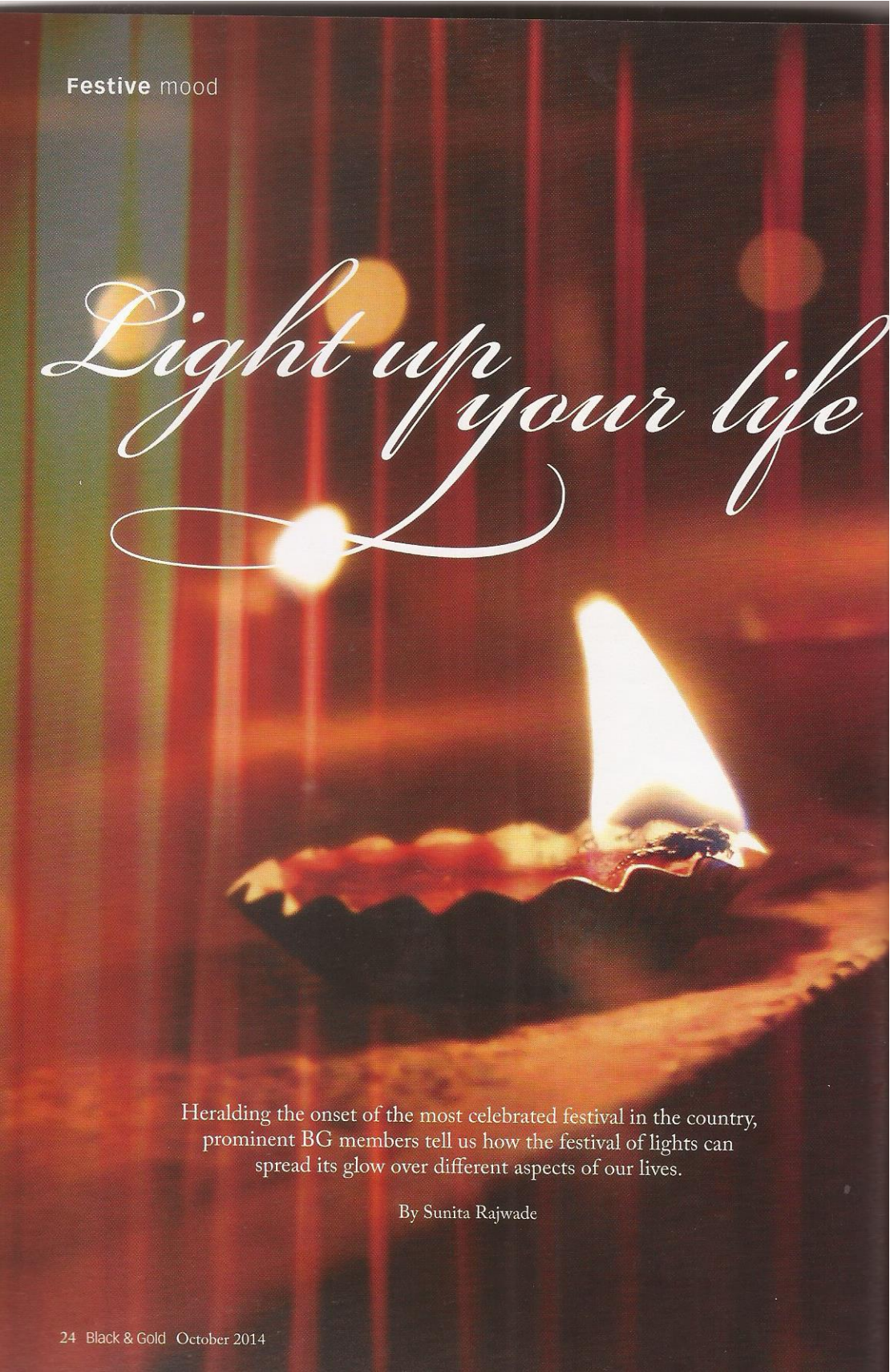


Festive mood

# *Light up your life*



Heralding the onset of the most celebrated festival in the country, prominent BG members tell us how the festival of lights can spread its glow over different aspects of our lives.

By Sunita Rajwade



## NAWAZ MODI SINGHANIA FITNESS EXPERT

To counter the extra calories we tend to gain this festive season, we need to work out more, says fitness expert Nawaz Modi Singhania. If you're pressed for time (and that's common, isn't it!), try to stay as active as possible during the day. She suggests adding an activity

to compensate for the hazards of the season. "For instance, take the stairs instead of the escalator, or walk to work. If you've got even just a few spare minutes, you've got the time for a workout!" Activity of any kind is better than nothing, she states.

"A combination of cardio and strength training is most important in getting fat off and making sure it stays off," Nawaz says. "Cardio activities

could include a cardio/aerobic class, swimming, walking, jogging, rope jumping and cycling. Strength/resistance training could include mat/floor free-hand exercises, gym training, Callanetics, mat- or equipment-based Pilates and partner workouts. Resistance training can even be done a few minutes at a time."

Nawaz warns against crash diets, which people often think can help them knock off weight gained during this season. "Once off the diet, the dieter will gain back all the lost weight and then some more! Crash diets also lead to a number of health problems and are laden with side effects. Instead, be smart about it. Have dinner or a light snack before you head out for a do," she suggests. This way, you won't be starving and tempted by "deep fried snacks, sugar-laden *mithais* and other waist-line no-nos."