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Several studies have shown that setting fitness goals or having access to a personal trainer, bolsters one's commitment to exercise and, consequently, yields results — not only do individuals meet their fitness goals faster, these results are typically long-lasting. Working out with a friend has been seen to be equally beneficial. It's not rocket science. Motivation can go a long way when it comes to fitness — but do you need a little of it or a lot? Do you need to be reminded of your goals constantly? Do you need to check your weight every day, or do you believe you'd work harder towards achieving your objectives if you checked your progress once a month? Do you need to be scolded when you fall off the wagon, or coaxed into getting back on it?

Whether you are motivated to diet when you shell out a sum of money, or need your hand slapped away from snacks, there's a dietician out there to suit your style.

### For goal-oriented techies

Gadgets make fitness fun, never mind the increased efficiency they allow for, and dieticians who know how necessary it is to distract from the drudgery of weight loss regimens, use these not only to make things more convenient but also to make the whole process more interesting.

Nutritionist, pilates expert and owner of Integym, Colaba, Madhuri Ruia, for instance, uses heart rate monitors to ensure that her clients' fitness programmes deliver optimal results, and she uses video calls to connect with her clients, "as dieting can become very lonely and un-exciting, and it helps to know you're in this with someone else."

The fitness expert who complements nutritional guidance with advice about exercise regimens, says her process

# A dietician to suit your style

Some of us need to be reminded to stick to our fitness goals, others fare better when scolded or coaxed. Here's how to find a dietician whose method matches your personality



Having to maintain a diet log makes people accountable and they feel like they are being watched by a nutritionist. This is a great deterrent

— Niti Desai, nutritionist

“Dieting can be very lonely and un-exciting. It helps to know you're in this with someone else — Madhuri Ruia, fitness expert

begins with a body composition analysis, and, “we take a brief health history of the client.” She also uses a body fat caliper, an instrument that measures fat at different parts of the body, “so we can see how much subcutaneous fat is located where, and this helps with goal setting.”

### For the procrastinator

If your diet snaps as easily as a snack bar, what you need is a plan that makes you

accountable. Kemp's Corner-based nutritionist Niti Desai knows this is a common problem, so she's devised a plan that makes each individual his or her own keeper.

“My clients have to maintain a food log. We give clients a customised diet (even a list of broad guidelines per cuisine, for when they want to eat out) and they get a diary, in which they must make daily records: did he or she exercise? Did he or she drink enough fluids? What did s/he eat for every meal? etc. They must come back to me with their log book in two weeks and then we take a look at what they did right and where they went

wrong and make adjustments to the diet accordingly.” Desai says those who have been very good about their meals may visit her once in three weeks, but the more errant may need to make more regular visits. Having to make your entries in the food log, she explains, “makes one feel like he or she is being watched by a nutritionist all the time, and that's a great deterrent.”

Clients may also opt for more specific packages with detailed weight loss goals, “say 5 or 7 kg in, based on what they want and what I think is practical.”

### For the health rather than weight conscious

Those who don't want to lose weight purely for cosmetic reasons

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