

All for agility

Fit is the new sexy," said fitness trainer Sonia Bajaj recently. You had to agree with her, seeing her surrounded by cheerful faces from high society decked up in their fitness gear for a night of dancing and 'health drinks.' The occasion was the Typhoo Zumba Night, in which the tea company promoted its new range of fruit infusions and herbal flavours. Sonia, known for her health concepts that include Zumba (a dance-based workout originally created in Colombia) in which she blends movements from of salsa, merengue, cumbia, belly dance, reggaeton, flamenco and tango, was all praise for the herbal concoctions as the bartenders created cocktails and mocktails based on the brand.

The 45-year-old coach said, "I usually have hot water and herbal tea after every meal, which makes me glowing and fit. Just to be fit you don't have to be skinny nor thin at all because being physically fit is lot more than having a lean body. If one is fit, then it can be clearly seen on your face as it would glow." Concentrating on the "three F's" of life, the coach feels that fitness, fashion and food are the most important elements of life. She already has a fitness studio in South Extension Part II with Rahul Dev and Milind Soman and would soon be launching her fashion brand.