

# **FITNESS CONCEPTS**

## **STAY FIT THE HEALTHY WAY**



### **Fitness Concepts**

(An E-Book penned down by three specialist Doctors from Nagpur.)

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The purpose of this book is to educate people and the patients with real science behind diet, nutrition and exercise and to provide information backed by various scientific studies, research and personal experience. The effort is to make things understandable to use it in our routine life and to share knowledge in nutritional and fitness science that we have procured over the years. This information is general and may not be applicable to all, particularly patients with various morbidities. It is advisable to consult your personal physician before changing your lifestyle.

The book is divided in three parts:

- ✓ Myths related to nutrition and fitness
- ✓ How to approach a healthy lifestyle
- ✓ Exercise science

# MYTHS AND BRO-SCIENCE

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Over the years we have been very casual about our health and the science behind fitness. Everybody wants to follow healthy life style and healthy eating habits. Such fitness conscious minds are always seeking tips and tricks to achieve their dream of lean figure and a healthy body. In the process, we are always looking for advice and suggestions from all around.

The fitness industry has always run on some fixed ideas and formulas. During this process it has generated lot of myths and ideas, which actually don't fit into the scientific facts. But, this Bro-science usually takes over our mind and we start following such ideas.

Let's go through some such notions and myths and try to make some sense out of it.

### 1. Fat is Bad

Since so many decades, a notion was created by dieticians and industry about dangers of having dietary fats. It was blamed for obesity and was considered as a major risk factor for CAD/HT/DM. But, the recommendations have changed and "Fat is bad" theory does not stand the ground. Fat restricted diets over the years could not decrease the morbidity and incidence of such diseases. Rather, it has been proved that fat is rather essential for various metabolic processes and absorption of various micronutrients in body. So, don't fear to have healthy fats.

### 2. Cardio exercises are must for weight loss.

Almost everybody who starts his journey towards fitness starts it on a treadmill/ cardio machines. They are advised to run endlessly on these machines to burn fat and people follow the advice and keep running and running. But, the fact is such static cardio exercises do not yield much results other than burning some calories. The endless cardio done on these machine puts your body into severe stress and may cause muscle loss and injuries if you don't follow proper dietary and

exercise protocols. So, probably the countless hours spent on treadmill could have been utilised in a better way to get long lasting results. Just think before you hit that treadmill again!

### **3. Eat something before you hit the gym**

Most of the people who hit the gym and start following an exercise schedule aim for weight loss and a lean physique. To make this work in a better way and to stimulate the body to lose fat, the workout should be in a fasted state. This will force the body to burn fat for the energy required for the exercises and will result in better results. Similarly, eating just prior to the gym can spike your blood sugar levels, and as soon as exercises are initiated, the insulin takes care of all the sugar available and you might experience a sudden fatigue or a hypoglycaemic state. So, if you are aiming at fat loss, it's better you workout early morning in a fasted state. This will help you in boosting natural fat loss process carried out by body in the night.

### **4. Breakfast is the most important meal of the day**

This is one of the widely circulated and most written about idea. Breakfast is supposed to kick-start your day with energy and keep you alert and fresh. But, it's certainly a myth! The early Morning tea and carb rich breakfast will immediately halt the fat burning, muscle and a tissue repair processes going on in the body in the fasted state throughout the night. As soon as one eats or drinks, the resulting insulin spike will halt the fat burning in the body and a process of fat storage is initiated. So, it's you, who need to think what kind of start of the day you are looking for!

### **5. Eat seven small meals a day to boost BMR.**

It has been advised to have multiple small meals throughout the day, instead of two major meals. It's claimed to improve BMR and a best formula for weight loss. What actually matters is a structured diet and calorie deficit. Creating negative energy balance is a must for losing weight and the composition and structure of diet is more important for boosting metabolism than the frequency of the meals.

SO, DON'T just SPLIT YOUR MEALS, rather focus on having a structured diet according to your goals and you will create a better version of yourself.

