

Episode 7

I like to move it, move it!

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Ameya (Host): But before we begin, just a quick disclaimer, you might encounter a strong language whoopsie. We also want to be clear that the things we say are our opinions and then should no way be taken as medical health or dietary advice. We also are aware that we have certain privileged experiences and therefore we are not able to be representative and we don't even aim to be representative of all the things that people have lived and felt that we have not. I am Fat. And I love boxing, so?

Pallavi (Host): knock them out, sister. I'm fat and I can dance and dance And Dance little bit like the Energizer Bunny. So?

A: I have seen this. It is scary. I'm fat, and I'm super flexible. Yeah, that's what I said. So?

P: I'm fat and I've done multiple treks. So?

A: Wow, that's like a life goal for me.

Pallavi: I do it slow, very slow, but I do.

A: I'm fat. And I don't really want to exercise. Okay. So?

P: I'm fat and I can touch my toes, which is why I love yoga. So?

Welcome to fatso, the podcast where we talk about the joys and sorrows of being fat women in India, heavy on the joy. I'm Ameya, and I'm Pallavi and today we're going to talk about fitness. We're going to talk about all the fascinating ways in which we can move fascinating bodies. Of course if you want to because there are many times when we don't want to, Ameya?

A: Yes Do I have any thoughts on the subject of fitness and fitness? Gee, I wonder. Question one. How do you feel when you walk into a gym?

P: Ugh!

A: Right now this is the thing that I've always found so fucking weird. Why are our gyms basically designed to make people who need to be in the gym quote unquote need according to all the things that feel like they don't belong there? So I went to this gym. There was a gym next to my business school when I lived in Spain and I was like, so I signed up and my god the first day I walked in there, I cannot tell you everybody in perfect makeup, tiny, tiny skinny women and training bras and hot pants and like every picture on the wall is like some hot woman or hot man I'm like, oh God, too many mirrors. It's like, come on, come on. This is for people who are fit and want to feel good about themselves. These are not the people who need to get fit. As the other thing that's the other huge problem in terms that they're not really interested in again, just like nutritionists and doctors, they just put you a fat box by box, fat box got fat workout delonge Dude, you can put me on the treadmill for an hour and I might burn 400 calories. But I would burn way more if you just let me lift weights. Even in India, all the gyms so I don't CCult fit because like I said, I love boxing and they are boxing.

I'm like, Yes, let's do it. But they are so woefully inadequate for people who are not already at a high level of fitness. Because they warm up then the mobility part of the beginning of it. I can't fucking do that. Yeah, and the trainer has no idea what to do with me at that point. I'm like, Do you even have a slightly easier level option? Like the yoga class so hard? But don't you have a beginner's option? Because if you don't have a beginners class, then what the ***

P: Yeah. And I know so many people who've been pushed to the point of injury, I mean, fat people

A: And that's the thing. It's just so hard. Go I'm so focused on this thing and fundamentally at the end of the day if you're supposed to be telling me as a fat person that I need to exercise to get fit I need to go to the gym the make the gym *** welcoming place to me may give up chairs I can sit on yeah tiny those fucking weightlifting benches or bro like right off the butt goes on in like half of one butt cheek like this and it is not okay. And let's not also forget about how we're always told that if you're fat or fit

Pallavi: I mean somehow if you're fat you have to do a whole lot of cardio.

A: Yeah, even though cardio has been proven over and over and over and over and over and over again to actually not help you lose

Pallavi: and causes so much stress to the body.

A: Yes, and if you're really heavy and you're running on the treadmill, and nobody tells you to place your knees properly going toe to toe touch your knee by my knees by my knees and nobody even talks about this stuff. So anyways,

Pallavi: I think I can't go to a gym anymore because I think I've over the weight limit of those machines.

