



ARE YOU AGEING FASTER THAN OTHERS?

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Have we realized how our lifestyles have changed over time? From walking miles just to get daily needs met to getting things delivered at our doorsteps at the click of a button without any physical activity...No need to even turn our wrists to start a car nowadays! Fact is that technological and economic incentives are both stacked against physical activity; technology constantly reducing the energy needed for daily living and economics dictating higher pay for sedentary work than active work.

But it's also a fact that as we age, our bodies need conscious efforts to

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remain functional so that our daily activities are not compromised and we can do the things we wish to do! Research has confirmed that, all other things remaining same, an active individual (defined by the American School of Sports Medicine as anyone who takes up physical activity 5 times a week, 30 minutes a day), lives a significantly longer life than an inactive individual. But even after such scientific confirmation, we yet have most of our colleagues shunning physical activity, leading to premature aging and drop in fitness and health levels!

Do the future 'you' a favour

Considering the tough workplace competition nowadays, people have limited scope to cut down on long work hours. So the crucial question is how one can still find time to focus on fitness. Knowing why it's important is the first step. We retire from work once we have earned enough wealth, hoping to make good the time lost in our younger age not spent with loved ones. But what an injustice we do to ourselves that by the time we retire, the good health needed to enjoy that wealth has deserted us! When we realize that negligence towards preparing our physical self for old age means having to spend most of our



wealth to pay doctors and medical bills, it's a rude awakening indeed.

So it's important that we physically prepare ourselves to enjoy our old age to the fullest without worrying about the next doctor's appointment or how many medicines we need each day to just survive. Our lives are after all not about just surviving, but rather enjoying the moment we live in and the experiences we have.

So let's understand what we can do to transform our lives. The pace at which one ages does depend on many lifestyle factors such as stress levels, sleeping patterns, smoking and drinking, etc. But what is of more significance is how much we eat, what we eat and also how active we are through the week.

Beating the fast food curse

With easy availability of fast food, it has become difficult to say "no!" to food even when we don't need it. The problem is that processed fast food lacks the nutrition the body needs when it signals hunger in our brain. So when we reach for fast food, we end up eating more and more of it. This not only leads to overeating and weight gain, but also replaces the nutrient-rich food we could have had otherwise.

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The secret to holistic physical training

Another component of healthy living is regular physical activity. When we speak of physical activity, we speak about two components; I) Cardiovascular training to improve the Cardiovascular system, and II) the most ignored and equally vital -

Resistance training to improve the health of bones and muscles, which gives an individual a functional advantage over those who ignore this training modality. As mentioned earlier, the American School of Sports Medicine recommends physical activity five times a week, with each session lasting at least 30 minutes. These sessions should combine both - at least 3 days of cardiovascular training and 2 days of resistance training.

Go ahead, transform your lives. Starting now!

Well, there you have it! It's not asking for a whole lot, just 30 minutes five days a week. And it's not about depriving yourself of food either, but rather choosing nutrient rich food in each meal. These simple habits can seriously have an amazing transformational effect on your physical well being and significantly slow down your natural aging too. This way, you will function much better in your work and personal life and what's more, by the time you grow older and have more time to enjoy your successes in life, your body will be more than willing and able to do your mind's bidding!



Vijay Thakkar, is a well-known passionate die-heart specialist in Fitness & Nutrition Science qualified from UK & USA. He is currently spearheading India's most premium and technologically well advanced fitness club in the country which is a home to many celebrities, sports personalities and high profiled businessmen of the country. He has to his credit many international certifications in Exercise Science, Strength & Conditioning, Sports Training and Nutrition Counseling, one of the first to acquire these international credentials in India.

- Masters (Hons.) in Sports Management from University of Glamorgan (UK)
- Bachelors (Hons.) in Economics and Management from London School of Economics International.
- Registered Exercise Professional at Level 3 with Skills Active from Premier Training International (UK)
- Certified Personal Trainer from National Academy of Sports Medicine (USA)
- Level 2 Strength and Conditioning Coach (UK)
- Level 2 Kettlebell Trainer (UK)
- Tri-planar Kettlebell Trainer from Premier Training International (UK)
- Certified NLP Practitioner from Inspire360 (UK)

Remarkably knowledgeable with a unique foresight in his field of expertise, Vijay is fondly known amongst the fitness enthusiasts as "Fitness Encyclopedia". He has been taking corporate fitness training workshops and has been imparting the same to many high flying individuals and professionals on their specific lifestyle based fitness & nutritional needs. Having more than a decade of experience, over the years he has developed keen interest and higher knowledge deeper into this subject. His quest and quench to break his own fitness levels and progress each day with more advanced training sets him apart from the rest. He strongly opines that if the science of fitness and nutrition is applied tactfully with dedication and a disciplined routine can help anyone to achieve "any fitness goal at any given stage in one's life gradually & gracefully".

He strongly believes that a good customized combination of physical activity and nutritional requirement of the body is offered in a right manner to an individual can help him or her to achieve optimal physical performance in their day to day lives with age not being any kind of a constraint in achieving one's specific fitness goals. In addition to applying this valuable knowledge, he loves spreading it to help people achieve a fit and functional body equipped to undertake and triumph in any physical activity and/or sport they wish to enjoy.