

FITNESS SAVVY

SUPER SVELTE



Want to flaunt a super toned bod in time for the festive season? Althea Shah suggests a quick fix guide.

The festive season is 'round the corner, with the festivities slated to continue for the next few months... Time when most of us are trying desperately to lose all that extra ungainly weight - quickly! But in our bid to get results fast, most of us use the wrong diets and exercise methods that yield no results! Working out long and hard at the gym or jogging every day will never give you the fat loss effects you want.

Slimming down is easy if you eat the right foods and exercise the right way. Once you lower your body fat levels sufficiently, you will start to see your body responding in a positive way.

HAVE THE RIGHT DIET

Your body ends up being what you put in your mouth. This is the number one factor that determines whether you will be able to slim down or not. No amount of exercise and working out is going to help if you are eating the wrong types of foods and not eating fat burning foods to maximize results.

The fat burning secret to losing weight is to eat and drink until you are full and satisfied, but choosing foods that burn more calories than you consume.

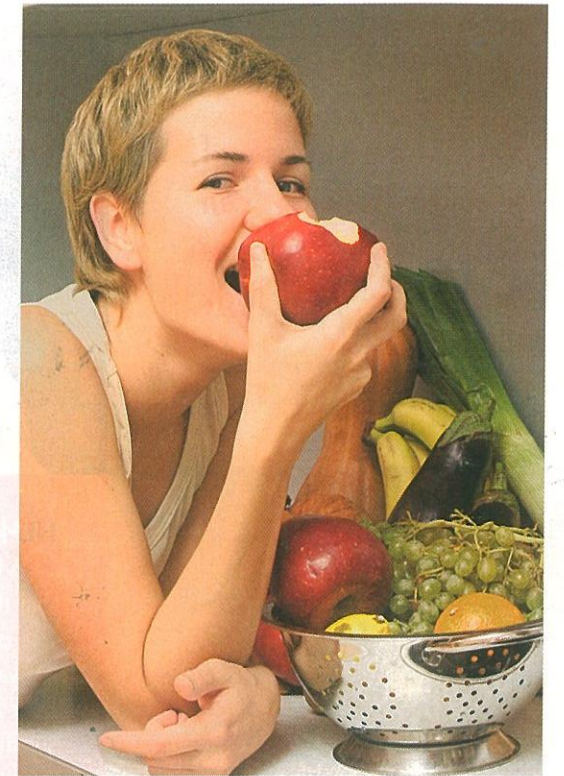
This helps your body burn up the excessive stored fat. If you eat these fat burning foods and add a good exercise workout program to it, you will increase your metabolism and burn calories at a faster rate, even several hours after your exercise is done.

Examples of fat burning foods: Apple, apricot, asparagus, beet, blackberry, broccoli, cabbage, cauliflower, celery, cod, cucumber, eggplant, garlic, grapefruit, green bean, lettuce, okra, orange, papaya, peach, pear, pepper, pineapple, pumpkin, radish, spinach, watermelon.

Eat 5 small meals a day Eating five small meals per day and eating more frequently in smaller amounts can boost your body's metabolism and help you slim down fast.

Fill up on fibre You can curb your hunger by increasing your intake of dietary fibre, which is filling, so you feel full but eat less. Eat more fruits, vegetables and wholegrain cereals.

Reduce fat Diets too high in fat promote obesity. You should strive to consume no more



than 25 percent of your calories from fat - and that fat should be the 'non-saturated' type. For example, avoid saturated fats like ghee and butter and eat foods cooked in olive or sunflower oils.

Reduce sweet

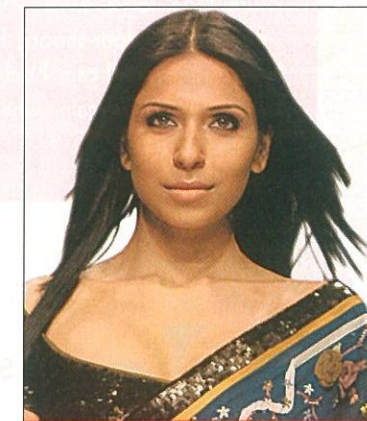
While sugar doesn't do as much dietary damage as fat, you'll find that when you eat sweets, you simply want to eat more... of everything. Sugar also makes your body excrete chromium - and chromium is a mineral that helps your body build calorie-burning lean tissue, so you want to keep your chromium levels up!

Drink up

Water not only acts as a solvent for many vitamins and minerals but is also responsible for carrying nutrients into and wastes out of cells, so the body functions properly. As a rule, if you weigh 50 kg, you should drink a minimum of 1.5-2 litres of water a day. Another 1 litre if you are exercising.

Minimize...

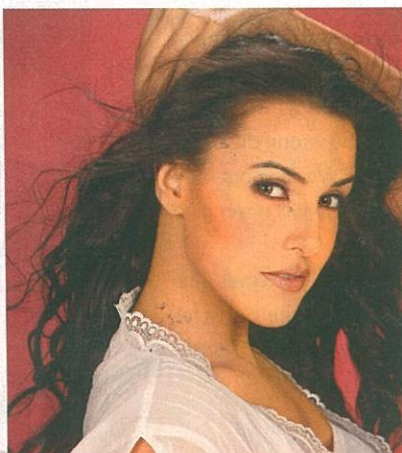
Alcohol: Your body treats



CANDICE PINTO, Model "A little care goes a long way in keeping you healthy and glowing. The best way to get a toned body is to push yourself to the gym and eat everything in limit. I make it a point to follow my fitness routine religiously. And I try and eat healthy."

FITNESS SAVVY

Small amounts of strength training can help tone your muscles and make you look slimmer!



NEHA DHUPIA, Actress

"My mantra is: Eat everything that the body requires, but do not overindulge. Drink plenty of water, it's excellent for the skin also. And there is no substitute for a great workout; my fitness routine consists of a combination of yoga and cardio. I do yoga for about an hour every day and about 30 minutes to an hour of cardio. The day I miss out on my routine, I make sure I go for a swim. Also, when on outdoor shoots, I do some running if I can. I believe in 'no pain, no gain' when it comes to fitness."

it like fat.

Soft drinks and the sugar you put into your tea and coffee: The calories are high. Reduce your calories by switching to water instead of sodas. If water is too bland for your taste, put a slice of lemon into the water to flavour it.

WORK OUT SMART

Next comes the exercise bit. Pick a workout that you can stick to. If you have been sedentary all along, try walking. As you get fitter, speed up to a jog and then to a run. You will see the fat melt off.

Cardiovascular exercise

Cardiovascular training helps burn fat. However, jogging for a long period of time is not the best way to lose fat.

The right way to exercise is to perform more intense but shorter workouts. You can perform your cardio exercise on any exercise equipment, and start off slowly. After about five minutes, you should increase the intensity of your exercise until you are fully exerting yourself for 1 to 2 minutes. After that time, you can lower the intensity before you increase it again.

Strength training


Small amounts of strength training can help tone your muscles and make you look slimmer!

By building muscle, you will be able to achieve a sexier and healthier looking body. If you slim down without building up some lean muscle, you will look like a walking toothpick.

Muscles keep your metabolism high, which helps you burn fat faster.

SMALL CHANGES

Apart from these workouts, you can add exercise by making small modifications in your daily routine:

- Take the stairs instead of the elevator. Climb a little faster.
- Park your car a few blocks farther away. Walk this extra distance to work, to a friend's home or when out shopping.
- Take a walk before lunch.
- Do not sit in one place for long hours. 

INPUTS: RAKHEE KAUSHIK

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