

BY FIONA MACRAE

US scientists found that yo-yo dieting, or shedding and regaining weight in a rapid cycle, actually does you good.

Mice placed on a diet which alternated between high and low fat lived 25 per cent longer than those on a high-fat diet — and almost as long as those on a low-fat regime. They also had better blood glucose levels, while the yo-yo dieters had lower levels of damaging immune chemicals linked to diabetes, heart disease and cancer.

This contrasts with previous research which has shown the repeated rapid weight gain and loss associated with dieting can double the risk of death from heart disease and the risk of premature death.

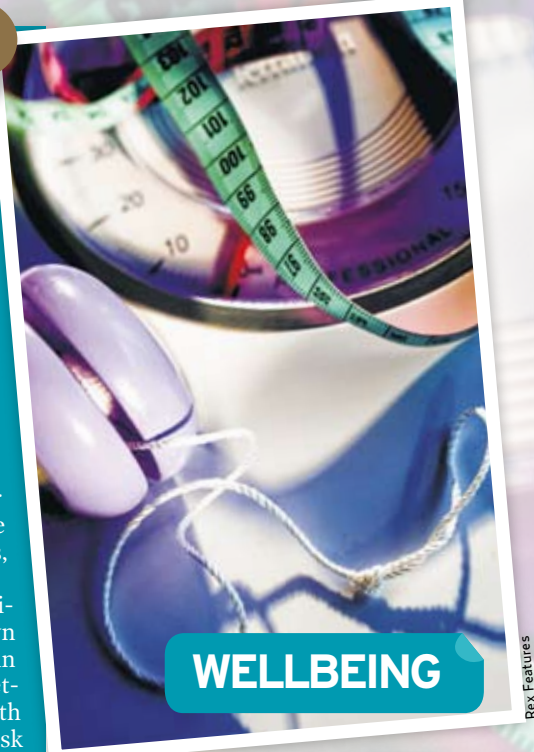
Study leader Dr Edward List, from Ohio University, said: "The new research shows that the simple act of gaining and losing weight does not seem detrimental to lifespan.

Dr List's team followed the fortunes of 30 animals for just over two years, the normal lifespan of this strain of laboratory mouse. Those on the continuous high-fat diet ate more, weighed more, had higher levels of body fat and blood glucose, and showed early signs of diabetes. The health of yo-yo dieting mice declined during the high-fat phases.

But their weight and blood glucose levels returned to normal when calories were cut.

Yo-yo mice lived 2.04 years on average, compared with 1.5 years for obese mice, and 2.09 years for those on a low-fat diet.

— Daily Mail



WELLBEING

FROM FAT TO FIT TO FAT

Shedding and regaining weight in a rapid cycle might do you good

Eduan Maggo

Sit-ups: 41 (35)
Press-ups: 18 (13)
Squats: 53 (41)
The plank: 59 seconds (29 seconds)

1.6-kilometre run: 9 minutes (10 minutes, 19 seconds)

ATTENDANCE SHEET

Monday: Present
Wednesday: Present
Friday: Present

"My fitness levels show improvement, although I still have a lot of work ahead of me to develop the muscles in my abs, arms and legs. Although there's no threat of me becoming a gym bunny, I actually do enjoy the sessions — it's amazing feeling tired and aching afterwards, knowing you've put in a lot of effort. Yes, I've signed on for the next month. My aim is to work on my stamina and endurance. I am receiving many comments about weight loss but don't see it myself just yet."

Kelly Crane

Sit-ups: 58 (50)
Press ups: 27 (18)
Squats: 75 (70)

The plank: 2 minutes, 3 seconds (1 minute, 57 seconds)

1.6-kilometre run: 6 minutes, 2 seconds (6 minutes, 10 seconds)

ATTENDANCE SHEET

Monday: Present
Wednesday: Present
Thursday: Present

"Boot camp has been tough. But it has pushed me in ways I never push myself. My arms, shoulders and tummy have toned 100 per cent more than they have with just cardio work. I have lost two kilos and have enjoyed the structured training and will definitely be signing up for a second month."