A: They have a weight limit. I signed up at this gym and they wanted to take my BMI of course, and I stepped on the machine and guess what? I weighed too much for the BMI machine to be able to calculate my BMI correctly, guys, I was like, I don't know. 140 kilos get your calculator out. Like what the *** Are you here to make me get better or what? Like, oh, maam it has a limit of 130 kg. And I'm like, Ah, what the ***!

P: Absolutely. So same categories, same weight, same situation. That's how it is. But can I go on to science?

A: Yes, I am done ranting.

P: While exercise is extremely important for a healthy body. Okay, where we are now. Dividing or separating this whole thing about health and fat? Yeah, okay. Exercise is very important for a healthy body. Absolutely. It helps you in a huge number of things, however, not the stressful exercise of hours and hours. We're told, right? Yes. Okay, so not that, but it's really important exercise. Studies have shown that exercise has zero impact on weight loss. In fact, there have been studies that have shown, exercise actually increases

A: Because fat moves into muscle and muscle weighs more.

P: Not only that, it also causes stress on the body so it releases cortisol, insulin, cortisol, all of that jazz. Plus, it has an effect on your appetite and how much you want to eat and how justified you think that you can eat because it goes calorie in calories out. But hey, we've already said it doesn't work that way. And just recently, I've seen this thing, where they're talking about putting how many hours of exercise it would take to burn off the food that

you've eaten, okay, so they're saying that on a pizza, they will put up the fact that it would take you four hours of walking or something like that, for you to burn it off and so on and so forth. It really doesn't work like that.

A: Also, because of burning Pizza in running your body. Yeah, it's like that is also what it is not just that you take the pizza and then it just stays there.

P: Not only doesn't it work like that the whole point is then those people who do go to the gym and have done that one hour will feel justified. But hey, because you've been denying yourself food already so your metabolic rate has reduced now you're, you know, so it's just vicious basically basically it is supremely important for health. Okay, yes, but it does not really have an impact on weight loss. You can eat whatever you want and exercise and think you're going to lose weight. And this still goes back to the whole thing we spoke about in the food episode of how weight is regulated, not regulated, etc, etc. So all said and done. While exercise is very important. It does not have any impact on weight loss.

A: Yes. And what it does is important because it keeps your cardiovascular system moving. It's important because it helps combat blood pressure and like higher And it's important because literally you should be able to move your body. Right.

P: And it's really good for the brain also.

A: Yes, that's the thing. Like, you know, for me, people are always shocked that I am as fit as I am. I guess just to be clear, I'm not like some fit rock star. No. But like, three, four years ago, I was way fitter than I am now. And people are always surprised. Yeah, that, oh, you can do this. And I'm like, dude, I'm slipping my whole body around all the time. What do you think climbs those stairs? This is a quad quadriceps workout. That's what

P: I know. Like, I went to this instructor, and I did this wall squat. And she was like, how could you do it for so long? That means you have a really strong core. I was like, do you see all that my core has to lug around all day? I would damn well have a strong core. I can do more sit ups, crunches etc. Then a lot of the same.

A: The sports every time I meet a new trainer, he'll be like, Hey, mam, he put a chair next to me and I'm like, I just Look at him with the expression of extreme contempt. Turn around and do 30 squats and perfect form right parallel to the floor and everything because I've been doing this for the last 20 years correctly. And they're just like, oh, you're quite strong and I'm like,

P: Anyway, but going back to science, okay, okay. So the other thing is calories don't get burned that much in exercise, the maximum amount of calories get burned in basic metabolism. So even when you're sleeping, you're burning calories, okay? So it's not just exercise. Also, the amount of exercise needed for health is very different to the amount of exercise that is prescribed for losing weight. And beyond the point, exercise creates stress. I've already said the cortisol thing Okay, so now this was all from Jason's phone book on obesity code. Linda bacon. Health at every size says low categorically active people are much healthier. Once regardless of the weight, she talks about the same studies about exercise having no impact on weight loss. She does say exercise can cure, prevent or minimize most of the major chronic diseases and disturbances including diabetes, insulin resistance, hypertension, high cholesterol levels, cancer, digestive disorders, circulatory disorders, etc.

