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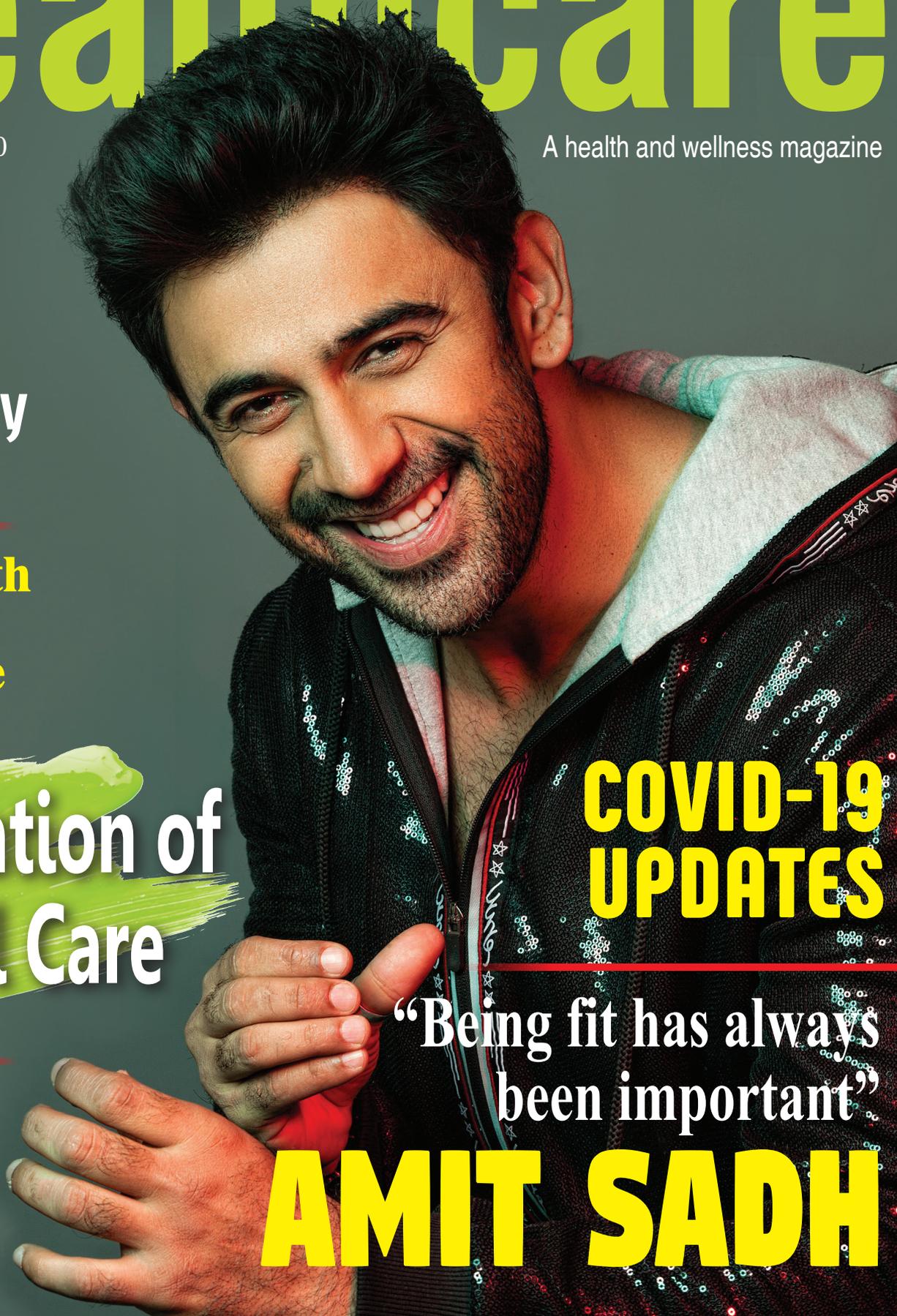
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**“Being fit has always
been important”**

AMIT SADH



STAYING FIT DURING THE LOCKDOWN

Staying fit is a way of life, and the recent lockdown and quarantine have shown us how we can exercise and follow a fitness regimen while at home. We speak to industry experts who share their opinion.

Fit @ Home

Despite staying at home, people are making sure they avoid sedentary lifestyles by keeping themselves fit, active and healthy. Many have joined online fitness classes, which give them workouts to perform while at home. "Squats or sit-to-stands from a strong chair, push-ups against a wall or the kitchen counter, and doing lunges or single-leg step-ups on stairs are all exceptional, even for beginners who are new to these kinds of workouts. You could also put your tins of baked beans, rice bags and bottled water to good use. They can be great substitutes for a dumbbell; even if you tie them up in a carrier bag, you have an improvised kettlebell in hand," explains Shalini Bhargava, Director at JG'S Fitness Centre. CureFit has been working

on creating online classes through the cult.live section on the cure.fit app. Cult Live has seen a huge jump in terms of people exercising on the platform on a daily basis. "There are multiple options to exercise on the cure.fit app. The Cult.Live section has multiple training formats listed and people can choose to exercise using any of these formats such as strength and conditioning, HRX workout, dance fitness, boxing, yoga and a lot of training sessions are being conducted by famous celebrities. There is also an on-demand library of workout videos ranging from strength, cardio, belly burn, yoga etc., which can be used at any point of time, depending upon everyone's schedule," says Rishab Telang, Fitness Expert, at cure.fit.

