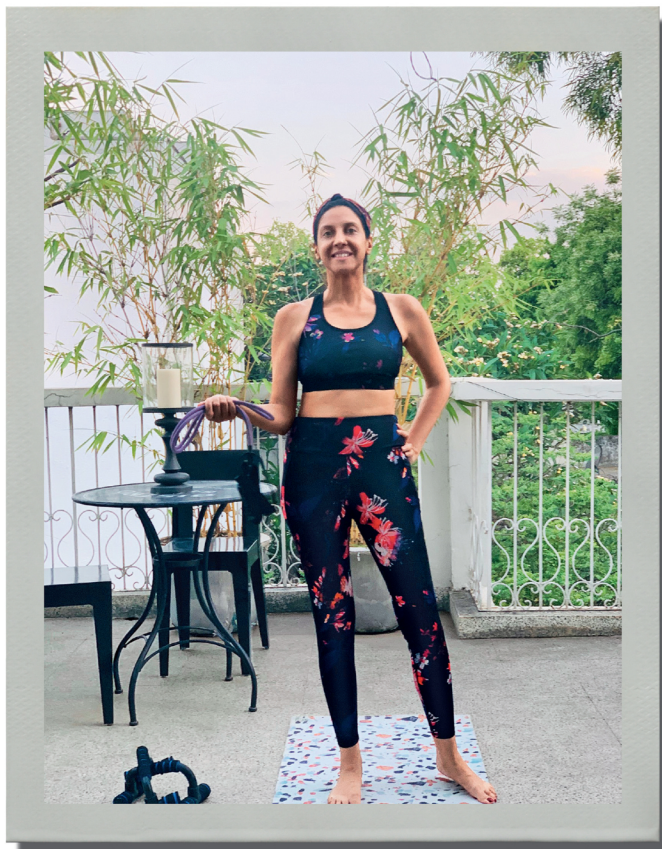


At your fingertips

Low-maintenance workouts, easy-to-follow diet plans, personal trainers, interactive support groups—there's a reason why fitness apps are drawing in users now more than ever. We speak to two women who took to the web to get back on track. By **Sheree Gomes Gupta**

Convenient and budget-friendly, fitness apps have been gaining popularity over the last few years. However, 2020 would have to be their most popular year yet. At home or not, there is no excuse to not place health as your number one priority. I recently downloaded Noom and the one lesson I've already learnt is that I can no longer make excuses for not working out or not eating right. One click on the app and I am immediately reminded that I alone am accountable for my daily choices. Here, two women who successfully accomplished getting fitter via technology share their experiences.



SRIMOYI BHATTACHARYA

47, FOUNDER, PEEPUL CONSULTING

GOAL: TO GET FITTER, SLEEP BETTER AND BE LESS ANXIOUS

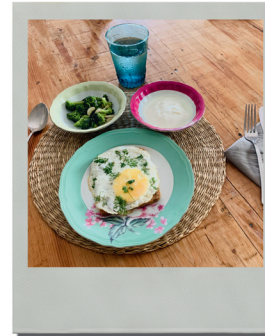
FITNESS APP: KENZAI

HOW IT WORKS: THE PROGRAMME (30, 60 OR 90 DAYS) INCLUDES CUSTOMISED DIETS, DAILY WORKOUTS AND SCIENCE-BASED LESSONS BY EXPERTS IN ADDITION TO DEDICATED TRAINERS AND PEER GROUPS THAT CONNECT VIA THE CHAT OPTION

BUILD YOUR OWN PLAN

"I've never been the kind to exercise or diet. The most I've done in the past is practise some yoga on and off. Two years ago, however, I decided it was time I took charge of my health. I wasn't feeling so great—I was anxious, felt bloated quite often, couldn't sleep...even my clothes were fitting tighter. Then last year, I came across Kenzai and signed up for the three-month Kenzai Body programme.

"Every day, for those 90 days, I received a personalised diet plan (based on my preferences and allergies), a workout that required a mat and some resistance bands, daily nutritional and fitness lessons by ex-



BALANCED BREAKFAST
Srimoyi Bhattacharya's morning meal

perts to help me make informed lifestyle changes. I had an online personal trainer as well as a peer group with members from different countries. For someone who has never felt comfortable at a gym, this was tailor-made."

NUTRITION IS KEY

"The biggest learning for me was the importance of nutrition. I would have heavier dinners and lighter lunches (which I've now swapped), and I never paid attention to what I had for breakfast (it's far more balanced now). I learnt to focus on eating real foods, instead of the processed variety, to ensure that I was including all the macronutrients (protein, carbs, fibre and fat) in my meals and about portion control (the programme requires you to use a food weighing scale, which after a few weeks, you can do without). I also realised the reason behind the bloat: overconsumption of rice, especially for my age."

MAKE IT A HABIT

"The workouts were a big challenge for a non-exercise person like me. Mainly body-weight based, I could not follow even the simplest of exercises. Some videos help ensure your form is right, but I decided to get my yoga trainer to help me with the workouts until I got it right. The first two weeks, my body felt battered and I was almost ready to give up. But the third week onward, I was working out on my own from the comfort of my home. I lost five kilos, slowly and in the right way, and I've not gained any of it back. I am also a lot less anxious and I definitely sleep better. What I love about this online programme is that it is low in maintenance but high in results.

"After Kenzai Body—the first fitness programme I managed to complete in my life—I enrolled for the 28-day Kenzai Beach Ready plan. I worked out with confidence and now I have an annual membership with Kenzai, which gives me access to different kinds of workouts."

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