## **6. Running is the best way to lose weight.**

Running is a great endurance sport and has evolved into a great sport among fitness enthusiasts in last couple of years. But, it needs lot of planning and training to be a good runner. Proper structure of diet and strength training is must to excel in this sport. But, taking up running to lose weight is not a good idea, because without following proper training protocols, it can cause more bad than good for the runner. Running is one of the potential sport where one can get issues with joints and back. So, take up running as a serious sport, but running just as recreation or as a tool for weight loss is not a good idea.

## **7. Ladies don't lift weights. I will become like "A Hulk"!**

Whenever one visits a gym, almost all the female clients will be seen sweating on the cardio machines. Remaining few will be seen toying with dumbbells. Females are always discouraged by trainers and fellow gym goers from lifting weights fearing that if they lift weights, they will become masculine. But, male and female hormonal milieu is totally different and hence they can never ever have masculine muscle growth due to lack of Testosterone. So, Ladies, if you wish to lose fat and tone your body, resistance training is the way to go.

## **8. High protein diet will cause renal stones.**

It's always discussed that high protein diets are dangerous and it may cause high uric acid levels and may cause renal stones. Proteins are building blocks of the body and are essential for growth and repair of tissues. Hence, adequate amount of protein must be in any diet. High protein diets are usually very safe, except in people who have tendency for Gout or abnormal renal function. If you maintain hydration well, then you are unlikely to face any issues with protein consumption. We believe it is mandatory to consume RDA protein for good health.

## **9. I can't live without Carbs.**

Carbohydrates are the most important source of fuel & a first choice energy for body. But the body stores energy in the form of fats to face starvation & stress. Carbs are body's primary source, but the go to option is always fats. Hence, CARBS ARE NEVER ESSENTIAL FOR SURVIVAL, but FATS ARE!

## **10. Don't lift weights, do you wish to injure yourself?**

Lots of people are found discussing disadvantages and side effects of weight training. Most of them feel it's not essential to lift weights, as they are not building body and are only trying to stay fit. On the contrary, it's absolutely must to follow a resistance training protocol to stay fit. It's because if you keep your muscle mass intact & gain muscle, only then you can protect your BMR from going down with age. A high BMR is an essential component to maintain a lean physique.

## **11. Early morning walk is the best way to keep fit.**

Majority of fitness conscious people tend to believe that early morning walk is the best way to keep fit and some of them are following this since years. Getting up in morning and spending a few hours in morning on walks may not be giving them the benefits they are looking for, except the calories they burn. But, these walks will not impart any benefit to their muscles/ bones or strength as such.

## **12. After I stop Gym, I will put on more weight.**

The Usual and the most common excuse by all is that going to gym is fine, but as soon as they stop Gym, they will gain all the lost weight back. It's logical to believe so. But, any fitness regimen if followed for a short period of time will not give you lifetime results. It has to be inculcated in your lifestyle. So, just turn a blind eye to such naysayers and hit the Gym.

## **13. Whey protein is synthetic and contains steroids**

Whey protein is one of the most complete and safest source of protein. It's a milk product and there is nothing to worry about. But, you need to choose authentic brand and to be sure about the quality of the product you buy.

## **14. I cannot build muscles without steroids.**

Most of the trainers in gym are encouraging youngsters to have injections and medications to gain the physique they are looking for. They make them believe that it's not possible to have a ripped body without steroids. But, just don't give in to such traps. It's absolutely not essential to fall to such short cuts. A structured diet, quantified nutrition and dedicated resistance training schedule designed as per your goals can achieve anything you can dream of...So **"SAY NO TO STEROIDS"**.

## 15. “KUCHH BHI Khao and exercise karo, itna kafi hai”

There are these foodies who believe in eating like a king and then burning it all by exercising at gym or running marathons. But does it hold true?

*You can never outrun a bad diet.*

It is always essential to keep a tab on your diet constitution and eat according to your plan to get the best results for the efforts & time you are putting in on a track or in a Gym.