So, the case for exercise, just not for weight loss, or just not in the extreme quantity that we are prescribed, and therefore just not creating the amount of guilt we all feel because I know a lot of women who will do the 30 minutes of yoga very happily, but they'll be told by the whole world and I'm one of them. They'll be told by the whole world but that's not enough for weight loss. And so you're doing it, you're enjoying it, but you're constantly being guilted about it not being enough and then you just stop doing it because you know, I mean, guilt, guilt is just paralyzing. All also very, very interesting is the fact that the desire to exercise a lot of time gets hardwired into your brain in your mother's womb. But yes, because of that whole setpoint thing and how that is 70% of our weight setpoint is based on heredity,

A: Yeah!

P: And our genes. So for example, if your mum has been dieting while she's all, you know, food restricting, etc, while she's scaring you, which a lot of mothers do, because they don't want to gain too much weight over and above, you know, the, you're probably less likely to want to exercise and move. So in my case, you know, this is like, Can you imagine Ameya, hardwired when in your mother's womb to not want to exercise?

A: I'm a user excuse even though my mother is the least inactive person in history,

P: No, but see, there are other things right for you, there would have been the setpoint thing and therefore it's your hypothalamus that is telling you don't move because we want to keep your weight where it is. So

A: It was a joke.

P: Sorry. Okay, but I'm being all scientific Newton type snow? Right now not hearing the joke. So anyways, I mean, imagine the science on exercise like

A: I mean, and it's only the it's only the it's only like scratching the surface there is so much out there like cardio versus strength training. Why does strengthening help you because strength training builds muscle and muscle boosts your metabolism and that is far more useful to burn your calories than running on a treadmill for 25 minutes, right? That's said it is running and running on a treadmill versus running actually in the world. Huge difference is better for you, you know, running actually is much better for you because you use your body the way it's designed to do it and you're not just trying to keep up with the speed of the treadmill that you're actually running. Yeah. And it actually gives you a lot of other benefits and then you get all the endorphins high in the runner's high and all of that and

P: Please do not talk about treadmills. Please do not talk about spin cycles or my spinning cycles. Oh my god, the amount of bruising I've had on those things. But tell me your personal experiences.

A: Okay. Yes. I didn't want to go too much into your personal experience. So exercise has always been something that I've hated. I asked myself why? Because you see, once I started enjoying moving my body I'm like, but why do I hate my body when it's exercise? And I realized that it had basically come down to a few things. I was fat as a small child, I was fat, but I was eight, right? So I sweated a lot. I sweat a lot. And that made me feel like I don't like that feeling. And also you don't look cool and composed. Right? And I was an adult, that's even more like you're even curly hair is like too disordered for the world. So I was sweaty, I was terrified of humiliation. I was terrified of people laughing at me. And every time I move

