



Trainer's Column

Shape up this Summer

Temperatures are soaring. The weather is playing a spoil sport, though let this not dampen your motivation to workout. Here are few ways you can beat the heat and stay fit:



Avoid outdoor workout as there are chances of dehydration and heat stroke. Choose a well air-conditioned and ventilated gym to workout.

Exercise in short bursts with breaks in between to cool off.

Wear loose outfits to help your body breathe while you exercise.

Keep yourself hydrated in between and after exercises to avoid dehydration.

Avoid consumption of caffeinated or alcoholic drinks as they increase fluid loss.

Article by: Gaurav Sharma

Snippets

Elemention not only focuses on Fitness but is also sensitive towards environmental issues. Keeping in mind the increasing pollution and traffic congestion, it has partnered with easy2commute.com a free and secure corporate carpool site for Delhi-NCR region meant to benefit daily office goers.

This month has seen a launch of various group classes in our Studio. For the first time ever, Tango and Jazz have been offered to our members.

In support of two children suffering from Thalassemia Elemention partnered with Running and Living for a 10 and 5 Km run, that was open to all. The event was a success with participants from all age groups.



Did You Know?

If you are 25 pounds overweight, you have nearly 5,000 extra miles of blood vessels through which your heart must pump blood.