## 16. Keto/LCD diet is unphysiological

It's a common argument put across whenever there is a mention of KETO/ LCD. But, this notion holds no scientific footing, as its one of the researched and science backed structured diets and utilises the physiological principle of metabolism in our favour to achieve the desired Goals. So, “Haters gonna hate, just IGNORE.”

## 17. DIET means eating less, that's it.

It's a common practice and belief that to go on a diet means eating less than usual and lose weight. But, Diet is not always only for losing weight. The DIET is a structured eating according to your goals and maintaining a quality nutrition for life. So, let's become conscious of what we eat and change the ill perceived notions about dieting & healthy lifestyle.

## 18. Keto is panacea for all.

Keto is one of the most happening things in the fitness scene right now and everybody is now talking about how magical it is. But, it's not a panacea for all the worries. Keto diet has to be strategically planned diet for a carefully chosen population to reap its maximum benefits. It is truly a wonderful dieting pattern when given to right people for the right reasons.

So, don't just jump on the Keto wagon!

## 19. I shouldn't eat eggs/ chicken daily

People usually find it difficult to answer the critics of high protein diets. They are given negative remarks about eating eggs & chicken daily and are discouraged to do so. But, it's big myth that eating eggs/chicken daily is

unhealthy and may create health issues. In fact these foods are the most complete source of proteins and nutrients.

So, “Sunday ho ya Monday, Roj Khao Anday”

So, just ignore such myths and Bro science floating around you and choose to be Wise. Everything backed by evidence will stand the test of time. Focus on eating healthy and dedicate to a healthy lifestyle that will take you to the desired goal post.

## EXERCISE SCIENCE

### **Dr. SADASHIV BHOLE**

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Exercise means different activity to different people. Since beginning of civilisation fitness is respected. The Greek and Roman civilisations portrayed their heroes as well toned fit individuals. Even in our mythology from warriors to sages we have depicted all the characters as well muscled powerful beings. Fitness is held in high esteem because it is hard earned, difficult to maintain and seen as a sign of sensuality and confidence. It is considered as an ultimate key to happiness.

Fitness is what you see yourself as a personality. It is in the psyche of human race and then the disaster struck...

We started living easy and all the wrong foods were systematically inducted in our lifestyle making us unhealthy and unfit.

Since childhood to adulthood we form our opinion depending on what others tell us.

The common excuses of not exercising are lack of time for exercise, age, worsening of recent form after stoppage. Exercise is as important as living itself and finding time for it depends on your dedication to achieve your goals. CEOs, Doctors, Industrialists, Celebrities are all extremely busy, but find time to exercise. A focused 30 to 45 min bout of exercise is also enough to maintain high degree of fitness in regular office going professionals.



The moment I ask my patients about exercise, I get a common answer, “Doctor I walk”!

Walking is the most common form of exercise. It is pleasurable, social and easily done with minimum resources. It is cardiac friendly and also the most common fitness tool advocated by doctors.

The limitations with a regular walk are easy adaptability of body in a couple of weeks. It becomes same repetitive and more of a social interaction with friends, fellow walkers than physical effort. It loses all advantages in a few weeks. Worse of all usually ends in a hearty breakfast full of Carbs!

To get the best of walking, every walk should be a challenge. It must be a focused aerobic activity. One should increase in distance in the same time period, so as to maximise endurance and effort. Discipline in activity and diet goes a long way to get advantage of a walk.

Endurance sports, like long distance running, swimming, cycling etc are great new fads. I have done quite a few half marathons and 10 Kms myself and thoroughly enjoyed them. However, it is time consuming, supra physiological, highly catabolic and strenuous to joints and spine. There is a controversy if they are really Cardiac friendly. The body gets into a catabolic mode, resulting in frequent causes of eating sprees. The Cortisol level remains high after such an effort and results in deposition in adipose stores.

The fact is “ *You may never outrun a bad Diet*”.