my body, I would hear laughter. They call me moti. And I'm just like, no. And then whenever I did try to participate in anything or do anything, I would hold back because of this. And I was always told that Oh, you're so fat. You must get fit. I'm like, Okay, I guess I'm not fit. That means I can't play sports. Well, God knows. I mean, now that the way that my body works and how I understand it, I wish I had known that when I was actually a lot younger and a lot fitter, and I could have done so much more with my body. So letting go of that fear of humiliation breaking out of this, this idea that I was not fit because I was fat took so long. It took so many years. And I mean, I've been to so many gyms, so many personal trainers, and some of them have been amazing. It's been awful, obviously. I mean, my mother, my mother is someone who is like, ridiculous. She's one of those people who's like, She's almost 70 years old and she will get up in the morning. She will go for a swim, and then she will go to aerobics class. Why don't you go play badminton and then she comes back and it's like, let's eat a horse. And I'm just like, why you couldn't give me this. But she used to try when we were kids used to try and take us out to play sports. She's trying to encourage me to do it. But I was already like shamed My body and moving in and using it and stuff like that. So and also, you know, I was an adolescent and I was there, I hate you. So yeah, I didn't do all of that then she tried though she really did. But I would just keep avoiding it, you know, avoiding avoiding never helps. And I went to aerobics at one point, and that was nice. It was fun. I did learn to do a lot more with my body than I thought it could, for example, and then I got a personal trainer one point. And that was actually really depressing because I had a personal trainer I was working on three times a week for two hours, like I would do an aerobics class, and then I would lift weights with him and I was eating a restricted diet, and I lost one kilo in four months. Oh my god, I wish then I just quit. ***** this. I'm not doing this anymore. Then of course, other things happened. Also known as put on a lot of weight. But yeah, and you know, that nightmare of the treadmill. Like just the nightmare, the treadmill step or the elliptical trainer. I just tell them in the gym. I'm just like, like, how much cardio treadmill. And then they look at me . And I'm like, No, I will not do more than 10 minutes on any cardio machine. You bet you can ask me totality Yeah, you can ask me. You can ask me to lift heavy weights again. You can ask me to do squats, you can ask me to lunge, all this is fine boxing. Well, this is before I had even discovered boxing, right. So I knew that I like to lift weights. That was the first time I sort of came out of it. And I really did enjoy it. I love the burning painting feeling in my muscles when I do it. I love that I've had my biceps so sore that I can't just let my hands hang down hurt so much, and make you feel so good. Like the delayed onset muscle soreness Doms, as they call it the next day. It's like Yes, so much virtue. Yeah,

P: If I do an exercise, a new exercise thing, and I'm not hurting all over the next morning

A: Then of course, I regretted it because, of course, he's like ok want pain I can't move my arms. I can't move my neck.

P: Oh my god, I have to see that that was so cute.

But you know, this whole show. I mean, my personal experience with exercise is really this whole shame thing because I used to love doing stuff. Okay. I joined my athletic team

because I used to love doing somersaults and then a teacher said to me, oh my god, she told my mother Oh my god, she might break her neck. She's so fat. Please take her out of this. And I still love it. And I used to run races like after school with my brother and his friends. I always used to play with my brother and his friends. I never had friends of my own. I would win those bloody races. Yeah, so then they started shaming me fatto so you know, plus, my mother would only let me wear skirts and all that. So the skirts were flying up or out by yours whenever running. So all the aunties of the neighborhood said, Whoa, cheap, cheap, like, stop doing that. I want you to learn cycling. When my brother learned cycling, my mother said, No, you'll fall off the cycle and you'll break something. So I don't know how to cycle.

A: To be fair. This is a fear that I live with all the time that I'm terrified of falling because when I fall I have a seriously bad injury, which I did mention in the health care episodes. Yes,

P: You did. But the point is that I would have loved to learn how to cycle and

A: You can fall off and break something and recover from it like that.

P: Yeah, anyways, I may not even have fallen off and like broken anything right. Then the other thing was I used to dance a lot. So I used to take these kathak classes and I still love dancing. So I used to practice every day for an hour. I've done half an hour of that which is like serious cardio but you see it was never correlated with this is good enough exercise for her. It was always you're not exercising enough. But now I know that I used to exercise. I used to practice every day, the dancing um, then when Dancing stopped. I was made so I used to love Jane Fonda videos Aerobic. Oh my god, I still love doing Jane Fonda videos, but when I stopped losing weight, it started becoming you're not doing enough you're not doing enough you're not doing the same video enough like hello, how is it possible?

A: Just to be clear, in case you didn't know we are 80s children? Yeah.

P: So that's true. And then I hated walking, walking oh my god I hate to say, Same The reason being that I would start wheezing Oh even if I was walking normally so I had childhood bronchitis and it all I grew out of it at eight but we walking would result in wheezing. And I would be told by my parents that no, you're just being lazy. You're just making excuses instead of being given an inhaler and my wheezing stopped. Yeah. So it would be so uncomfortable for me to be petrified of going for a walk because I'd come back on you know all of that. Then when I used to love swimming Oh my God, I still love swimming.

