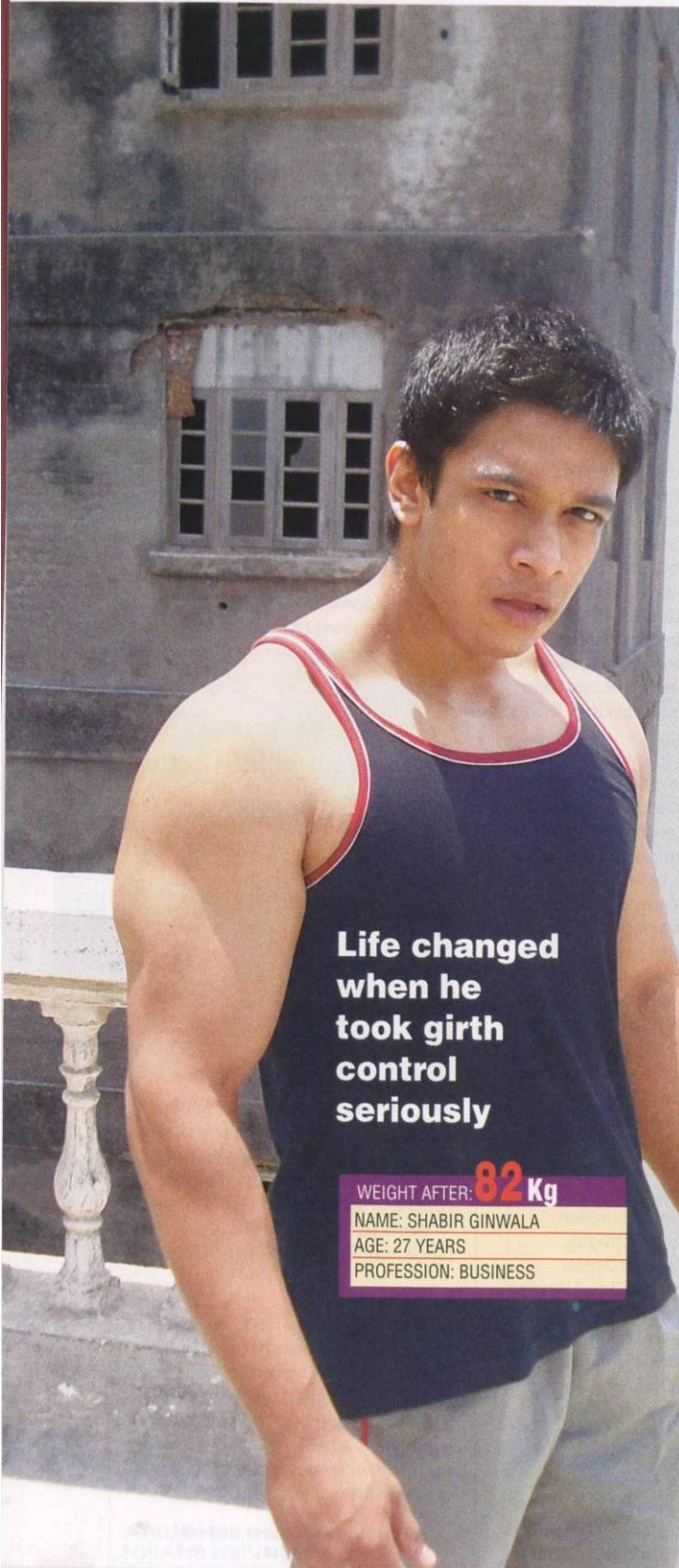


Weight Loss



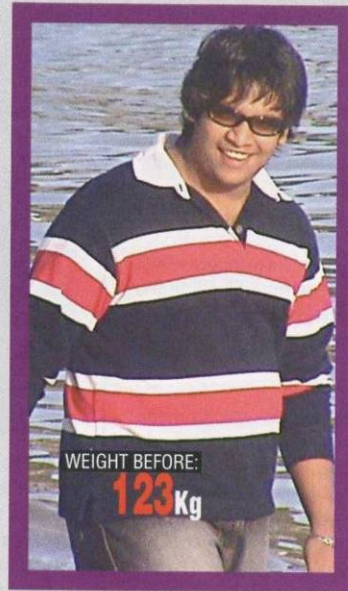
Life changed when he took girth control seriously

WEIGHT AFTER: **82 Kg**

NAME: SHABIR GINWALA

AGE: 27 YEARS

PROFESSION: BUSINESS



Feeling It In His Gut

Fab had been a fixture on Ginwala's frame for so long that he only dimly remembers the time he was in shape. Chubby cheeks and cylindrical torso were warmly attributed to advancing adolescence, not to the scores of *vadapavs* that he snarfed or the heavy diet at home of ghee-laden *parathas*, spicy chicken curry, *biryani* and *tandoori* chicken — all of which went straight to his middle. No surprises that Ginwala was huffing and puffing by the time he graduated out of college. "I had no energy to even walk, but on a 5'9" frame my large arms and broad chest offered an illusion of strength," he recalls.

