

**Weight Loss**

# Passing The Test

The journey from flab to fab was a learning experience, she found.



WEIGHT BEFORE: **85Kg**  
WEIGHT AFTER: **66Kg**  
NAME: DEEPTI KUNDERAM  
AGE: 22 YEARS  
PROFESSION: STUDENT

**D**eepti Kunderam thought being referred to as “chubby” was cute until both her father and mother were diagnosed with diabetes. “What kind of shock me was the knowledge that youth did not offer me any immunity from that condition,” says this 22-year-old who’d passed out of college blissfully weighing in at 85 kilos.

**THE CHANGE**

A vacation to the US in 2008 introduced Deepti to the gym culture: “For the first time I realized exercise could be fun.” Even with all the sightseeing and stuffing her mouth with pizzas and burgers, Deepti found spare time for the treadmill and the Spinner.

Back in India a month later fitter, but not trimmer, Deepti’s first act was to take up a weight loss package at Gold’s. She made exercise the day’s first priority since “I knew I would put up excuses to avoid a workout in the evening.” Despite her enthu, “there were times when I wanted to throw in the towel, felt like I just couldn’t do one more rep or lift one more weight plate. But each time I told myself that this is a test like any other I’d face in college, that I’ve got to pass . Failure was not an option that I could countenance.” The 5-days-a-week exercise habit got a toehold and wads of fat melted from her middle and thighs. Once Deepti met her

weight loss target she eased back on the resistance training (which bored her) and

upped the cardio element which keeps her in shape today.

**THE DIET**

“I was never a binge eater but was always putting the wrong things in my mouth at the wrong time — like early morning classes on an empty stomach, *vadapavs* and sandwiches at the canteen at 11 AM to fill the vacuum, chocolate all day.” Passing out of college serendipitously put an end to these splurges along with Chinese takeouts and Big Macs that marked get-togethers, which helped her stick to the prescribed diet. “Now when I go out with friends I settle for salads. The cravings have been long forgotten,” says Deepti. Chocolate is still hard to resist, and the restriction on rice (a favorite) hasn’t been easy to follow. “But I still try to avoid it and eat *rotis* on days I miss a weight session”. A couple of high fibre Nutri choice biscuits or a fruit are her weapons to tackle hunger pangs.

**THE RESULT**

22 kilos and 4 inches dropped in seven months.

**THE REWARDS**

**More stamina:** “Even at late evening classes my brain is alert.”

**More compliments:** “Esp from a critical brother who was always pulling my leg when I was chubby.”

**DEEPTI’S TIPS**

**Focus on the positives:** “If you come out of the gym energized despite the aches, you’ll realize that a hard workout is not all that killing.”

**Remember the time:** “Every time the urge to binge hits ,call to mind the sweat and pain it took to burn it off.”

**DEBJANI SENGUPTA**