

WHICH WORKOUT WORKS FOR YOU?

If you are suffering from caught fatigue and feel everything around you lacks zing, it's time to get kicking. But you already know that, don't you? Just like you already know the benefits of a regular workout and a lean, well-toned body beautiful. So what's stopping you? Could it be the bewildering range of options?

After all, you could step up the beat or pump it up, get on your dancing shoes or take a plunge. Some buddies will swear by Chairrobics (aerobic exercises performed while sitting in a chair). Others will extol the virtues of urban yoga (a '90s version that combines the traditional stretching and flexibility exercises with high-impact aerobics set to music). Then again, you could throw in a Tai Chi class to calm your nerves, pack a punch with kickboxing or simply swing a racquet.

"Enough," did we hear you scream? "I don't have the time to experiment endlessly," is an oh-so-convenient way to wriggle out of tedious decision-making. But if you really care to get started, here's a nifty guide to help you work out your workout.



BHANGRAAEROBICS

Balle balle yourself to a bootilicious body. Vivacious and dynamic, Bhangra Aerobic is the latest fad to fascinate Delhites. While bhangra has a long history, the music and rhythm of this Punjabi folkdance have only recently begun to influence popular music. Bhangra Aerobics is set to irresistible drum beats. Interestingly, it took an Indian abroad to introduce us to the benefits of Bhangra Aerobic. Sarina Jain, a Rajasthani by origin first came up with this concept that is now making waves abroad.

"As an exercise form, Bhangra Aerobics is a great cardio-vascular workout as it increases heart rate and burns fat proportion," says Kiran Sawhney, a Bhangra Aerobics instructor. To add to the fun, there's the funky attire pyjama and kurta, a welcome change from the usual track pants.

For research analyst Tanis Singh, Bhangra Aerobics was her last-ditch effort at retaining an exercise regime. "I finally found something that suits my temperament. Besides keeping me fit, this routine has installed in me a sense of rhythm and lifts my spirits."

When it comes to doing the Bhangra as a form of exercise, there's one thumb-rule: age no bar, dance *bar bar!* "Some clients are well into their 60's and find other forms of aerobics too taxing. But dancing to a tune is suited for all groups," says Sawhney. **Fitnessolutions, Greater Kailash-II, 981053007, 29216500**