

Health & Fitness

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Afternoon Despatch & Courier

MUMBAI | TUESDAY, JANUARY 5, 2016

TOWARDS A HEALTHIER MUMBAI

Many trends face the sword on the road to getting (and staying) fit. Some fall by the wayside, while others go down in history. The **Health & Fitness Team** brings you some of the best of 2015

Barely a month goes by without a new health and wellness trend popping up. While some make waves, others create a few ripples and eventually disappear. The Health & Fitness Team rounds up the best nutrition and fitness trends that caught our eye in 2015 and tells you more about a few exciting ones that you should try this year.

Interactive fitness on TV
Interactive fitness has been popular for quite a while now — it comes in the form of fitness videos and DVDs. However, 2015 saw fitness workouts entering our homes through television — Tata Sky's Active Fitness is an example here. Launched only a few months ago, the subscription service offers a range of videos. With workouts such as capoeira (a Brazilian martial art), Kalaripayattu (a martial arts form started in Kerala) and other lesser known fitness routines, it's an exciting service.



myDIETist
A few years ago, no one would have imagined leaving their nutritional plans to a smartphone application, but how times have changed! myDIETist, started by husband and wife, Rishit and Prachi Sanghvi, is a personal diet assistant that aims to help you eat healthy. It uses a proprietary algorithm to draw up a personalised nutrition plan, which takes into account your gender, body statistics, dietary preferences and fitness aspirations. We're pleased that basic services are available free of cost, with an option to go premium, which allows you to get in touch with their team of nutritionists.



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Coconut sugar and coconut flour
Coconut sugar and coconut flour are the latest alternatives to regular sugar and flour. Since they are considered healthier than the usual refined versions, sales have been on the rise in the city. Kanchan Patwardhan, clinical nutritionist consultant at Kanchan's House of Health & Nutrition and Arogya Hospital, tells us, "Coconut sugar is made from sap, which is extracted from the coconut tree. And, pure coconut palm sugar tastes similar to brown sugar." While it's seen as a healthier option to regular sugar, Kanchan warns, "Just like any sugar, consuming coconut sugar in excess is unhealthy. However, it *does* contain small amounts of iron, zinc, calcium and potassium." Coconut flour, on the other hand, is made from dried coconut and includes coconut oil, dietary fibre, water, protein and carbohydrate. She adds, "Coconut flour is gluten-free and hypoallergenic." If you're wondering where to pick it up, Kanchan says, "Both coconut sugar and coconut flour are niche products, so they are available at organic grocery stores and online."

Early morning fitness party
2015 saw the first early morning fitness party in India with DawnTrekker organised by Gymtrekker.com, hosting dance, Zumba, body combat and yoga sessions for fitness enthusiasts at Radio Bar in Khar. Early morning fitness parties have been trending across the world with gyms collaborating with nightclubs and other party venues to offer a healthy, fun experience. Interestingly, just like any other party, morning fitness parties serve drinks and bites as well (with your health in mind, of course) such as protein bars, green tea and healthy fruit and vegetable juices. Harshit Sethy, co-founder and CTO at GymTrekker, tells us, "People often complain that they don't have the time to work out, so an early morning party completes your quota of fitness and also gives you time to focus on other priorities. It's also engaging, fun and helps you socialise." If you'd like to join an early morning fitness party, watch out for DawnTrekker, which will be featured regularly in Mumbai as well as 15 other cities.

Yoga galleries and cafés in the city
Routine yoga classes are a thing of the past — 2015 saw a number of yoga centres offer something more than just