Cycling on the road is dangerous particularly with the traffic safety sense of our citizens. Although, it can prove to be a great endurance sport, will not yield desired results when done in hope to lose weight after a certain period.

Sports activities, Tennis, Badminton, Cricket etc , for most of us are possible given the facilities that exist in the neighbourhood . All sports activities without long term physical training makes us prone to injuries which may hamper professional life. Recreational sports very often change into high octane competitions putting sudden severe strains on joints and cardio respiratory systems. I have noticed many of my friends losing so much on professional front because of these injuries.

Gymming and weight training is done in a systematic controlled environment. It is less time consuming, focused and has adequate variations.

A usual Gym schedule is a Combination of aerobic and anaerobic activities.

Resistance training 1. Teaches discipline,

2. Improves pain thresholds,

3. Gives immense highs due to surges in testosterone, Growth Hormone and Endorphins,

4. Strengthens weak areas,

5. Increases sensitivity of insulin receptors.

Over a period of time many professionals, for e.g. Surgeons, who need to operate for hours start losing their back, necks and posterior deltoids and trapezius resulting in neck pains, spondylosis and wasting of posterior group muscles as well. This can be properly addressed in a training schedule.

I have interviewed many individuals and understood that exercise related myths are many and need to be cleared.

*Women cannot do weight training* is a frequent statement. Many people believe that it would make them muscular as men. This is absolutely wrong as female bodies lack testosterone, the elixir to the muscles. Strength training in women results in well toned, well statured bodies which everybody appreciates.

*“I don't want to be a body builder!”*

You cannot be unless you are highly focused on your goal for years and are willing to make sacrifices to achieve it. Body building as a sport involves lifting & pressing tonnes of weights, over many years with a boring strict diet regimen calculating each gram of carb, fat and protein they eat.....this is not everybody's cup of tea.

*“I only want a abs workout!!”*

Simply no! Because that is never going to work. Spot reduction is a myth, fat loss is global, but spot toning is possible. So, the strategy should be to get below the 10 percent fat mark and hard tone those abs with specifically designed exercises.

Endurance causes muscle wasting, & high cortisol secretions as stress response. Initial weight loss is due to a combination of fat and muscle loss in endurance sports. Muscle gains are very difficult, particularly after a certain age. Decrease in muscle mass Decreases BMR and increase fat percentage. Muscle is the most precious commodity in this equation. Weight training revs up muscle metabolism. A muscle exercise results in muscle fibre injury. Repair and recovery causes growth of muscle and consumes calories. The after burn effect {EPOC} last for 48 to 72 hours. This Increases BMR resulting in expenditure of calories.

There are two Types of muscle fibres :

1. Slow twitch (Type 1) Fibres, in marathon runners and endurance sports, requiring long repetitive activity.

2. Fast twitch (Type 2) Fibres, in sprinters and power athletes, giving them speed and power for a short burst. Weight training induces increase in fast twitch muscle fibres.

Steady state cardio is not recommended. We have wasted so much time running tread mills. The more you run, the more you lose muscles and the more weak you become strength wise. This ultimately suppresses your BMR. The weak muscles lead to more stress on joints and spine and lead to injuries in such individuals.

So, Current recommendations to achieve best of both is to follow

**HIIT** (High Intensity Interval Training)

and

**HIVT** (High Intensity Volume Training)

Systematic and planned weight training and cardio can be used to achieve your dream form and figure.

So, just remember, “Lift big, super sets, HIVT”

“Arms are made in the gym but Abs are made in kitchen”

Nothing works without goals and discipline. Every gram of intake makes a difference. It is highly recommended to eat clean. Maintenance of proper

macros and micronutrients is essential. A structured dynamic diet supervised by experts gets you there much faster!

Better to define Goals of what you want to be. Myths about exercise need to be cleared. There is no point in repeating mistakes which others have done.

