BINGE dieting and quick-fix weight loss programmes are passé. The savvy new age experts don't want to promise instant weight loss or inch loss for simply-divine bodies — they might not be as divine a few months or a few years down the line. Cash in on the windfall of a strong, toned and healthy mind-body.

Ground Rules Of The Mind-Body Form Of Fitness

- The right breathing and right posture can work wonders for your output.
- If you perform it mechanically, like you would cook a 'chapati', you had better not. The idea is to put your mind to it and notice the way your bones and muscles react to your moves.
- An essential workout is a balanced mix of cardiovascular exercises, weight training and meditation.

Great Results With The Right Technique

We're not claiming to provide an ideal workout, because there can be no right way of doing it. The idea is to do the right things with the right technique.

MIND-BODY WORKOUT

Don't just work on slimming your hips or toning your butt. Get ready for **body-mind fitness**, says Nishtha Shukla

A Word From Experts To Plan Your Regime

Work out at least five times a week.

If you are making a day plan, try 20 minutes of cardio and 20 minutes of weight training each day.

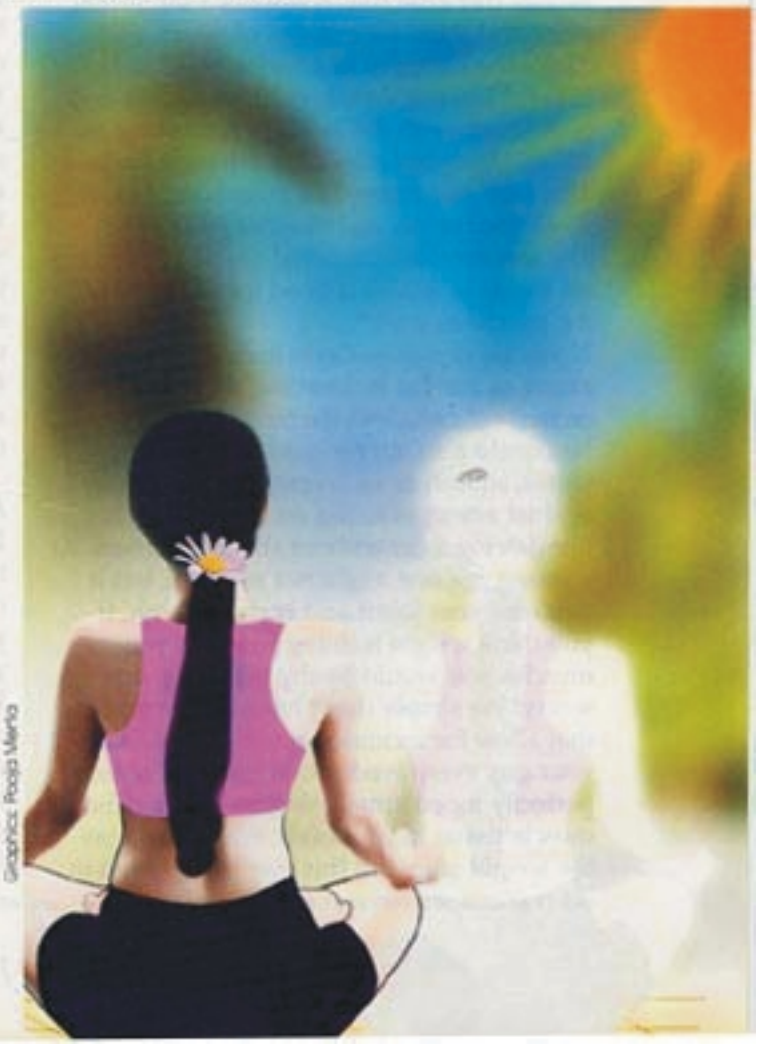
If you are making a weekly plan, keep three days for cardio, stretching and strengthening, and the other two for weights.

Add to this a casual walk after lunch or dinner or a climb up the stairs.

Be cautious about your cardio workouts. The wrong twist or move could hurt you — usually a complaint after aerobics.

Going by the needs of an average Indian body, if you do weights thrice a week, keep two days for the upper body (back, shoulders, chest and arms) and one for the lower body (calves, thighs, hips)

If you put your mind to follow your routine, the battle is yours!



Graphics: Pooja Menta