



Height it out!!

THERE IS A MYTH THAT IF A TEENAGER STARTS GYM AT AN EARLY AGE, IT MIGHT AFFECT HIS HEIGHT. TANVI MALHOTRA FINDS OUT HOW TRUE THIS THEORY IS.

If you want to stay fit then it's not important at what age you join a gym. What matters the most is the whether you are ready to put in the hard work. "Before when people joined gyms, the techniques of exercising were incorrect and therefore it affected growth of cartilages in the joints. However, today, the scenario has completely changed. Training has become all the more technical, and trainers make sure that members work-out according to the body structure," claims Dev Ghosh, a manager and instructor at Leena Mogre's, Bandra.

Generally when an individual works out at a gym, his/her body secretes a growth hormone, which aided by further exercises helps in growth and development of the body. People usually feel that it affects their height as they start gyming early. But that's not the case today with the kind of equip-



ments available in the gyms. A body composition test is conducted on the youngster who wants to be a member of the gym. Accordingly, the exercises are allotted that make sure that no injury is caused. Athletic training, cardio, stretching are some kinds of exercises that youngsters can perform, and which will not affect their height in the long run.

"Abroad, you already have young-

sters going to gyms and working out. In India it's coming up and will catch up fast very soon," feels Aakash Mehra (19) a collegiate and a member at the gym. "Initially parents were against their kid's

working-out in gyms at an early age. However, today with the kind of stress and competition, they have started encouraging them," justifies Abhishek Patil, gym instructor at Gold's Gym, Pali Hill, Bandra.

"I am now expert in training people

for any kind of activity/exercise and don't mind instructing kids as young as 12/13 year old," says Dev. "There are many advantages attached if you join a gym at an early age," he added and explained.

- 1.It helps you to improve bone density. So you actually attain better height.
- 2.Exercising improves the health of those youngsters who otherwise might indulged in harmful activities



like smoking, drugs etc.

3.The more they work out, the more they sweat and this helps in relaxing and de-stressing your body.

Having demystified this myth, if you still feel that joining a gym at early age is going to affect your height, then think again. For all you know, you might have just ended up being taller by few more inches had you joined the gym early.

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A HOMELY HANGOUT

It is one of the favourite hangouts of celebrities, Dhara Salla finds out more about this unique hangout in Bandra.



Don't be surprised if you will bump into Carol Gracious, Sheetal Malhar, Amrita Arora, Soha Ali Khan, Sandhya Mridul, Arjun Khanna or Daboo Ratnani - any one of these at the eatery. Located in a small-secluded sloppy lane at Pali hill, The Bagel Shop attracts the who's who of the city's celebrity circuit. With dim orange lights, soothing music and a comfortable sitting, one has complete peace of mind. The most unique feature of this place is that, they have a Wi-Fi connection for which the customers are not charged. People can sit for long hours and do their work and yet have fun. Some people literally make it an office while directors and writers also come here to discuss their scripts. "Even if a person comes alone he/she will not get bored. Our staffs here are

senior staff member.

At this place, one cannot afford to miss out 'The Smoked Salmon', which consists of a smoked fish and not cooked. And the breed of this fish is imported from Norway. It is also called as the 'Classic Bagel', which you can get at priced Rs.199/-. The second thing that cannot be missed is the 'Goat Cheese' (made of goat milk), cheese, honey and walnuts...Yummy! ...which is at Rs.180/. But Cold coffee and fresh juices are in great demand.

"It is an amazing place to spend the time, where I can not only get my work done (because of the Internet) but also chill out. I

very friendly and generally the customers know us by our names" says Gavin, a

generally order for the smoked salmon and the iced tea." Reshma Mahbubani, a Fashion Designer who is a frequent visitor. One can see all kinds of crowd at this place - professional photographers, fashion designers, corporates, college students...

The Shop is open from morning 9.00 till night 11.00. Nonetheless, the crowd starts entering at 11.00 am, and on weekends it starts at morning 9.00 am itself. "It is also available for private parties as it has a capacity of accommodating 50 people. It can be booked one day in advance with on the spot payment. As business is business," admits Chris, a staff member. Incidentally, the Bagel Shop also has another branch at the Hill road, opposite Globus. It is a great place to freeze, work, hangout, and get together, be it social or business.

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