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TO HEALTH AND FITNESS**

# FITNESS Magazine

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## **BIGGEST LOSER**

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## Dance Your Way to a Bollywood Body

India's film industry, known as 'Bollywood,' is famous for producing some of the most beautiful women in the world. And now, the Oscar-winning Mumbai rags-to-riches tale, "Slumdog Millionaire," not only brought Bollywood critical acclaim and credibility, but has spotlighted one of the most infectious and irresistible forms of aerobic dance: bhangra (pronounced with a rolling "r").

According to the stunningly beautiful yogini/dance instructor, Hemalayaa, who teaches yoga and Indian dance out of Los Angeles, Santa Barbara and Ojai, introducing bhangra to her yoga students really spiced up her class. "It helped them focus on expressing how they feel. Instead of zoning out during the movements, they tuned in!"

On the East Coast, we've got Sarina Jain. She's known as the 'Jane Fonda of India,' primarily because back in 1999, she was the first ever to bring Indian dance into the fitness industry on a global level. She took her mission seriously, got certified as a fitness instructor and then produced six DVDs, based on her unique workout called "Masala Bhangra" (masala meaning 'spicy') which is endorsed by the Aerobics and Fitness Association of America (AFAA). Her latest, "Back 2 Bollywood," is a nonstop heart-pumping DVD in which you can burn 500 or more calories in one session. Needless to say, since the release of "Slumdog Millionaire," her classes at New York City's Crunch Gym have almost doubled in size.

"I've taken this traditional folk dance from the Punjab in Northern India and modernized it so the average American person can understand how to do it," Sarina explains. "It exposes you to the Indian culture, which is so rich in tradition. Plus, you forget you're working out because it's so much fun, and you're losing weight! It is a true cardio workout, using your legs and arms and your whole body."

Along with her new show on FitTV, Sarina will be teaching her class as part of the huge daylong event, "Workout in the Park," held later this year in Chicago, San Diego and New York. Can I get a hearty "Balli! Balli!"?

### Try These Moves from Sarina:

#### Dhol Beat:

Raise right leg to a 45° angle and bend forward, moving arms as if hitting a dhol (drum) with right hand going down first and left hand going up. Repeat motion four times, then switch to the left leg with left knee at a 45° angle. Right arm is up and left arm is down. As shoulder shrugs down, tap left foot and scoop and 'turn light bulbs' with both hands. This is best done to a drumbeat.

#### Hareepa:

Hips move to the right side four or eight times, then back to the left side. Arms are up in the air following the hips to each side.

#### Bhangra Slide:

Slide to the right side four times and then slide to the left side four times. Right arm is up in the air following the right leg and left arm is up in the air following the left leg. The arm is calling out to the music while moving the shoulder up and down. You can also utilize different hand styles.

(For more info go to [www.masaladance.com](http://www.masaladance.com))