

GYM & TONIC

# Quick Fit



Althea Shah works out a 15-minute corporate fitness program for you.

**A FAST** paced lifestyle, excess travel time, irritation due to long queues... Is that getting you down? Let's help you find a way to incorporate fitness into your lifestyle, to beat the stress caused by living life on the fast lane.

Many of us *want* to start a fitness regimen but don't know how to fit it in... Here's how you can get started on the path to a healthier life.

Tell everyone you know about your fitness goals. That way, you will have that many more people to answer to.

fitness program called 'Quick Fit'. Here are four key components of the 'Quick Fit' routine:

## 1. AEROBIC ACTIVITY: 10 MINUTES

Do 10 minutes of continuous aerobic activity. For starters, walk. Try the treadmill or hop on to a stationary bike, stair climber, or an elliptical machine, or choose to walk outside or in the hallways. Start comfortably, but during the activity, move up to a brisk walking pace - enough to cause noticeable breathing, but still allow you to talk.

## 2. STRENGTH MOVES: 3 MINUTES

Use dumbbells to do these three moves. Select the weight such that 10 to 15 repetitions of each exercise is fatiguing.

**A. Chest press.** Lie with your back flat on the floor and arms extended out to your sides. Bend them at right angles at the elbow, forearms pointed towards the ceiling, hands holding the dumbbells. Push the weights up towards the ceiling, fully extending the arms, and then lower them. Do 10 to 15 repetitions.

**B. Curls.** Stand with feet shoulder-width apart, arms straight down at your sides, palms facing the body, holding dumbbells. Bend the right arm at the elbow, and lift weight towards the shoulder. Slowly lower weight. Do the same with the left arm. Do 10 to 15 on each side.

**C. Shoulder raises.** Stand with arms straight down in front of you,

palms facing together, holding dumbbells. Keeping elbows slightly bent, raise your arms straight out to your sides, so you look like the letter 'T'. Slowly lower weight. Do 10 to 15 repetitions. (Note that you may use substantially less weight for this than for curls or chest press.)

## 3. FLEXIBILITY: 1 MINUTE

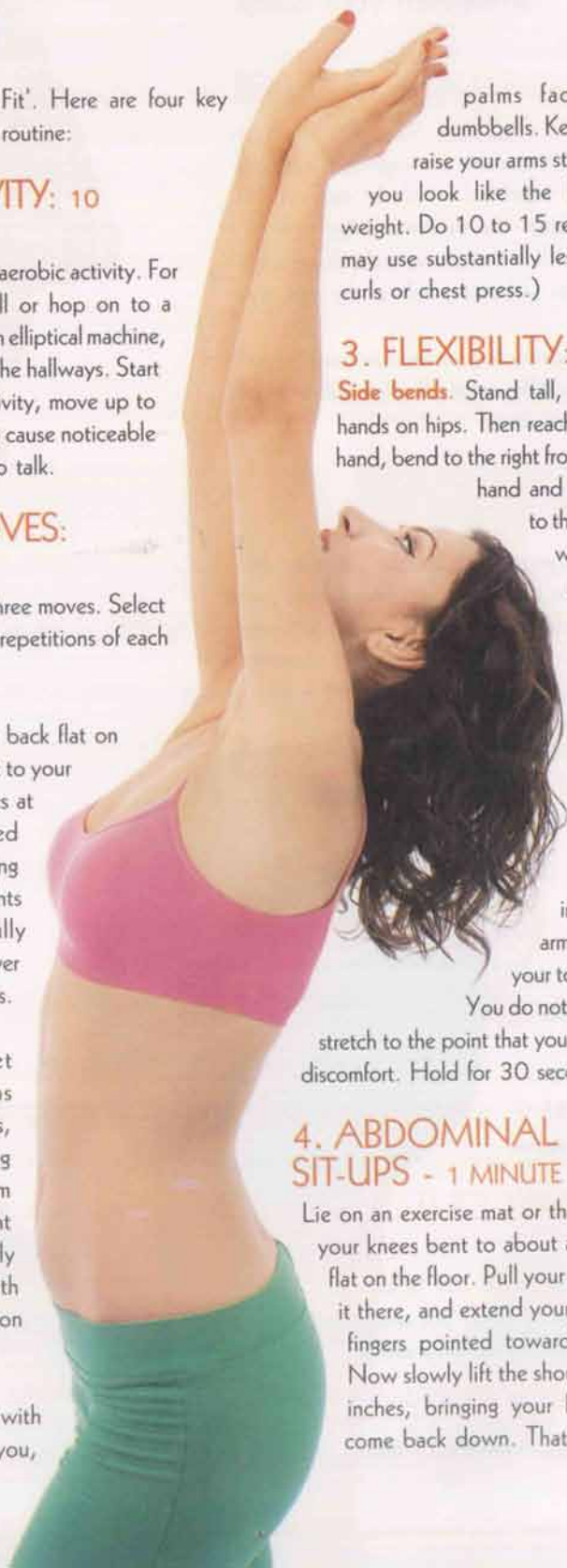
**Side bends.** Stand tall, feet shoulder-width apart, hands on hips. Then reach up to the sky with the left hand, bend to the right from the waist, bringing the left hand and arm overhead and reaching to the right. Slowly return to start with hands on hips. Bring the right hand up and lean and reach to the left. Continue alternating, reaching and leaning to the opposite side with each hand, with the arm fully extended, for 30 seconds.

