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# SWEAT SMART

Bindu Gopal Rao

**S**taying fit isn't as straightforward as it may seem; it requires consistent effort and dedication. Having motivating factors in place is crucial for maintaining fitness. For those of us who struggle with self-motivation, engaging in communal activities and fostering a sense of accountability can make a significant difference.

## Mix it up

Start by spicing up your workouts with activities such as dance classes, hiking, or joining recreational sports leagues to keep things fresh and engage various muscle groups. Set achievable goals by breaking down bigger fitness aspirations into smaller, measurable milestones.

"Some offbeat ideas include breaking the fitness routines by adding outdoor meditation retreats, mindful hiking, and virtual wellness challenges, while ensuring that the body gets adequate rest and a push to work out the next day. By intertwining fitness with enjoyable experiences, individuals are more likely to stick to resolutions, ensuring a fulfilling journey towards holistic health," says Deepti Sharma, Fitness Expert & Director Multifit.

In the fitness league, the most inevitable aspect is to prioritise consistency over intensity. To remain consistent, aligning activities with personal interests, makes fitness enjoyable. Breaking routine by participating in group workshops such as dance fitness, promotes diversity in workouts.

## Striking a balance

Balance is the secret sauce to ensuring you commit to being fit. Adequate rest and recovery are key to foster a growth mindset, also the focus should always be in celebrating progress rather than perfection. Fitness is not a sprint; it is a long-term result of consistent but small efforts.

"Creating a goal board with inspiring images to visualise your fitness journey daily is important as this will serve as a daily reminder of what you are working towards. And do not forget to treat yourself when you hit those milestones – a massage or a guilt-free cheat meal can be a fantastic reward. Also embrace fitness apps and wearables to track your progress and compete with friends. Remember, it is all about progress, not perfection," says Nuppuur Patil, Nuppuur Patil Fitness.

Akash Bhardwaj, Founder & Director, AISSC and a fitness enthusiast, adds, "I personally believe that consuming meals and beverages in an attractive plate/

*Transform your fitness mindset! Explore unconventional methods and expert insights to reignite your passion for health and wellness*



mug will make you enjoy those boring diet food too. Planning meals, a day prior, counting on your calories and using a fitness tracker can help you to sustain longer in your fitness journey because it's not only about getting in shape, but also more about getting healthier with each passing day."

## Track progress

Monitoring fitness goals is a good enabler to track incremental growth, not forgetting that small improvements make bigger, sustainable impacts. Tracking systems can be personal to individuals; today fitness apps have redefined fitness tracking with tailored guidance. They help in setting measurable goals and are designed to celebrate achievements, reinforcing motivation.

Data analytics provide personalised insights, aiding individuals in understanding their fitness journey. Chitharesh Konga-rampally Natesan aka The Indian Monster, an Indian professional bodybuilder, says, "Technology can be a great ally, fitness apps and wearable devices help track progress, offer workout routines,

and provide reminders to keep you on track. Finding a workout buddy or becoming part of a fitness community creates a supportive network, fostering motivation and a sense of camaraderie. Embracing mindfulness practices, such as yoga or meditation, not only helps manage stress but also reinforces the link between mental and physical well-being. Tweaking your environment to support your goals, like having healthy snacks handy or carving out a dedicated workout space at home, establishes a consistent routine."

## Game on

Be aware during meals by savouring each bite. Consuming food without distractions, paying attention to hunger and fullness cues coming in from your body. It is also important to establish a peaceful and pleasant atmosphere while eating. Dr Somdutta Singh, Serial Entrepreneur, and Advisor Govt of India (Core Committee Member of WEP- Niti Aayog), says, "Turn your routine into a game, set challenges, and make sure you reward yourself when you hit milestones. I have invested in gadgets like fitness

trackers and smart water bottles that remind me to stay hydrated. I also experiment with healthy cooking by turning it into a culinary adventure by exploring new recipes and making nutritious meals."

Integrate your resolutions into your daily routine. The more seamlessly they fit into your lifestyle, the easier it will be to stick with them. Vivek Chandran and Neeraj Kumar,

Co-Founders, The Kenko Life, say, "Explore more outdoor activities such as hiking, rock climbing, or kayaking to not only engage in physical activity but also to enjoy a change of scenery and experience a sense of adventure."



## QUIRKY HACKS FOR A FUN FITNESS JOURNEY!

- **Incorporate Technology:** Wearable fitness trackers, smartwatches, and heart-rate monitors can provide real-time data on your physical activity, sleep patterns, and more. Analysing this data helps you make informed decisions about your health and fitness routine.

- **Use Habit-Tracking Apps:** Habit-tracking apps can help you establish and monitor daily habits related to your fitness and health goals. They often come with reminders and visual representations of your streaks.

- **Stay Flexible:** Life is unpredictable, and there will be days when your original plan doesn't work out. Be flexible and adaptable in adjusting your routine or workout schedule rather than seeing a deviation as a failure.

- **Prioritise Sleep:** Quality sleep is crucial for overall well-being and can significantly impact your fitness journey. Ensure you're getting enough restorative sleep each night to support your physical and mental health.

- **Explore Mind-Body Connection:** Incorporate activities that strengthen the mind-body connection, such as yoga or meditation. These practices can enhance self-awareness and contribute to a holistic approach to health.

- **Set Realistic Expectations:** Be realistic about your goals and the time it takes to achieve them. Rapid changes might not be sustainable, and setting achievable milestones can boost your confidence.

- **Enjoy the Journey:** Remember that the journey to better health is ongoing. Celebrate the progress you make along the way and focus on the positive changes you're experiencing both physically and mentally.

Tips by Rishabh Malhotra, founder at Tagda Raho