A: I think it's a thing that because we're fat parties we actually move in the water and we can move like other people and we can move better than other swimmers than anybody. That's what everybody tells me. That's what everybody does. And I think that's why this is the one place where it's a level playing field. Also, I also believe that for me, I love it because my body feels so much lighter. Yes.

P: Oh, I love the feel of the water. But the thing about swimming is it has this association now in my head because my mom when I was 17 after the 12 boards, I would wake up at five o'clock to go to this Punjabi bog swimming club because we lived in paschim vihar at that time. From there I would catch a bus to the rajouri garden where I would do aptech multimedia classes. And I would come back and not have eaten anything from five o'clock in

the morning until 10 o'clock when I came back and I would be so miserably hungry. headaches depressed my whole summer holidays after 12th class till college went like that till finally My body just shut down. I remember one day when my mother came to pick me up so my brain woke up. But there was no way my body could move. And I just shut down after that I simply refused to go for swimming as well as aptech classes. Like, no, I can't do this. So you know, I mean, I think that is when my whole thing with exercise completely broke. And it was a long time afterwards but that you know, anything like resolved itself, but yeah, before I start talking about that, what about you?

A: I know, I mean, the thing is, I don't know that I've had particularly traumatic exercise moments and stuff like that, but like a lot of the things that you are prescribed to do like cardio, of course, but even just walking and running. I like walking to places when I've lived abroad. I've walked all over the place. I have no problems with this. But go to the park and walk round and round in circles. I will let it slap you. I mean, there was a brief of my life when I lived in Vasant Kunj. It was nice to go running in Sanjay bagh and then this is how it works. I had another friend who lived in Vasant Kunj we used to meet. We used to meet at the gate. We used to walk up to a certain point as we did our warm up, and then we would part ways and meet back after 45 minutes. Like walking back together, It was Beautiful, beautiful because we ran at our own speeds. Yeah, I was just like having some app. It was good because I remember thinking it would just tell me to do something right and we'll do it. But the thing that I should remember I was so bored. But then I realized something that nobody tells you. I was like, exercise music has to be upbeat, up tempo, peppy blah, blah. I discovered that my exercise music of choice is Bossa Nova, because it is music that I get completely lost in. I'll be running through Sanjay van. I mean, Sanjay van also was a great thing because there was no repetition. I only went there and I came back. It's not like you're round and round and round and round. Which drives me crazy. Yeah, so it was I've been listening to Stan Getz and I'd like to run in Forest. It was amazing and I still love it. Then I left Vasant kunj when everything got bad after that. Oh, but no, I mean, it's not all bad. Okay, like I did learn a lot I learned to heal I learned. For me a really big breakthrough on this was boxing because I was living in Spain, and I had this American friend and we used to hang out and drink bourbon and listen to country music. And one day we went to some party or something we'd gone to. I can't remember at Oktoberfest. I punched him in the arm like in jest, but he had this huge bruise. So then we were talking about this two months later, and he was like, Dude, what the hell and you can really punch. Have you ever thought of boxing? I'm like, No, no violence or violence violence.

P: Lucky you didn't punch him anywhere else.

A: And so and so we were and then he was like, No, no, you got to do this. It's great. You love boxing? I don't know. No, I can't just give it a shot, get up, stand up. Made me stand up. He showed me some punches and we like obviously not with force for us we didn't punch in. So I looked at this place and there was this boxing gym not too far from my house, and I decided to sign up for a trial class. So walk into this trial class and then I am in my oversized t-shirt, and my track pants and there's all these lady ladies in tight capris and sports bras. Oh, Spanish women are so beautiful. But oh God, to be fat in that country is truly truly painful,