**Sit and reach.** Sit upright on the floor with legs straight in front of you. Extend your arms straight, reaching towards your toes, and gently lean forward.

You do not have to reach your toes - just stretch to the point that you feel a gentle tension, but no discomfort. Hold for 30 seconds, then relax.

## 4. ABDOMINAL EXERCISE: 50 SIT-UPS - 1 MINUTE

Lie on an exercise mat or the floor with your back flat, your knees bent to about a right angle, and your feet flat on the floor. Pull your chin to your chest and keep it there, and extend your arms and hands, with your fingers pointed towards the top of your knees. Now slowly lift the shoulders off the mat four to six inches, bringing your hands to your knees, and come back down. That's one, repeat 49 times.



# GYM & TONIC

Use dumbbells to  
strengthen your body.

## FIRSTLY, YOU NEED TO INCREASE YOUR BMR

Metabolism plays a major role in weight loss and total weight control. Our individual metabolic rate - BMR (Basal Metabolic Rate) - is determined by genetics, lifestyle and the individual choices we make every single day. Regular workouts and eating right at the right time help you keep fit.

Adding strength training to your aerobic workout will help, as you will be building calorie-burning muscle which will increase your metabolism.

## SECONDLY, DETERMINE YOUR BODY MASS INDEX (BMI)

To determine if you are within a 'healthy' range for your height and weight, it is important that you calculate your individual BMI. To calculate your BMI, use the following equation: Weight (kgs) divided by height (meters/squared).

Example: For a 50 kg, 5'5" individual (5.5 ft = 65 inches = 162.5 cms = 1.625 meters), the equation is:  $50 \div (1.625 \times 1.625)$ .

Using this calculation, the BMI is 18.93. Use the chart below to determine if your BMI is within a healthy range.

- Underweight: Below 18.5.
- Normal: 18.5 - 24.9.
- Overweight 25 - 29.9.
- Obesity: 30 and above.

## THIRDLY, WORK OUT A PLAN

Work out some time in the day to exercise. It gets difficult in our fast paced lives. But spend at least 15 minutes a day. The benefits are innumerable.

## QUICK FIT PROGRAM

We will now put you through a 15-minute corporate



Fruit juices and health drinks often provide more sugar than expected.

## EATING RIGHT

Fat loss is more important than weight loss: Simply eating less and incorrect restraint on the intake of particular ingredients often have baleful effects on health, leave alone fitness. So, be aware.

### Calorie intake

You need to supply your body with energy. Eating less will have your body running on a lower energy level. You will grow weak and fatigued.



### Carbohydrates

Carbohydrates are an instant source for energy. When their consumption is reduced, your body draws its energy by burning fat. When carbohydrates are omitted from the diet, the body enters a state called ketosis, where along with fat, muscle weight is also lost.

### Sugar level reduction

Lowered sugar intake is necessary for improving health. Fruit juices and health drinks often provide more sugar than expected and should be taken care of.

### Proteins

Since fitness also emphasizes on strengthening and building muscles, proteins should be included in the diet accordingly as they are the building blocks of muscle.

The ratio of protein intake in the diet is proportional to the amount of exercise done. Lower intake results in weak muscles.

## STAYING MOTIVATED

You've started your program, but need help staying motivated? Here are some tips:

### 1. Manage your time.

- Work out with anybody you like. This gives a sense of commitment.
- Don't use your car for small jobs, walk instead.
- Make prior preparations for your workout so that you don't have to spend time getting the workout kit or the right clothes.


**2. Make a bet** that you will hit your goal by a certain date. This makes every workout count.

**3. Tell everyone you know about your fitness goals.** That way, you will have that many more people to answer to.

**4. Buy yourself new exercise gear.** Not wanting the equipment to go to waste will make you use it.

**5. Get on a professionally-designed, long-term program.** The sooner you start seeing results, the more you'll want to keep training.

**6. Buy an iPod or a portable CD player that you can take to the gym.** Associating your workouts with fun, music or escapism, will not make you want to miss them.

Finally, remember Rome was not built overnight... Keep track of your measurements and maintain regularity, results are bound to show up. 

— Althea Shah is General Manager, Operations and Fitness Expert, Gold's Gym India.