Ginwala took charge of his electronics showroom on Nepensea Road soon after college, which meant a straight 8-10 hours of enforced sitting: "There was little to keep me interested so I entertained myself by ordering in pizza." Ginwalla even rented out a place to Garcia's a few blocks away from his store to have his fav takeout meal at hand. At home his couch potato status was further solidified by TV so much so that "even my family started commenting. It infuriated me to hear anyone bring up the issue of my weight."

THE REALIZATION

Ginwalla found himself tiring easily, which brought on irritability and mood swings — "I couldn't bear to see the expressions on the sales clerks' faces every time I went shopping for size 40 jeans. Arguments only left me breathless, causing my dad to remark that it was time I got a hold of my temper, and took charge of my health."

One day in mid 2003 Ginwalla accompanied his father for an annual physical where he offered to have his own blood pressure checked by the family physician. "I was only in my early 20s and yet shockingly my numbers were 150/140," says Shabir.

Once again the issue of his over weight was brought up, only this time Shabir couldn't throw a fit and wriggle out of the argument. This was serious stuff.

THE CHANGE

Shabir wasn't an early morning person. His day only started at 11 AM when the store opened. "In 2004, during the Ramzaan month when we fast the whole day, a few friends suggested why don't I head to a gym after work and the *iftar*," recalls Ginwala.

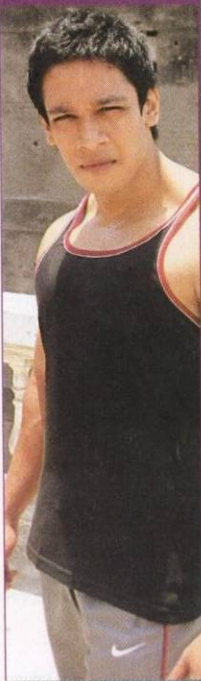
Suddenly workouts became a way to spend the evenings

GINWALLA'S SECRETS

Keep temptation out of sight:

"My first act with my weightloss success was to boot out Garcia's — once a favourite haunt. I learnt not to mix business with pleasure."

Be patient "Diet and exercise will work only if this ingredient is also present."



with music and friends. "I didn't know how to burn calories, but I was keen on making muscle, so I fell in with the idea." However he continued to resist changes in his diet.

Despite this, the hours at the gym produced results, albeit limited, in the form of a 3-kg drop in weight in 2 months.

Ginwalla kept pace with his fitness loving friends so that the workouts never got boring: "It was easier to accompany them after work rather than head home."

Three years of dedicated sweat and a few minor tweaks to his diet helped Ginwalla to slide to 99 kilos. "But somehow the pot belly remained and I was never satisfied with my image in the mirror," says Ginwalla. He read up articles on healthy eating, gave up *biryani* and pizza and snacked on *channa* and soy nuts to meet the recommended protein needs. "When the results continued to be unsatisfactory I gave up the whole dieting bit," says Ginwalla.

FRESH START

Frustrated by his inability to shake off the stubborn blubber Ginwalla nearly called it quits in mid 2007, when a friend, Harish Shetty, who worked out at Gold's gym introduced him to functional training. "My mistake, I realized, was that I gave cardio the short shrift and focused totally on weight training. So the fat stayed put and my weight stagnated," says Ginwalla.

In 2008 Ginwalla returned to the gym, this time at Gold's, and started working out in a systematic manner, alternating cardio with weight training and working one body part a day. "I think Spinning and running twice a week for 30 minutes finally did the trick. My pot belly disappeared, I became more energetic and that helped me lift more as well." Within months Ginwalla was bench pressing

to the tune of 110 lbs, leg pressing 100 lbs: "What I lost in fat I gained in muscle tone."

THE DIET

Ginwalla raided the health food store after taking several tips from the net. "I used Virgin olive oil (so less was needed), picked up roasted snacks and fat free mayo but avoided the fat free cheese." He started the day with a protein shake, lunched on two pieces of grilled chicken, followed by oat porridge at 3 PM. "Yes, it was a bland diet but I learned that the only way to make a dent on my gut was to follow a sensible meal plan," admits Ginwalla.

A protein shake at 4 PM and another after his two-hour workout that began at 6, and dinner of two *chappatis* with grilled chicken and salad, completed the day's intake.

He continues to follow this diet till date with minor changes. Like instead of pizza he snacks on a multigrain Subway sandwich. And on Sundays he allows himself to binge on *biryani*, *kheema* and *tandoori*. The rider: "I work it all off with an evening run in the nearby park, because too much of food makes the body lazy," says Ginwalla.

THE RESULT

The streamlined diet together with a more focused workout routine helped Ginwalla to hit the 82-kilo mark. He now boasts a 36-inch waist.

THE REWARDS

More friends: "When you transform yourself it makes people (esp those who wouldn't otherwise take you seriously) believe that you have achieved the impossible."

Better health: "My blood pressure is now normal too."

DEBJANI SENGUPTA