

# FITNESS & SPORTS

OCTOBER 2014 - December 2014

1st ISSUE

## SUDESH PEIRIS

SRI LANKA'S  
SILVER  
MEDALLIST  
WEIGHTLIFTER

LIVE A LIFE OF  
FITNESS

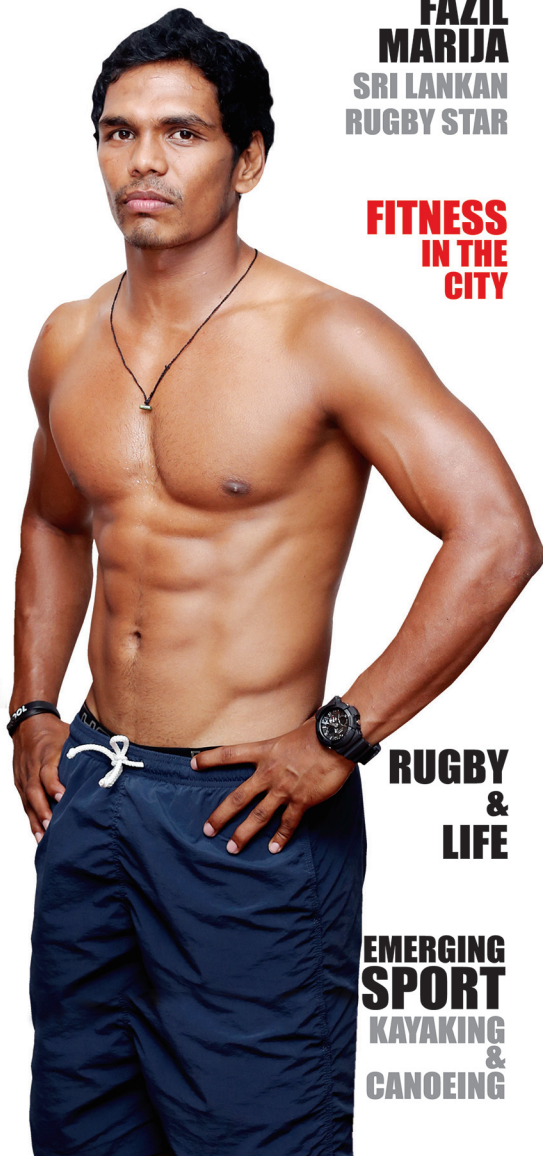


THE  
SQUAT

FITNESS  
FOR  
**OVER  
FORTY**

FAZIL  
MARIJA  
SRI LANKAN  
RUGBY STAR

FITNESS  
IN THE  
CITY



RUGBY  
&  
LIFE

EMERGING  
SPORT  
KAYAKING  
&  
CANOEING

**FITNESS & SPORTS**  
**CONTENTS**

1<sup>st</sup> ISSUE

OCTOBER 2014 - DECEMBER 2014

**FITNESS**

**22 LIVE A LIFE OF FITNESS**

ANURA HEMACHANDRA, MD OF VOGUE JEWELLERS

**22 THE IMPORTANCE OF EXERCISE AND FITNESS FOR THE ADULT OVER FORTY**

MAJOR GENERAL (DR.) C. THURAIRAJA USP-(RETD.)

