



Crafting  
Fresh  
Approaches  
to  
**Fitness**  
and  
**Health**



**B**ody Art Studio has one of its branches in Marine Drive in South Mumbai which is helping you to be fit and healthy for decades now.

Mrs Nawaz Modi Singhania who is the Founder and Owner of Body Art Studio is a fitness and lifestyle icon who truly believes in keeping fit and healthy.

Having won accolades like 'Wellness Icon of the year 2017', Mrs Singhania is redefining ways to keep fit. She is not only associated

with various marathons but is also passionate about promoting health and wellness. Nawaz was appointed the Indian Idol Junior Fitness and Health Mentor in 2015, where she worked with highly talented kids from all over India. After the success of Indian Idol 2015, she did another show for Sony TV Super Dancer 2016, where she conducted health and fitness programs for the finalists. Here is the healthy and hearty conversation I, Gitanjali Mangal, had with this Fitness & Lifestyle Ambassador, Mrs Nawaz Modi Singhania.

The studio looks beautiful and it's very well conceptualised. We would first want to know how you came up with this plan?

So, all our studios actually are done by me in terms of the interior designing, layout etc., and I am very particular about making sure that they are very bespoke. So, unlike a lot of other facilities or establishments that you might find, it's not just basic flooring, plain white walls, plain ceiling; there's a lot more going on in there because it does have to feel like your second home. So, they are all very different, very unique, and places I would personally love to be in, which is what makes it good for my clientele as well.

I am sure people love to come here and get fit. Tell us the highlights of the studio!

We have weight training section and a separate cardio facility. We have aerobic workshops. There are about 25-27 different forms of aerobic activities happening here, which include not only cardio, but also strength resistance training, mind body workout, stress

management, and a whole lot that we have pioneered into the country.

Things like dedicated trampoline, mini trampoline choreographed classes, sly training, facial fitness exercises, callanetics, aqua aerobics units which also offer you a lot of cardio classes and also aqua yoga, great for all, but particularly people who have an issue with body resistance in terms of weight bearing exercises.

We have a Pilates studio... well again the first in the country. All the 13-14 different types and forms of equipment.

We have a spinning studio as well. Biking, detailed in its choreographies, an aerial arts studio where you have a lot of anti-gravity works, aerial yoga, 360 degrees sort of training, fantastic for all sorts of athletic performance and fantastic for taking yourself to the next level of fitness and wellness.

Since so many options are on offer, could you throw some light on what kind of people come here to work out?

Any and all sorts of people. Young kids, teenagers, housewives, businessmen, the elderly. From 6 to 90, we have them all.

Wow! So, coming to you, you look so fit. I think you keep growing younger every year. We would definitely want to know what keeps you so deeply motivated.

So Gitanjali, this is no secret! I practice what I preach. Which is about everything I do in Body Art and getting the right source of foods in, not depriving yourself of what you love or like to eat, but switching the objectionable ingredients in your food in our meals with helpful ingredients instead. It's about lifestyle, it's about anti-ageing in terms of exercises, water, and sleep, that we all know, but tend to neglect and it works. So it's fantastic. I was just telling a friend recently that year on year I feel fitter, I feel younger, I feel





more energetic, I feel slimmer and more confident than I did in my teens, in my college years. So the payback is so huge that you are very self-motivated to keep going. It is not an imposition, it is the biggest gift you can give yourself. I eat a lot of fresh fruits, I eat a lot of vegetables. I don't have boxed juices, because that's pure sugar, and then cutting off vitamins a lot more in terms of quantity. So not a good idea, but lots of nuts and seeds. Lots of omegas, very important those omega oils, salmon, tuna, also from seeds, nuts, etc. I don't eat the whites, all my whites are switched. So, instead of white rice, I eat either quinoa, it is fantastic because the starch content is negligible, the protein is fantastic, it is a complete protein. It has all 9 amino acids that go into making a complete protein that the body cannot manufacture.

I have also recently found a fabulous grain in India called Jangora. It is the barnyard millet and very similar to quinoa. Although it is not a complete protein, yet very low in starch that makes a great rice substitute, and yes, bread, regular bread. I make sure that my bread is made of these flours the same flours instead of regular wheat chapatti. I will make sure that my chapatti is made of healthy grains. Again, the healthy grains can also be nachni, ragi, bajra, jowar, so everything is a substitute that way. I don't eat potatoes, I go with sweet potatoes, much more helpful, many more nutrients, etc. and I don't eat pastas in any case, but if I did I would have again substituted the base ingredients and I also have a lot of water. I think that kind of wraps it up.

Being a Parsi, of course I love my Parsi food. Being an Indian, dosas, puri, biryani, etc. but it's all made from very healthy ingredients. So, I have the double satisfaction knowing that I'm not only indulging my taste buds but I am getting stuff which is really healthy for me, which is not aging me, nor fattening me, it is not making me unhealthy and sick, it's fabulous and double the joy.

### So talking about flexibility, how important do you think is being flexible?

Very important, not just in looking flexible or Oh my god wow I can touch my toes, and do the splits, etc. but it's very important even in injury prevention. The more flexible we are, the less injured we get. For example, it does boil down to functional fitness as well. Am I flexible enough to even twist over or look over my shoulders when I am driving out of my parkway or am I going to injure something in straining my neck? Am I flexible enough to pick up something from the floor without hurting myself?

So, it's very important. Even when you are caught in a situation, you have to have a certain amount of reaction. Let's just say I am tripping, I am falling somewhere and I have caught myself just in time. Was I flexible enough to get up and get away or do I end up twisting something or hurting something? Spraining or straining something? And all that is decided in that one split second.

### Lastly, could you give us one message to motivate people to get out of the comfort zone and get fitter?

I would say: don't do it because somebody else tells you to do it. I would suggest to just try a little bit in every direction or in whichever way you like and see how much you get back. The returns are exponential and then no matter what happens, you feel so self-motivated to do a little more because you know the rewards are so huge, and you watch live examples.

The only motivation that counts is self-motivation. Therefore I say, do just a little, test it out for yourself and see how you feel. You're not going to give up once you get there.

It was an absolute pleasure to come down here and experience the studio, and we wish you great success in all the good work that you are doing. Thank you so much.

Thank you for having me Gitanjali!

- KT