A traditional approach to a strength training session begins with a short 10 min warm up followed by muscle training and ending with stretches. Weight training is done with a specific protocol, either to use compound exercises or isolation exercise for a particular muscle group. Various combinations are used to optimise results, for eg. Back (big muscles) are teamed with Biceps (small muscles) or Legs workout with shoulder training. Advance training also involves training of one muscle group only. For some of us, who dream to be lean, mean and muscular, I believe, a smart combination is required.

I advocate beginning with a massive load of a compound exercises (Progressively increased) and then going on isolation workout, depending on whether one is looking for size growth or strength. One has to vary weights, sets and periods of rest between sets.

**HIVT** is an excellent tool to maximise fat loss without compromising muscle mass. It is always scientific to calculate 1 rep maximum to optimise a particular work out. Going to the gym every day and put up the same performance with same amount of weights will plateau your progress fast. A progressive effort is required in a limited time frame to maximise results.

*Every day is another chance to get stronger, eat better, live healthier and to be the best version of you.*

# BASICS OF NUTRITION

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The food is a substance that we consume to provide nutritional support, to get energy for various body functions. Our body spends energy even at rest for various functions like respiration, to maintain blood supply by heart to different organs, various metabolic and hormonal process etc.

### **BMR**

This resting energy expenditure also called *BMR* (basal metabolic rate) is the energy, which your body requires at rest for proper functioning. BMR reduces with age & hypothyroidism. Females have slightly lower BMR than males.

BMR is closely related to the muscle mass, hence a person doing strength training and maintaining muscle mass has better BMR than a person with less muscles.

### **TEE**

Total Energy Expenditure is a sum of ones BMR and activity level. One who is more active in day to day life has a high TEE than a sedentary person. There are many other calculators and apps available online to find it out. To start losing fat you need to eat below your maintenance calories. A person who eats above this value gains muscles or fat depending on foodstuffs he eats. This is the basic rule of body transformation.

In today's world, we link obesity to certain food, inactivity, genetics, without knowing the basics about what and how we eat.

Calorie is a unit of energy. Every food material has some calorie value. Carbohydrate and protein have **4 kcal /gram** and Fat has **9 kcal/ gram**.

It is the excess calories which lead to weight gain and eating fewer calories leads to weight loss. We will discuss it further.

## STRUCTURED EATING

Just eat when you are hungry and stop when you are full is called “Grazing”. I am sure most of the people follow this eating protocol. Most workout vigorously and expect to lose weight. They go on dieting e.g eating salads, giving up rice, avoiding sweets, take various weight loss tablets and what not.

Losing weight, precisely losing fat, requires eating food in structured way, by properly calculating carbohydrates, proteins, and fats content of the food and making a diet plan accordingly along with proper exercise (strength training preferably) .

Everybody wants quantified results. Most of us set our expectations in terms of numbers, someone wants to lose 5 kg , 10 kgs , 20 kgs. So, we need to approach our diet in a quantified manner. Just randomly going on calorie deficit will make you lose weight initially, but, it will all come back, once you start eating again. Most of so called dieticians don't give the proper breakdown of calories and macronutrient (carbohydrate, protein and fat). In my personal experience, they have preformed templates, with fixed timings and food material, and they just tick the box in front of it. Diet planning is a dynamic concept. One should know about their carbohydrate, protein and fat intake and total calories to be consumed for 24 hours.

To summarise, structured eating is planning your diet, *as per your goal*, like fat loss , muscle gains , optimum sport performance , maintenance of current weight, after proper selection of calories, with proper macronutrients distribution. You have to measure food while preparing it.

## HOW TO DECIDE ABOUT CALORIE INTAKE

The First thing to start with is “finding out your maintenance calories” (the calorie at which you are presently maintaining your weight). You can find it out simply by tracking the food you are consuming every day and calculating its calories at least for a week and take an average of it. It will give you the value.

Now once you are certain with the number of calories for your maintenance, you can decide the intake as per the goal.

*For weight or muscle gain*, you need to eat above maintenance calories. *To lose fat*, you have to create deficit. The amount of deficit also depends on your age, weight, gender, body composition, underlying morbidities etc.