When you are at home, there are many ways to stay fit, and being quarantined or having no access to gyms is never an excuse, say fitness experts
By Bindu Gopal Rao

Body Weight Training

People are using props like chairs, ropes, and dupattas. For yoga asanas at home, all you need is a yoga mat, and no equipment. "Surya Namaskar and Chandra Namaskar are being practised morning and evening. People are also using the skipping rope for cardio. We can even use the body weight itself in order to get in a great workout. Rotation of the wrists, ankles, arms come under the practice of Sukshma Vyayam or subtle exercises in yoga, which form the warm up. Along with this, one can also lie down on the back and circle one's legs in the air -- this can work on your core muscles. Lie down on your stomach and lift your legs behind you and arms ahead to balance on your stomach - this helps in strengthening your back," says Grand Master Akshar.

Asad Hussain, Life Coach, adds, "Most people are resorting to calisthenics and using their own body weight to



train themselves. There are numerous ways to train yourself like that. Online workouts have become very popular, where people can follow routines and protocols conducted by their instructors." Online classes have also started on Zoom. "While the musical experience and the barre workout that adds so much to the Physique 57 method is not quite the same online as it is in the studio, the response for providing

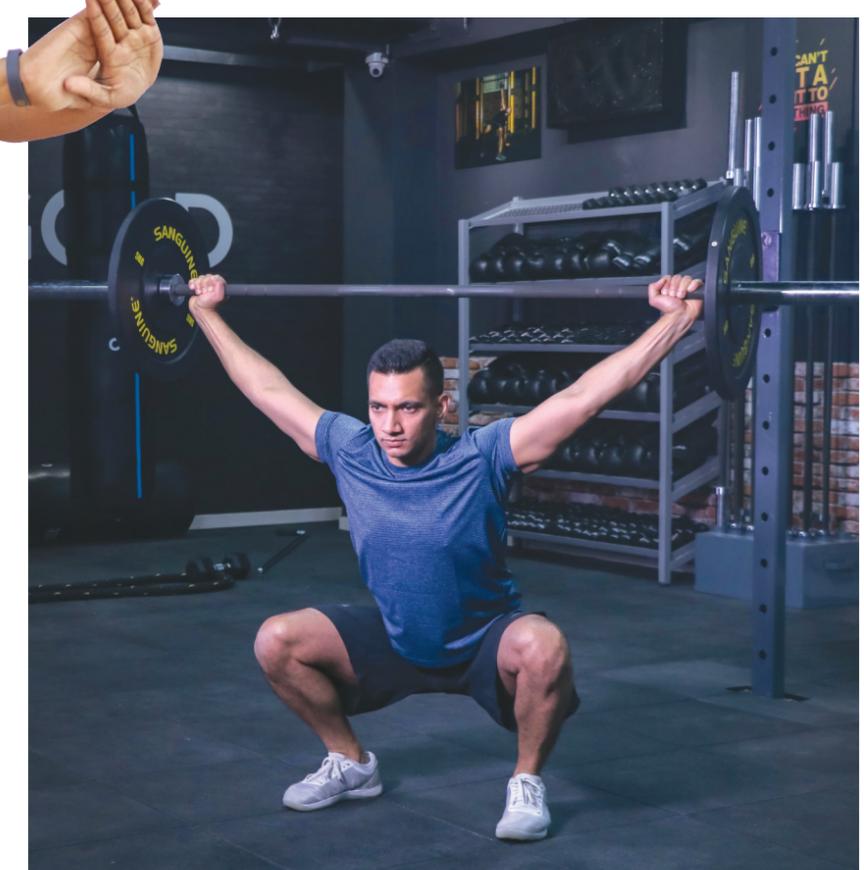
people with one of the most effective workouts in the world with our globally trained instructors has been amazing, especially with the Indian audience. People didn't know they didn't have to hurt to see results fast, and that too, with no equipment," says Mallika Parekh, M.S., M.P.H. -- Founder and Director of AMP Fitness, LLP, Exclusive Licensee of Physique 57 in India.

Activity Mix

People are working out with free weights like dumbbells, kettle bells, and free exercise regimes like spot jogging and doing skipping

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— Grand Master Akshar

rope workouts. Certified Health Coach, Nipa Asharam has designed various 'high intense internal training' (HIIT) workouts, but with yoga also included in it, and deep breathing techniques in the end. "This way, we touch upon physical fitness with mental fitness. Our acute cortisol peaks when we do a high intensity workout. This is good because it works for fat burning and muscle building. However, post a workout, since the cortisol is still high, we tend to overeat to balance it. If we add yoga and breathing, the cortisol automatically drops, and we don't need unnecessary food to make up for it."