worse than India. Can you believe it? And so, I walk in and they're like, okay, you're a beginner, sizer, and they're like, okay, now we do the warm up, skipping rope for 10 minutes. I'm like, wow, I just kept trying to joke then. Okay, five burpees and I'm like a trainer . After I said No, okay, if you can't do that, fine. She would take me aside at the beginning of the class and give me my own warm up nice that I could do alongside and then we start sparring and stuff, but then that yes, the moment came on I met the punching bag, Mother of God, like, da da da high that I used to come out of boxing hysterically high. When I started boxing then in Delhi at cult, I would walk into a class and there would be this point with the punching bag where I'm just like, boom, boom, boom, boom, and deal Gore. I would start my whole body will start tingling like, you know, akin to saying yes, yes. The endorphin rush was insane. And I just got and I was like, Oh my god, I can do this. Because here's the thing, while the tingles, who could do the burpees when they hit the punching bag, it would move. I had changed my damn bag, around like in circles, because it was always getting pushed away. No one Let's say those were always super impressed by a highwood punch from the chest from the back not from the shoulder, or God just now thinking about how your back pains after a good session. And the point is I discovered me that I love moving. And it's also extremely cathartic for because, look, Andrew's point was, and I think it's a valid point, the human body was not designed to be sedentary and it was not designed to exercise in this way. It was designed to move and be used. Yeah. So you hunted, you ran, you climbed trees, you punched each other, you fought with you, you carried babies, you did violent things with your body. And so now obviously, you're not recommending you go and like to hunt people. But the idea of moving your body in this way, using your body to fight, using your body to do strong things is great. And that's really where I started boxing. And it was just so incredible. So after that, I realized that this is something I can do. There are exercises I can do. I've also always loved dancing but this idea of going home, just put on some salsa Dance. I just never do it. I never do it. I don't know why. It's really just for 15 minutes put on to Mark Anthony songs. And just do like the basics of stuff in the middle of your living room. Because I used to be able to dance now I can't last the whole song, which is really sad. So to me, I want that stamina back. So when I got my trainers who are lovely, by the way, they are in many places in India, they are called rejuvenation fitness groups. There is a sweet, sweet, sweet mallu man really mostly mallu man who shows up at your door and gives you this personal workout. And they tailor it. I mean, obviously they started me off with this kind of stuff. And I'm just like, No, I don't want to be like maam for weight loss. I'm like, No, no, I'm not doing this for weight loss. I want strength, mobility, strength, mobility. Then he got it. And now we do strength mobility exercises and it's fantastic and nice. He makes sure I do yoga once a week. Nice. I mean, it's like, you know, like it's like barely yoga but it's like yeah, but we do it because he's such and it really makes such an amazing difference. So the right stuff to listen to, which is something I could lose myself in podcast, Bossa Nova, the right approach that move your body use your body, the idea that either the exercise should be something that I need to be distracted from when I'm boxing, I'm 100% head in the game, I am paying attention to what I'm doing, I don't want to like,

Pallavi: which is what gives you the high, right? Well, it's like a meditation

A: Gives you the highest that your heart rate just goes there.

P: But no, but also being mindful and being fully present with what you are doing. That moment does give you a high that's what meditation is. You don't have to be sitting on a floor, you know, with your index finger and thumb together to meditate. You can meditate like this as well. What about you? So for me, interestingly enough, and I was already 130 or something kilos by then I joined the sivananda yoga classes where they have these just these 12 exercises they put you through and the fact that every time I went for a class my body was stronger my body was more flexible was just such an amazing thing. So in the beginning Surya namaskar was a little hard. By the end of it, I was doing hundred and eight Surya namaskar in an hour without a problem like I went for their challenge and did it

A: Because I'm gonna have to pause this recording so I can go across the table and slap her because I do two to three surya namaskar a week with much crying and inability to hold most of the positions or pull my legs up and my trainers like good job so pausing to slap.

