How to lose weight is a very common problem that is discussed every now and then but this article is dedicated to all the skinny people who badly need to gain some mass.

Lose weight in 20 days; get slim in one month; Have the perfect figure blah... blah... blah... are the things often seen attracting customers on different advertising mediums. But what we rarely find is a Gain weight program which skinny people really miss because there are some people who have a tendency of not gaining weight no matter how nutritious food they eat. These people are called Ectomorph, as they are genetically skinny. Ectomorphs have a natural tendency of high metabolism rate which prevents them from gaining weight. “I have tried all sort of suggestion given by many people which has worked on them but it’s been of no use for me” says 22 year old Juhi Verma. If these people go under a special training in supervision of a dietician or a physical trainer it can work wonder for them. Now a day all most every gym has this program too.

Before getting into the weight gain program one should try to know how underweight one is. To know that, one will have to calculate the Body Mass Index (BMI) that can be calculated by dividing your weight in kilogram by square of your height in meters. “If your BMI is less than 18.5 you are underweight. BMI which is 18.5 to 24 is believed to be normal” says Dr. Zamaruth a dietician in Lilavati Hospital.

Aparah Vyavharkar 23 an advertising student who wants to gain weight being in good shape has consulted her dietician and is eating according to the plan and has felt the change. “My dietician has asked me to eat small amount of food of high calorific value more frequently and suggested swimming than exercising in gym as it is the only exercise that stresses all your muscles equally and I have gained some weight since I started” explains Aparah.

Similarly, Siddharth Jani a 16 year old boy whose BMI was 17.6 joined Talwalkar’s weight gain program to gain weight and build muscle. After a month he has gained around 5 kilogram and has noticed the small bulge in his body muscles. “I am following a proper schedule of which includes different exercises for different days and diet” says Siddharth.

Head trainer of Leena Mogre’s gym in Bandra, Ivan Fernandes explains “our exercising schedule for weight gain program initially has majority of free weight exercises. In free weight exercise a large part of body muscles are stressed in comparison to machine exercises which stress a particular muscle only. Initially we try to work on a body part a day like upper body or lower body then we give it a 48 hour rest. Later on when the stamina of the person increases we change the schedule accordingly. In diet we suggest 2:1 ratio of carbohydrate and protein respectively. Carbohydrate is to fulfill the requirement of glucose in the body which is high when a person is exercising on regular basis and protein to build up the muscles.”

Fat

Coffee Crazy!

Coffee - one of our greatest imports and coffee shops our fixation. It’s a culture where indulgence is guaranteed!

When was the last time you visited a tea café? What is that? Well, quite an obvious reaction. It is ironic our national drink “chai” has hardly seen a specific café to serve it’s aficionados but the ever mystical coffee demands outrageous attention. So what is it that we just love about sipping a coffee at a coffee shop at given time? “Coffee shops are the hot beds of creativity and social interaction, this culture is absolutely cool and thriving” says Mr.Dharmesh Komarkar, the Business Head of Gloria Jean café at Turner road, Bandra. This coffee giant has successfully managed to pierce the cloud of already famous coffee shops famous in the suburb. The thing about coffee is that when made in different variants has a completely different feel to its taste. With flavours ranging into numbers, it’s not at all a matter of simple coffee made at home. “I just love coffee at coffee shops and the taste especially is nowhere near when made at home. The expertise of coffee making helps a lot, given it’s taste” explains Janki Parekh a regular at coffee shops. This seems one of the factors that throw light on the very trend of emerging cafes. With an ambiance that is enough to get the lazy best of you with a freshly brewed cappuccino or an americano - be it a date, an interview or a break up for that matter – the least one is assured a great tasting aromatic coffee in the end.

It’s a matter of the entire experience that makes one come back again and again to their favourite coffee shop. “I just love to spend my Sundays with back to back coffees reading my book and I am not too sure if I would enjoy the same at home because this has life of it’s own” shares Faraz Ansari,22, an ardent coffee lover. He adds “It’s like almost living a life out of here and this is something any restaurant or a night club can never offer because nobody cares how long you stay here”. A cup of coffee can last an hour and no one would care, this seems to have become a total matter of indulgence and is no more about resting on a reason to visit a coffee shop. That is one of the aspects that set apart the preference of a coffee shop.

Be it working on your laptop, brainstorming over a new assignment, networking, chatting with a group of friends or simply enjoying the coffee by yourself - coffee shops have certainly created a space for itself in the new emerging culture of “socialising. Coffee culture - a phenomenon or simply a way of life, either ways it’s here to stay.

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The logic is simple you have to eat more calories than you spend. So, remember it takes a lot of effort to gain some thing in the world so is the case with gaining weight. At times there are some cases in which these methods takes some time to show improvements. In such case one must not loose hope and keep following the routine.

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