



Dr Ajeesh Abraham and Munira Jawadwala Kawad give pointers on acquiring a bod that's...

Drool Worthy!

LOSING WEIGHT THE RIGHT WAY

Weight loss occurs when there is negative calorie balance, produced by a controlled diet along with exercise, which burns calories. But there is a difference between weight loss and fat loss. Fat loss is healthy, whereas weight loss may not always be so. Weight loss could also occur from a loss of water, muscle or fat. And losing water and muscle is unhealthy and makes the skin look sunken and the body thinner, but shapeless. Our body loses muscle and water if our diet is inadequate in calories and liquids, which prompts the body to break down muscle as a source of

energy. But on the other hand, weight training exercises done with proper intensity will cause micro trauma at the cellular level in muscles. This prompts the body to utilize stored body fat for muscle growth and maintenance.

An exercise routine for weight loss in a short duration should have the following characteristics:

a) It should target a large surface area of muscles:

When we target a large surface area of muscles like the legs, back and chest with proper intensity, there is more surface area of micro trauma. The body uses stored body fat as energy to fuel recovery of those muscles.

b) Should burn calories during and after exercise:

Exercises which burn calories during and after workouts will help a great deal in getting faster results. For example, functional training workouts



(like lunges, squats etc) target the whole body and burn calories during the workout as well as after it.

c) **Should be safe and easy on the joints:** Correct form and technique should be followed to avoid injuries.

d) **Should be balanced according to the caloric requirement during exercise:** Exercise should not be so tiring that the body does not have enough energy to perform the exercises and starts breaking down important muscle to produce more energy.

e) **If the exercise is of short duration, then the intensity should be high:** During weight training or functional training workouts, select challenging weights and perform sets along with rest periods between sets for ATP (energy) recovery.

DIET DIARY

- Since the festive season is still booming, prepare *mithai* from healthy ingredients such as dry fruits like dates and figs, and nuts like almonds and walnuts, or fresh fruits. These are good sources of Omega 3 fatty acids, vitamins and minerals and have fewer calories. Avoid or use less of cashew nuts, peanuts and pistachios as they are high in calories.
- Use skimmed milk to prepare *kheer*, *phirni*, *basundi*, *shrikand*, *ras malai*, *paneer* etc.
- Use less *ghee* in your *mithai*.
- Opt for roasted or baked snacks like *chivda*, *chakali*, *sev* etc - all easily available in the market now.



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- Similarly, rather than deep frying, opt for shallow frying in a non-stick vessel, baking, grilling or steaming.
- Make the dishes healthier by adding a good amount of fiber in them. For example, while making vegetable cutlets, add oats for binding, or you can also coat them with oat bran.
- Eat smaller portions and chew your food properly.
- Drink plenty of water before snacking so that your stomach is partially full and you tend to eat less.
- Learn to say 'no'. Don't keep on eating just because you're offered snacks and sweets you love.



- Plan your meals in advance. Try to get a helping of soup and salad before heading out for dinner.
- Avoid aerated drinks. Instead, choose fresh fruit juices without sugar. Lemon juice, *badam* milk, *masala* buttermilk, skimmed milk, *lassi* etc are delicious alternatives. 🌸

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