P: Yeah, but be so I can't do that anymore because you know, I'm now like not not practicing and not exercising as much of late. Then what happened was this work of hoping now to prepare for the walk of Hope I had to go and walk so I would self by myself. I went on these 90 minute walks, where I would cover like seven and a half, eight kilometers. And I have just actually sprained my ankle, and I was just recovering from it. But I had to go for the walk. So I had to do this. So I pushed myself. And luckily, it was winter at that time. So the walking was not so bad. I had a beautiful playlist of music that I just curated. So all of that added to the enjoyment. But what really happened was after three, four days of going on this walk at a certain pace, I literally had a moment where I felt my body open up, and I know it will sound spooky, but it was like my body spoke to me and said, lengthen your stride. And that's all I did. I just lengthen my stride. my spine felt taller, my legs felt longer. Suddenly, I was walking so much faster. Yeah. And it was like my body taught me how to walk. My body taught me how to speed up on the walk, because all these guys would suddenly be walking really fast. And I'd be like, right at the end of, you know, 100 people lined up like really far away, and suddenly I would feel that way. Let me just lengthen my stride and within minutes I would be right in front. And it was hilarious because everybody was like, look at her go look at her go look at her go like how in this body? Yeah. Is she managing to walk so fast? And is she managing to get there and all of that? So these have been some really beautiful experiences you know, like the first time I walked 10 kilometres up to kedar uh, maybe I'm also mad No, it's not like I will go on two kilometer tracks the first time No, no first time I went on a 14 kilometer track up to kedar and kedar is deep. Okay, and oh my god, the whole roster is full of horseshit.

A: Yeah.

P: And full of people and you know, all the photographs they show you about the beautiful scenery, you can look at it even because you're constantly looking at your feet and where you're putting them and actually what you're putting them, okay. The other thing was the whole way I kid you not. I had people who were coming down to my husband walking with me and it was really sweet of him as he walked at my pace. Because you know, for a fit person it's really hard to walk so slowly, and I was literally one foot ahead of the other at a

time because it was really hard. The whole way we had people saying to him what are you making her do, she will never be able to reach. Shvji ka naam lo, om namah shivay bolo and listen, I'm going on that track for a spiritual reason. I'm already doing om namah shivay. I just so don't you need all these people saying that to me. It made the trek much harder. Yeah, so even though I enjoyed it, and I got up to 10 kilometers then I took a horse. Okay, I just felt so bad for that horse. Like

A: I feel so bad for those horses.

P: Yeah, but I did it. You know, I did 10 kilometres and at one point we were like scrambling over boulders which they said Don't do like don't take the shortcuts go the long way route. But it was awesome, because scrambling over those boulders actually helped open my back and everything which had gotten really stiff. So these experiences taught me a lot about my body, and they taught me a lot about what my body needs, when it needs, what's a hot body? Why do you need to stretch your muscles, you know, so on and so forth. And I did bring a lot of that into exercising. So I do put on music and just dance you know, but I think and I'm realizing this as I'm speaking to you actually some aha insight. I think that voicing not enough, not enough, not enough still goes on in my head. So I may have this beautiful 15 minute dance with myself that I really enjoy or 15 minutes yoga with affirmations. So this is this new thing that I have developed for myself, which I really enjoy, by the way, and or I may, you know, do all that but there's this voice in My head going not enough. And I think maybe that is why I'm not like fully getting into it. So maybe after this episode, things are gonna change for me. Knock on wood and hope for the best. Yeah,

A: Well, I think that I hope so. There's some things that I don't like . I still am horrified by this idea of people mocking me. people laughing at me. When I walk when I move my body when I see when people are watching me when I'm dancing. I'm like, why are they laughing at me because it looks stupid because hey, we all have the voice. I know I'm so it's very easy for me to fall off the wagon. It's very easy for me to be derailed like I was going boxing three times a week for like a month and then the first thing that happened was I just never went back. I have literally not gone back. And I feel so bad because I really like it and it's right there. And then I just wake up in the morning I'm like, Yeah!