Manjusha Radhakrishnan

Sit-ups: 26 (26)
Press-ups: 0 (6)
Squats: 43 (50)

Amelia Naidoo

ATTENDANCE SHEET

Absent since Week 2 due to knee injury. "My knee hasn't fully healed yet and I doubt I'll be able to do any vigorous exercise until it gets better. I miss going to boot camp — I'll go back after my knee heals properly. I will, however, take it easy next time

and if I cannot do some of the exercises. I'll push myself but not to the point of further injury. "Although I only attended two weeks of boot camp, I lost about 5lb (2 kilos) this month, also due to a healthy eating plan. My clothes are certainly getting looser. I'm very positive about exercise as the boot camp was challenging and fun. You rarely do the same thing twice in each session.

The Fabulous Four

Boot camp comes to an end — so how have the recruits done?

BY KELLY CRANE
Senior Reporter

The most important thing is they made it. Four weeks of sit-ups, squats, press-ups, sprints and the Burpee. Oh, the dreaded Burpee.

Four recruits signed up for the Original Fitness Company's month-long boot camp and the results speak for themselves.

In Week One, Eduan Maggo, Kelly Crane, Manjusha Radhakrishnan and Amelia Naidoo took the OFC Basic Fitness Assessment (BFA). Week Four means a re-sit to gauge any improvement after four weeks of training three times a week. Four people with different fitness levels but a common goal — to lose weight and improve fitness.

Corey Oliver, managing director, OFC, says: "Well we've come to the end. The *tabloid!* team's dedication, commitment and resilience to keep turning up session after session is something they should be proud of.

"The *tabloid!* crew have done exceptionally well in what they have set

out to achieve. Their BFA scores have improved dramatically. I even heard a few of them say they will be back for more next month.

"You will definitely improve on your fitness and fat loss in just four weeks. However, it mustn't stop there; 8-12 weeks is ideal for a full-body transformation. Injuries and niggles have played a small part in Amelia's progress. However, she has lost weight and seems genuinely interested in adopting a regular fitness programme once she recovers," says Oliver.

"The GNTV videos prove OFC Boot Camp is totally different. We do not shout, scream or belittle people. Yes, we do train hard, but we do it in a manner where all our recruits, no matter what fitness level they possess, will be encouraged, motivated and driven to excellence. HUA (Heard, Understood, Acknowledged)".

For more information about OFC visit www.originalfitnessco.com or call 04 311 6571.

Note: Week One results are mentioned in brackets.

The plank: 47 seconds (29 seconds)
1.6 kilometre run: 12 minutes 39 seconds without halting (11 minutes, 30 seconds)

ATTENDANCE SHEET

Absent all week due to the Inter-

national Indian Film Awards in Toronto.

"I had my BFA on Wednesday and my fitness levels have increased a few notches. Earlier, I couldn't run for three minutes at a time, but now I can

run a mile in just over 12 minutes. As for losing weight, I have a long way to go, but the boot camp proved to be a pleasant revelation — you are stronger than you think. I will definitely try to attend the second session."

YOGA

BHARAT THAKUR GUIDES YOU THROUGH PRACTICES THAT WILL CONNECT YOU TO THE WISDOM OF THE ANCIENT INDIAN SCIENCE OF EXERCISING

Elegance meets strength

This unusual asana tones the calves and stretches the hamstrings

Krounchasana is an elegant posture that takes its name after the long neck of the Sarus Crane, the world's tallest bird, which is found in the wetlands of the north Indian subcontinent.

Krounchasana, a somewhat unusual posture seldom used in yoga classes, provides a deep stretch to the shoulders and the hamstrings.

This is an underestimated asana that is challenging to hold. However, it can greatly increase one's core-muscle strength.

KROUNCHASANA

■ Sit with legs stretched in front. Place hands by the sides. Fold left leg, making sure that you are not sitting on heel.

■ Bend right leg and place foot on the floor next to left knee.

- Take hold of right foot from underneath, find balance and start to straighten leg.
- In the full posture stretch leg completely straight drawing it towards your body. Keep back straight and lean back slightly.
- Hold for 30 seconds. Come back to the starting position and repeat with the other leg.

Benefits

- This asana provides a good stretch to the Achilles' heel, back, hamstring and hip flexors.
- It stretches and tones the hamstrings and calves.
- It stimulates the abdominal organs and heart.

Caution

This asana should not be practised by people with serious knee or ankle injuries/problems. It is not recommended during menstruation.

Step 1



GET IT RIGHT

Log on to www.gulfnews.com/gntv to watch the moves



Step 2



Supplied photos

Step 3



Krounchasana