

# MID DAY

MAKE WORK FUN

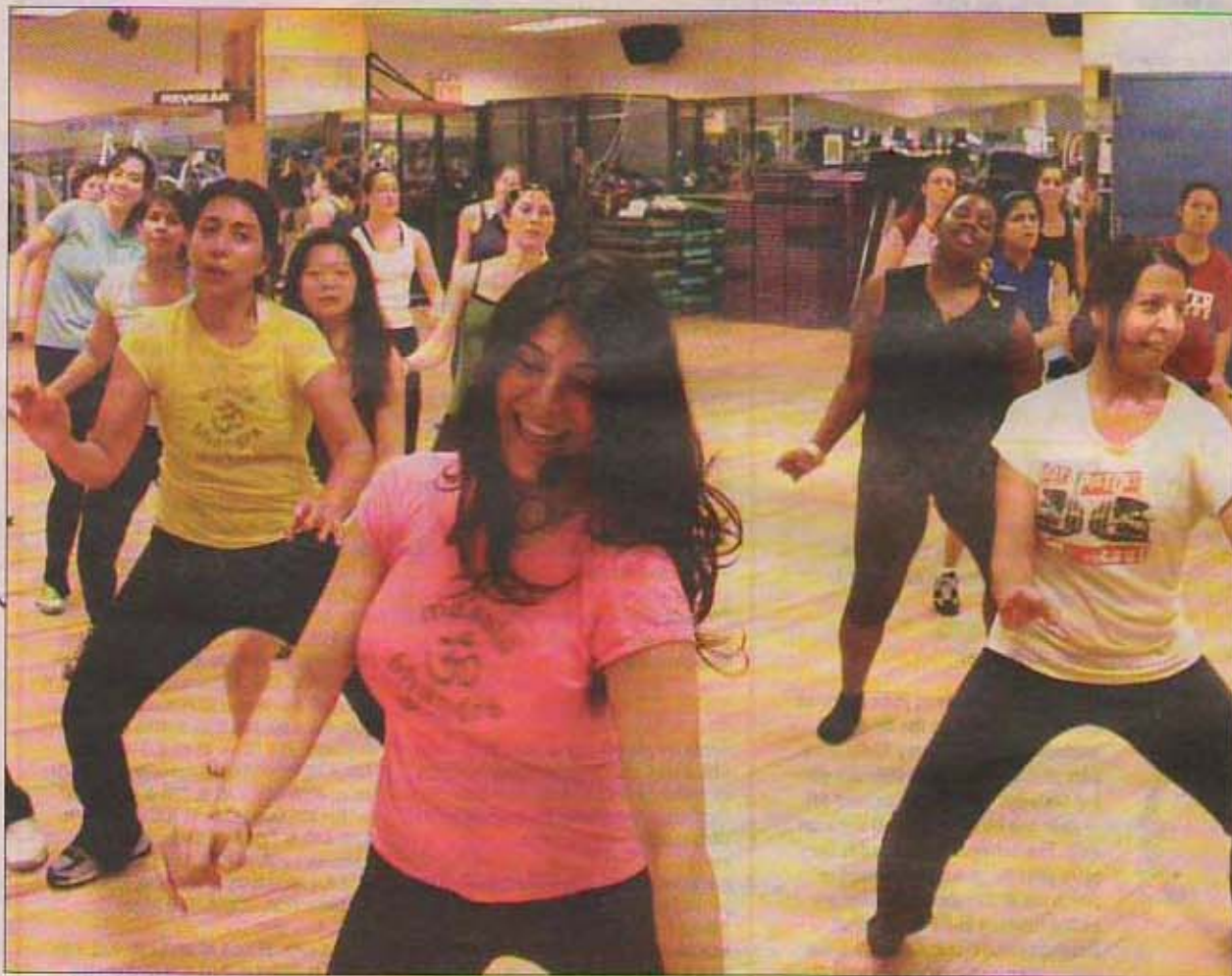
DELHI, MUMBAI, PUNE, BANGALORE

# ON A STRING AND A PRAYER

ON RAKSHABANDHAN, NANCY, A KENYAN FRIEND OF AN INMATE AT

## BURN CALORIES WITH HER SPICY STEPS

INDIA'S MOST POPULAR DANCE FORM TURNS INTO A SUPERCOOL EXERCISE REGIMEN WITH FITNESS INSTRUCTOR SARINA JAIN'S FAMED 'MASALA BHANGRA WORKOUT'



AAJA NACH LE: Sarina Jain (in pink) demonstrating a step during a workout session

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"Fitness should be a way of life," declares fitness instructor Sarina Jain. With almost 19 years of experience in the wellness and fitness industry, Sarina is known all over the world for her pathbreaking 'Masala Bhangra Workout'. As the Jane Fonda of East brings the famed workout session to the capital, we settle for a quick chat. Read on.

**The Masala Bhangra Workout is turning 10. Tell us about its origin.**

My father died due to a cardiac arrest. He was only 47. This made me realise that no matter what comes your way, you must workout and stay fit. And since I also wanted to spread Indian culture all over the world, I devised this workout plan.

**With a 45-60 minute workout session you could burn around 500 calories**

— SARINA JAIN

**What is a session of The Masala Bhangra Workout like?**

It is a 45-60 minute workout session where one could burn around 500 calories. It's a fun and burn process where you can enjoy the steps and lose weight too.

**The benefits of the regimen?**

It is a wholesome process. It strengthens the heart and improves blood circulation. You can also build up your biceps and triceps. Moreover, your abdomen and hands also get toned. Finally, since your legs are always on the move, so they too tend to remain fit.

**Is the session suitable for all age group?**

Yes, absolutely! It is something that can be practiced by one and all. Even if you haven't hit the gym ever in your life, you can practice it. The workout is aimed at anyone or everyone who wants to lose weight.

**Any new exercise you have been working on?**

Yes, I am working on another musical workout session with Punjabi singer Jassi.

**To learn more about The Masala Bhangra Workout**

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