It is safe to start with *20-30% deficit* from your maintenance calories and see the results. After evaluating how your body is responding, it can be adjusted accordingly. Drastically reducing the calories will lead to slowing

down of your metabolic rate and your progress may stall. The importance of weight training in gym along with adequate proteins in diet comes as a rescue when you are in a calorie deficit. It will help you preserve your precious muscle mass and hence your metabolic rate to some extent.

Optimum intake of **protein** is very important in a calorie deficit diet, so that you would lose minimal muscles and maximum fat. For gaining muscles, you need to eat above your maintenance calories, but caution should be taken not to go on calorie surplus suddenly. Just 10-20% more to it and adjusting it further, as per the results, is a good idea. Many other factors like, body phenotype ( Ectomorph, mesomorph , endomorph ) which is not in the scope of discussion here, would also decide about deciding calorie and macronutrients intake .

### **GOAL DIRECTED DIET :**

As we have discussed before, we need to decide our goal first.

For majority of us, it is weight loss, better call it “fat loss”.

For some it is muscle gains , weight maintenance , sports conditioning , diabetic control , diabetic reversal , hypertension control , PCOD, post illness , recuperation from surgery and trauma , preoperative nutritional optimisation, fertility etc .

For every goal, you first have to measure your body composition (Lean muscle mass, fat mass, water, bone density).

For weight loss, you need to go on a calorie deficit from your maintenance calorie. Once you decide your target calorie, you have to decide your protein intake first (1.5-1.8gm/kg) of body weight. It is good to keep fat from good source around 35-40% of your calorie intake and rest of the calories from carbohydrate. The source of carbohydrates should be from complex carbohydrates, having low glycemic index and glycemic load.

**Good sources of protein** are lean meats , chicken breast , fish , prawns, pulses, soya products , paneer, eggs, cheese, curd , whey protein.

**Good source of fats** are ghee, butter, coconut oil, nuts, meats, eggs, dairy products

**Good source of carbohydrates** are Rice, wheat, pulses, oats, quinoa, low glycemic fruits.

Selection of food source is of paramount importance while designing a diet. One should have cooking skills to keep the monotony away.

*Many medical conditions like Type 2 diabetes mellitus, PCOD, secondary hypertension are linked with body composition (high body fat percentage).*

*Such diseases may be easily reversed to some extent, in just few months of clean structured eating along with regular weight training.*

What we lack is knowledge about nutrition and seeks medical help for these conditions without fixing up primary problem. Medical science also stresses upon the similar interventions, like lifestyle modification and exercise for many diseases. It is the lack of education and motivation, which leads them to be deprived of this wonderful remedy. They surely can work on such life-style modifications to get a better version of themselves.

For type 2 diabetes, reducing fat percentage and optimising body composition (gaining some muscle mass) can improve the disease prognosis, by improving insulin sensitivity. An exercising muscle can utilise glucose directly without the need for Insulin.

## **MACRONUTRIENTS :**

Nutrients are environmental substances used for energy, growth, and bodily functions by organisms. Depending on the nutrients, these substances are needed in small amounts or larger amounts. Those that are needed in large amounts are called macronutrients.

There are three macronutrients required by humans are **Carbohydrates** (sugars), **lipids** (fats), and **proteins**. Each of these macronutrients provides energy in the form of calories.

## **MICRONUTRIENTS:**

Micronutrients are nutrients required by organisms throughout life in small quantities to orchestrate a range of physiological functions.

For people, they include dietary trace minerals in amounts generally less than 100 milligrams per day, as opposed to macro-minerals, which are required in larger quantities.

The micro-minerals or trace elements include at least iron, cobalt, chromium, copper, iodine, manganese, selenium, zinc and molybdenum.

Micronutrients also include vitamins, which are organic compounds required as nutrients in trace amounts. Whenever you start a calorie deficit diet, it is wise to have one good multivitamin tablet containing optimum amount of above mentioned trace elements.