Likewise, Folk fitness routines are full body exercises inspired by 122 folk dances of India. "The campaign is called SAHAWO - Stay at Home and Work Out. We are conducting free live batches with our master trainer three times a week (Tue-Thu-Fri-Sat) on our Facebook and YouTube pages. Participants who join our complementary live batches are also connected on our Whatsapp groups, through which daily value adding activity and expert information are provided with the objective of creating super immunity," says Aarti Pandey, Co-founder, Folk Fitness.



Log In

Fitness today is an essential part of our lifestyles, and people mostly do have some form of physical exercise activity as part of their daily routine. "During this lockdown period, people have taken to workout routines like Bollyfit, yoga, aerobics, strength training, toning, and other fitness classes via 'live' streaming platforms. These classes work either via a paid subscription model or are being offered complimentary during these lockdown days. The response rate has been very good and encouraging for those delivering these classes. People have been very proactive in responding, in coming online to work out; even those who may have never worked out via live streaming," says Reema Sarin, Founder, BOLLYFIT and international fitness expert. Most of the fitness and wellness

apps are focussing on promoting both, physical and mental health, as staying positive in the current situation is the key to a healthy mind and body. Also, there are a lot of interactive activities

initiated on social media for the audience to engage in challenges and throwbacks, which ultimately helps in spreading positivity and a feeling of community.

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Nikhil Kapur, Founder Director of Atmantan Wellness Centre, says, "Different mediums are used by different brands as per the accessibility and convenience of the target audience. The most popular are the Facebook and Instagram Live streams and YouTube Live. as it gives the brand a chance to engage with a broader audience and helps to directly communicate with them. Other than this, there are many virtual consultations and webinars available to join at a minimum commercial, which gives a whole personal experience to the guest."

Holistic Wellness

Shikha Mahajan, Holistic Nutritionist and Founder, Diet Podium opines, "While a 30-minute workout is enough for general fitness, if your goal is to lose weight, gain weight, and control lifestyle issues, you definitely need nutrition therapy, and merely working out will not suffice. Currently, we have enough time to cook at home and distractions like social events and restaurant meals are non-existent. It is the right time to go on a diet."

Avni Kaul, Nutritionist, Founder, Nutriactivania, adds, "Most phones offer GPS and accelerometers (that track



your movement). Several apps have pre-recorded regimens such as yoga and aerobics, while others connect you live with a personal trainer and online community to develop a plan catered specifically to your fitness goals."

Himani Mishra, CEO and Co-Founder, Brand Radiator, says, "A healthy diet also has an important role to keep you away from gaining kilos during lockdown. A light vegetarian and timely meal, and fruits in-between two solid meals, is what I prefer. I have decreased my tea intake and increased the amount of water I drink."

Many corporates are offering wellness sessions to their employees as they are working from home. "I plan out sessions specific for the corporates, addressing the areas of 'how to maintain work-life balance, taking care of the posture, joint movements, breath-work techniques and the art of relaxation. And the employees enjoy these sessions as a much-needed break," says Jenil Dholakia, yoga and meditation teacher.

Staying Healthy

The common misconception is that home workouts are not as effective as gym workouts. But that's not true, as with the right technique, and by adding progression to these workouts, one can stay fit. "Twice a day, Fittr coaches go online and conduct free workout sessions for the 800,000 plus members



of the Fittr community. At six in the morning and evening, these qualified fitness experts go live on the Fittr Facebook page and show 'Fitizens' how to stay fit and continue their journey. These workouts range from bodyweight exercises, yoga and meditation, and even exercises that can be done using everyday household items," says Jitendra Chouksey, Founder of FITTR.

Dr Himani Khanna, Co-Founder, Continua Kids and Developmental Paediatrician, avers, "Stay motivated to exercise, as it has multiple benefits like preventing weight gain, improving strength and agility, keeping us active and happy, increasing our confidence,

and diverting us from unpleasant thoughts and worries. There is a surge in the availability of online health care services."

When joining online classes, it is a must to exercise care and caution, especially for pregnant women. Dr Sneha Shah, Co-founder, The Birth Home, Midwifery Care and Natural Birth Centre, Bengaluru, adds, "The golden rule for exercises is, 'no one size fits all'. There may be some restrictions on workouts, depending on your pregnancy and health history. Attending prerecorded sessions may do more harm than good. We recommend attending live sessions from trained instructors and professionals. A detailed assessment for general health status and pregnancy is crucial to design a one-of-a-kind programme for you."

App Check

- 8fit Workouts and Meal Planner
- Blogilates
- Daily Yoga
- Fitbit Coach
- Nike Training Club
- Adidas Training
- GOLD's Amp Fitness and Training
- Cure.fit
- MyFitnessPal
- Google Fit
- Fittr
- 7 Minute Workout

