

## ARE YOU ON THE 'FAST' TRACK TO FITNESS?

On World Health Day, Jaipur's young folk share with After Hrs how they hope Navratra fasts would bring them an instant blessing—a leaner body

### After Hrs Correspondent

Brinder Kaur was taken aback to say the least when her atheist son declared on the first day of Navratra that he will fast for the coming nine days. Was this the same boy whom she had to force to fast even for a day?

"And, once he did fast, it became difficult to handle his hunger pangs. I had to make him lots of wafers and *sabudana kheer* for him to gorge on," recalls the bemused homemaker.



Aditi Nagar munches on her fave *khichdi* at Falahaar

Later, Kaur figured out the reason behind her son's sudden religious zeal was that he wished to cut back on his calories intake. And, fasting seemed an easy way to do that.

Navrataras is the perfect opportunity for many health-conscious Jaipur youngsters to get in shape, while appeasing the higher powers at the same time.

"I observe Navratra because my parents are ardent believers in the festival. Earlier, I fasted only on the first and last day, but now I fast for all nine," shares Shubham Jain, a corporate employee. Why the sudden surge in devotion? "Fasting for a day makes me feel quite light, so I figured by keeping all nine fasts this time, my body will be in better shape," comes the pragmatic answer.

Some more seasoned diet-followers have worked out an elaborate system of what to eat and

what to not during fasts, one that even beats the complex religious regulations.

"Even if you're allowed a whole meal once a day on fasts, what happens is that you end up overeating during that meal," explains Aditi Nagar, a regular



at Falahaar. So Aditi's answer to this problem is that she skips having a whole meal all together. She chooses to survive only on liquids and *sabudana* on all of her frequent fasts.

And, to yet others fasting

means a guiltless escape from gym. "I even tried going to gym once on a fast but I fainted there. So, never attempted that again," confesses student Anubhooti Panda.

But, is it effective? Does fasting help you lose flab? City-based clinical dietician Anjali Phatak answers, "No!"

According to her even the ones who observe a strict liquids-only fast gain back the lost weight as soon as they return to their normal diet.

"And, those who observe a normal fast end up eating too much of fattening fried food," she laughingly adds. She concludes that the only effective way of losing weight would be to follow a structured and comprehensive diet plan.

Seems like a leaner figure is one wish even the most rigorous fasting can't fulfil, eh?

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