P: But you don't know how to do a fab job, babe.

A: I know what I am going to do. I am going to go back Next week, o, and I'm going to put it on the Fatso Instagram,

P: I have to say, so yeah, great. So I have to say to you, there is this high intensity exercise that I did. These are these videos, okay, which are called metabolic resistance or something like that I don't remember. But as I'm talking to you, and as you're talking about this, I remember how much I loved it. So I really liked the concept that they shared in that which was work till you can and then rest till you can. So he says resting is as important as the actual workout that you're doing. So it's a 15 minute workout only. And they have like five exercises that they do three rounds off or something like that. And it works out your full body but in the exercise, so let's say it's a one minute exercise, a one and a half minute exercise. You can work out for 30 seconds, push really hard and then the rest of the time you can rest because he says You have to follow your body of course, yeah, at some point, the body

actually stops wanting to rest and goes back into that high off the exercise. And I did this for about three months, I remember and my God, my skin, my, you know, just the glow on my face and just the way my body felt and it became so much easier to go upstairs and all of that. And I think it's similar to the Savasana that you have to do after yoga, or after a few exercises because it sort of, you know, really helps the blood flow or whatever else. I'm going to start doing that. Okay, from next week.

A: We still have a challenge for you guys, but it is what we are going to

P: Yes. While I'm saying all these things to you, I think it's really making me realize that I have a lot to heal in the area of movement and exercise. You know, when we were preparing for this episode, and I suddenly remembered my kathak days and how much I enjoyed it and how it wasn't seen as exercise. Yeah, or the whole cycling thing more I used to love hopscotch or you know, I used to. So we had the sports days now and you would march in the band. And I used to enjoy marching, I swear, I actually enjoy marching that whole life crime

A: Nazi

Pi: Will be in past life, like, who knows. But again, it was like oh, pallavi lost weight, I don't want to do this with that. You know, so it's really bringing up a lot of these memories. And I'm realizing there's still a lot I have to heal. And I think I'm in a space of helplessness right now, where I feel that oh, this is one area of my life that I'm never gonna get sorted. I'm never gonna get fixed. So I think I'm doing a little bit of calling out for help or crying for help as well. Of course, that has to come from within me to a large extent. But I really hope that with this episode and all that we've spoken about this one area might just, you know, I mean, maybe I'll be a little easier on myself and therefore, I will do the 10 minutes and 15 minutes and it'll be enough for me. You know Yeah, I think that's my problem.

A: I got you. And you know, there's also the wonderful, wonderful gayatri who's on Instagram. Guys ri Li ft, Li ke g A ye three the numeral. She is insane. I love this woman I started. She started this fitness journey on Instagram and she just blows my mind. I'm just like, how do you do it? And she's just, I mean, she's fantastic. You need to follow you need to go check her out. But there are these ways we can find to try and make this eat healthy. Try to be kinder and nicer to each other and help each other out in this as well. Yeah. As for the old stuff Have

P: Ameya ameya idea idea idea

A: What what?

P: Let us do video exercise. Let us do exercise videos. Ameya, let's do exercise videos.

A: Our podcast recording seems to have been hacked by a crazy person.

P: Think about it and people out there if you want to watch exercise videos

A: From Pallavi Pallavi, I'll guide you to boxing. You do the squats. Okay, this brings us to this with this episode's challenge. And the challenge is just this. If you don't like the move, if you hate it, just try and do something that you think is completely nuts and like, I can't do this or why should I do this or I would just try and do it once or just do something new. Just do something new that moves your body, do something new. And tell us about it. We're looking forward to hearing from you.

P: Yes!

A: Which brings us to my favourite part of the episode. You can find us on social at Fat.So? Podcast, [fastsopodcast](#) that's on Instagram, Twitter, Facebook and Gmail. Fatsopodcast@gmail.com do write to us to let us know what you're thinking.

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