**SUPPLEMENTS:**

Among all the supplements, for either fat loss or muscle gain, **Whey protein and creatine** are usually helpful if you are not able to complete your said protein through your diet.



**IF IT IS IMPORTANT  
TO YOU, YOU WILL  
FIND A WAY.  
IF NOT, YOU'LL FIND  
AN EXCUSE.**

## ABOUT US



### Dr. Sadashiv Bhole

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*People all over the world whether in their thirty's, forties or fifty's are striving to find a perfect long term solution to nutrition and exercise to remain fit throughout their life. I am yet to meet a person who hasn't nurtured a desire to look good and feel fit and young. I remained no exception to this rule. I studied MBBS, post graduated in Surgery and later did super-specialisation in Urology at Mumbai. I was always passionate about fitness and played various sports in school. The medical education is highly demanding, time consuming and stressful. I was left with little time to pursue my sporting activities during my education. I started Urology practice 18 years back at Nagpur and became busy managing my own hospital. I suddenly realised that in my thirties I was stressed out obese doctor unable to pursue my passions for fitness. My access to medical research, nutrition science and sports physiology helped me in*

*my journey to transform myself into a fit relaxed individual and lead a healthy lifestyle. I am very careful about my diet and hit a gym 5 days a week . I spend considerable time training for marathons and I enjoy running. I never miss an opportunity to meet my friends over a game of badminton or a session of swimming. During this period I experimented with various techniques, gave lot of scientific thought, studied the science in unlearning and learning ways to attain my goals. I was fortunate to meet like-minded individuals like Dr Imran and Dr Amol Kadu in this quest. We would spend hours discussing, learning and our trail runs would always end after an hour meet sharing our experiences. We realised that all our knowledge experience and research could be put to good use and IAS fitness , a fitness company was born.*

*(Dr. Sadashiv Bhole is one of the senior and renowned Urologist from Nagpur. He is practising Urology since last 18 years. He is known internationally and nationally for his work in field of urology and Robotic surgery)*



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*Dr Imran NoorMohd holds a MD degree from Mumbai university. He is a critical care physician and qualified in IDCC and European diploma in critical care medicine. He is a certified nutrition and fitness expert. He represented his school and college and was an avid cricket player. He is interested in endurance sports but now spends most of his free time in a gym. He has constantly improved and evolved and has a large group of clients. In his practice in serving for patients with multiple medical problems he has realised that nutrition science plays a vital role in reversing and treating lifestyle diseases like Diabetes, Hypertension, Obesity and Metabolic syndrome. In his friendly approachable style Dr Imran offers practical advise and workout techniques for a healthy lifestyle. His Doctor colleagues regularly seek his professional advice on nutrition and weight loss for their patients. He is very popular among his peers and has a large client following. His clients include doctors, lawyers, CAs, fitness enthusiasts as well as amateur and professional athletes.*



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*Dr. Amol Kadu, an orthopaedic and joint replacement surgeon from Nagpur. He is practising his skills in few prominent Hospitals of the city since last 12 years. He has done extensive training in Joint replacement surgeries from Germany and Switzerland. He is one of the few surgeons trained in performing Partial knee replacements.*

*He is a certified nutrition and fitness expert. Amol has been a cycling enthusiast and also has done many half marathons. Although his first love is long distance running, he's currently involved in advanced weight training. He is very sensitive to the to the changing trends in*

*current fitness scenario. A voracious reader and an academically meticulous person that he is , Amol is highly revered for his knowledge of human physiology and biochemistry. He has extensively studied insulin, glucagon and role of hormones in advising diet and exercise protocols to his client. Being an orthopaedic surgeon he's an expert in joints musculoskeletal injuries and advises athletes in optimizing performances. He has researched and written on effects of exercise on Glucose uptake in skeletal muscles. Dr Amol is very keen on proper form while resistance training and believes that a good techniques yields maximum results and avoids majority of injuries. He's also involved in sports conditioning in aspiring young athletes.*

**CONSULTATIONS AVAILABLE BY APPOINTMENT**

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