Personal training has become the in thing to ineffective long hours on treadmills or cardio-vascular exercises. Over a period of time, people have realized the need to keep themselves healthy under the guidance of experts. Many of them who start with general instructors switch to personal trainers for better results. Fitness centres in Bandra have realized the needs of their clients. In fact, every fitness centre has tailormade fitness programs as per their client’s requirements.

At Leena Mogre’s fitness centre in Bandra, instructors assess the client’s physique by undergoing several assessment programs that includes, checking fat percentage, body mass index for weight/height ratio, waist/hip ratio, heart rate, blood pressure, lungs capacity, stress level, muscular strength, muscular endurance and flexibility of the body. All these tests are done within an hour and a work out card is then designed as per the requirement.

“We have sports specific programs that other gyms do not have due to lack of space and knowledge,” says Dev Ghosh an instructor with Leena Mogre’s gym. Sports specific programmes include athletes training in the open which involves sprints and psychometrics like drills, jumps, stretches, agility and general exercises. “According to the response of the body, exercises are altered. This is essential as few exercises can become ineffective if practiced for a long time,” said Jyoti who has trained under Dev Ghosh.

Gold’s Gym at Palamka set the programs as per the goal of their clients. For the first week, they learn the physique of the client and then program it respectively. The trainer gives one-on-one attention and helps them to use the equipments. The amount of repetition is a crucial factor or else, one may end up hurting their muscles. “Every muscle is not equally strong so we need to work upon strengthening them gradually,” says Chetan Temkar, trained under Allen Ahmed in Gold’s Gym.

“I had chronic shoulder pain and used to fall sick frequently but under this fitness program my problems have been fixed,” he adds.

Personal attention and time adjustment is the advantage that personal training provides. Fitness programs are evolved on a personal basis. To avoid monotony in exercises, gyms have now resorted to rotations. Circuit training, functional training and weight training are done in rotation. So once you go in for personal training, there is no doubt that you may shy away from general training routine!

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Eating out late

Looking for a restaurant Late night? Tired of finding one?

Try Mogul Sarai near Bandra station, open till wee hours of the morning. Jute tables mats, traditional lamps, and glimpses of Mughal art is the first thing you notice when you enter this restaurant. Dimly lit yet a very traditional ambience, the seating has two sections, one for the non-smokers and the other where they serve Sheesha which has regular and special flavours. Quiet contrary to the ambience, the menu card does not look very impressive but the menu definitely does. Though they do serve Chinese, the Nawabi delicacies just cannot be ignored. You can choose from a variety of vegetarian dishes ranging from Rs 50-80 per plate. For non-vegetarian lovers, there are dishes like Bruna Ghoosti, Murg Lahori, Murg Khurchan, Nawabi Kebab, Macchi Chakori and Keema Fry must be tried. You can also choose from a variety of drinks like rich shakes to low cal shakes which are available of the shelf. For deserts you can try the Zaffran Phirni, and Kulfi priced at Rs 40.

All dishes are unique and have a special authentic taste. Worth your money, this place is a difficult miss. So after those late night hang outs if you are looking for a place to eat, here’s Mogul Sarai bringing you an irresistible menu of exotic Mughal dishes.

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