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GOLD'S GYM

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# FITNESS SAVVY



# KICK butt INDOORS!



When the skies aren't sunny, Althea Shah shows you how to stay fit.

It's raining outside and all we can think about is hot chocolate, hot *pakor*s and *chaats* to pep up the mood.

Watching your weight may not be a priority but getting some exercise will make you feel good about yourself. You need to activate those endorphins - the feel good hormones - to fight the grey weather.

Try out these fitness solutions, without the discomfort of having to step out of your home.

**Work around the home:** Do all the spring cleaning that you normally reserve for the festival season. Do one room at a time. Reach for those difficult corners and under that bed. Give the maids the day off. Doing this with your spouse could turn out to be more fun than you would have expected! All that bending and stretching will be enough exercise. You will also have more time to shop in the festive season while the others begin their cleaning!

**Get down and play:** If you have little children, then get down and get dirty with them. Don't exactly roll in the mud but just playing their kiddie games will keep you on your toes. Believe me, it can get exhausting. Pets will do just as well to keep you panting. Bathing your pets will be a chore that you could look forward to.

**Grab your partner and dance:** Just turn on the stereo and let go. Dancing can also help keep the blues away. No one's watching you and you can make a fool of yourself without being laughed at! It will encourage you to try stuff that you normally wouldn't and it is a great calorie burner.

**Try indoor gardening:** If you have a little corner in your home, try potting different flowering plants there.

**Climb stairs:** Just walk or run up and down the stairs in your building. If you do 10 rounds of this, you don't have to worry about all that food you have binged on.

**Work out:** You don't need to have a state-of-the-art gym. Some basic equipment will do. If you enjoy walking, invest in a treadmill. You can gradually increase your pace on the machine as you go along. You could walk to the rhythm of the falling rain...

There are a few exercises you can do at home with minimum or no equipment any time of the

day. Exercise for 45 minutes to an hour with moderate intensity for four to five days a week.

## WARM-UP

Begin your workout with a 10-minute warm-up



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### CHETAN HANSRAJ:

"During the monsoons, I make sure I follow some kind of indoor exercise routine. I do push ups, cardio exercises and weights. I also go gymming thrice a week. A bout of indoor tennis too keeps me fit."



session. Include side stretching, jogging on the spot, skipping or jumping.

### LOWER BODY

**Squats:** Grab a chair and place it behind you. Standing in front of the chair with your feet (hip/ shoulder width) apart, bend your knees and slowly squat towards the chair. Let your butt lightly touch the chair and slowly come back up. Do this 10-15 times. Rest for a moment, then repeat. You can do this without a chair and can hold dumbbells in both hands to add intensity.

**Follow this with leg raises,** both sideways and front - two sets of 30 reps each.

### ABDOMEN

**Upper abdomen crunches:** Lie on your back, raise one leg mid-air, support the back of your head with your hand and raise the head to the knee of the raised leg. Alternate the leg and repeat.

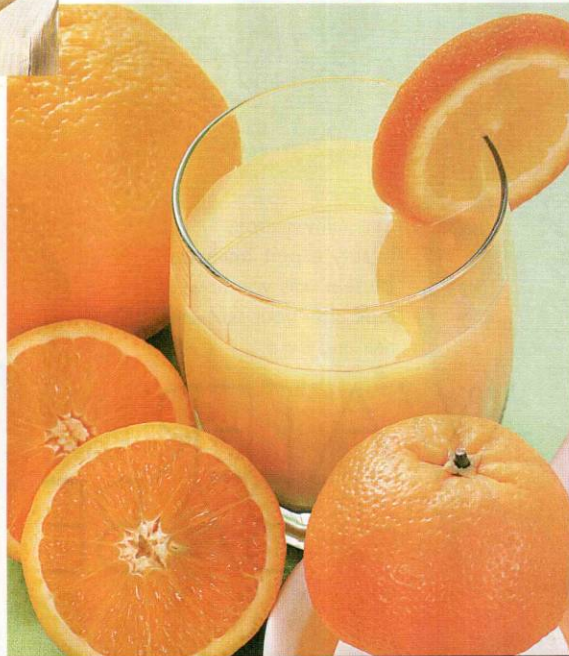
**Mid-abdomen crunches:** Raise both your legs and cross them at right angles to the body while you lie flat on the mat. Stretch both your arms and touch your toes.

**Lower abdomen crunches:** Lie flat on the mat looking up to the ceiling. Bend each leg, one at a time. Do these 10 times each, rest and repeat.

### UPPER BODY

**Push-ups:** Begin by standing in front of the wall / kitchen counter with feet together. Place your slightly inverted hands on the top of the counter top. With your arms a little more than shoulder width apart, bend the elbows and try and get your chest as close to the counter top as possible. Then, power it back up. Do this 10 times, rest and then repeat.


Consume lots of vitamin C found in *amla* and citrus fruits to raise your immunity.



### MONSOON DIET TIPS

- Be careful with street food.
- Eat frequent and small meals.
- Eat well-cooked food.
- Vegetables being used in salad must be washed thoroughly.
- Consume lots of vitamin C found in *amla* and citrus fruits to raise your immunity.
- Deep fried *pakoras* are yummy but unhealthy. Try baked or shallow fried snacks instead.
- Banana and potato are anti-depressants. Eat them to beat monsoon blues.
- Eat seasonal fruits like plums, litchis and cherries.

### STRETCH

Don't forget to stretch. Pick your space and a companion. You could even try yoga. It will calm your mind and help burn those calories. 

*Althea Shah is General Manager, Operations & Fitness Expert, Gold's Gym India*