luckily, that didn't get in the way of her programme. She was given a few quick and easy stretches and exercises to ease out the back and reverse the problem.

### WEIGHT AFTER THREE MONTHS:

Ferzin lost seven kilos and 39.75 inches all over

Which is why Ferzin is the winner of the Femina Fitness Challenge!! And as if the result weren't a huge prize in itself, we presented Ferzin with a fabulous gift hamper. It comprises a 'Fit For Life' cookbook, (a low-calorie, low-fat cookbook), an X-er tube to tone and tighten up with, and an exclusive Body Art T-shirt and bracelet! Our heartiest congratulations, Ferzin!



**VAISHALI NEGANDHI**  
**INTERIOR DESIGNER**

**Starting weight:** 61 kilos

**Goal:** To lose inches, drop weight and tone up

Stress and a heavy workload were an integral part of Vaishali's life, which sometimes led to her back giving way. Vaishali's programme included stretches and strengthening exercises for her back in order to alleviate pain and stiffness.

A couple of weeks into the programme, she unfortunately suffered from her annual attack of sciatica. Due to this, she was unable to do all she would have otherwise. So, her workouts were modified to suit her changing needs. As she was on heavy medication to control the sciatica, she had been medically advised to eat well. Yet, she managed

to walk a tight rope and progressed well. A fortnight later, she reported that her sciatica and her bad back had both greatly improved!

Just as she got back in the game, Vaishali hit another stumbling block. Due to 'Shravan Mahina', she was munching on a lot of 'faral'. She should have at least replaced the 'faral' with some of her regular food! Together these caused her to develop a noticeable paunch! She realised she had to take remedial steps right away, and pulled the reins back on herself hard and fast!

In the last two weeks of the Challenge, she'd suddenly encountered a bit of a back problem, due to excessive work and frequent travel on bad roads. We gave her a few quick, easy stretches to do which reversed this problem. Due to travel, she missed quite a few workouts but made up most of the sessions.

**WEIGHT AT THE END OF THREE MONTHS:** Vaishali lost a full 10 kilos and 35.5 inches.

**SHEETAL KAPASI**  
**HOMEMAKER AND MOTHER OF TWO**

**Starting weight:** Sheetal began the Challenge at 59.5 kilos

**Goal:** Having delivered a few months earlier, she wanted to lose fat and inches and tone up.

The first month-and-a-half saw her sail through the Challenge. Thereafter, she missed a few workouts due to the rains and her daughter being unwell. As they say, when it rains, it pours! Over the following fortnight, Sheetal missed a few more workouts as her daughter began teething. Nevertheless, she managed to progress and keep afloat.

Once again, Sheetal ran into another roadblock over the next two weeks — she developed a slight knee pain and was advised to rest as much as possible. As a result, she missed a few workouts and did not lose any more weight or inches. She was however, being



very disciplined with her food habits, as she was not working out.

In the final lap, once again, Sheetal ran out of luck! She was away at her mother's place for 10 days and then her maid wasn't coming in. Because of this she missed quite a few sessions. To help her during this time, she was given a few workouts she could do by herself at home.

**WEIGHT AT THE END OF THREE MONTHS:** Sheetal lost six-and-a-half kilos and 29 inches all over.



**HOW THEY ACHIEVED THEIR GOAL**

The ladies came to the Body Art studio to work out six times a week — four times at the cardio workshop, once a week at the Pilates hub, and once at the gym.

The cardio classes comprised a variety of routines such as high-low fusion workouts, step classes, trampoline classes, slide training and many more routines. At the Pilates hub, they worked on achieving a long, lean, appearance. They cut back on inches while toning up and improving flexibility. While Pilates is a less aggressive and slower paced workout, it is extremely effective. In the gym, they worked with weights and resistance training, targeting all body parts, while losing weight and fat, and tightening up.

Since crash diets are not only ineffective, but can also be extremely harmful, the ladies were given detailed dietary guidelines where they had been advised on eating the right kind of food. They were to opt for a sensibly balanced, low-calorie diet, which was low on fats and sugars, high in fibre and the right carbohydrates. They were instructed to eat small snacks through the day and avoid large meals, drink plenty of water, eat slowly, cut down on outside food, avoid canned and packaged foods, consume more fruits and vegetables, reduce salt intake and eat off smaller plates (it makes you feel you're eating more than you really are).

Our non-vegetarian participants were advised to stick to eating seafood and chicken, and to avoid red meat. Chicken and fish skins were to be removed before cooking. They were to switch from frying to boiling, grilling, baking and steaming their meals. They were allowed low-fat milk and milk products.