**22 THE SQUAT**

POORNA KAHINGALA



**SPORTS**

**22 SRI LANKA'S SILVER MEDALLIST WEIGHTLIFTER**

SUDESH PEIRIS

**22 RUGBY 7'S COACH**

MUSHTAQ JIFREY

**22 SRI LANKAN RUGBY STAR**

FAZIL MARIJA

**22 THE NORTHERN GLADIATORS OF THE CARLTON SUPER SEVENS**

**22 EMERGING SPORTS IN SRI LANKA**

KAYAKING



**FEATURES**

**22 FITNESS IN THE CITY**

MAJOR GENERAL PALITHA FERNANDO

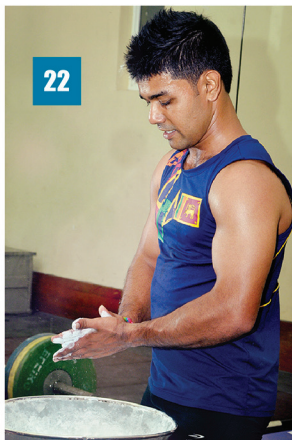
**22 THE PEDAL PUSHERS**

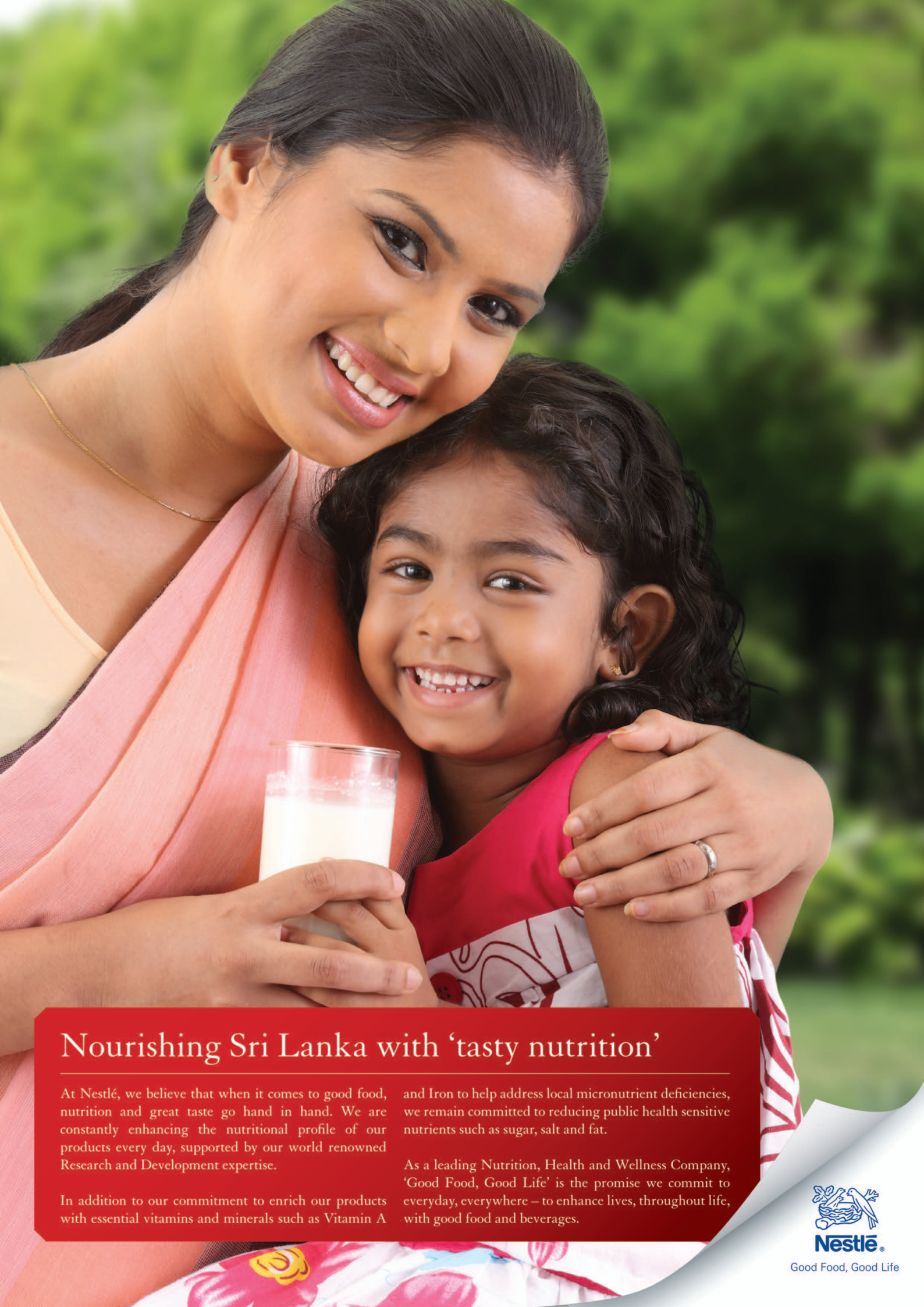
LALANTHI RAJAPAKSE

**HEALTHY RECIPES**

**22 CRUSTLESS ROASTED RED PEPPER CARAMELIZED ONION AND GOAT'S MILK FETA QUICHE**

FARIDA SHABBIR





## Nourishing Sri Lanka with ‘tasty nutrition’

At Nestlé, we believe that when it comes to good food, nutrition and great taste go hand in hand. We are constantly enhancing the nutritional profile of our products every day, supported by our world renowned Research and Development expertise.

In addition to our commitment to enrich our products with essential vitamins and minerals such as Vitamin A

and Iron to help address local micronutrient deficiencies, we remain committed to reducing public health sensitive nutrients such as sugar, salt and fat.

As a leading Nutrition, Health and Wellness Company, ‘Good Food, Good Life’ is the promise we commit to everyday, everywhere – to enhance lives, throughout life, with good food and beverages.



**Nestlé**  
Good Food, Good Life

# **FITNESS & SPORTS**

**PUBLISHED BY**

**P E ENTERPRISES**

*Edition*

**EDITOR**

*Praveen Muttukumar*

**GRAPHIC DESIGNER**

*Achinda Danushka*

**PHOTOGRAPHER**

*Juanita Alphonso*

**ASSISTANT PHOTOGRAPHER**

*Loshaarn Bastian*

**PRINTERS**

*Mclean Printers*

**ADVERTISING & ENQUIRIES:**

*praveen@pe-enterprises.com*

*The publishers of Fitness & Sports cannot be held responsible for the consequences of actions based on the advice contained in this magazine. The advice given is based on the practices and opinions of those individuals who have contributed to the content of this magazine. The advice and information provided by these individuals has been given in good faith and is what has worked for them, which may differ from individual to individual. Reader discretion is advised. Please consult your doctor before beginning any new exercise or diet programme or before commencing supplementation.*

*No part of this publication may be reproduced without written consent from the publisher.*

# HEARTY AND HEALTHY



Mediterranean Chicken Salad



Adjoining Dutch Hospital opposite the World Trade Center, Colombo, Fort.

For reservations call 011 233 7501



TGIFRIDAYSSriLanka

TGI FRIDAYS brought to you by Cargills (Ceylon) PLC.

[www.cargillsceylon.com](http://www.cargillsceylon.com)

**Dear Readers,**

Welcome to the inaugural issue of Fitness & Sports. Our magazine aims to inspire all Sri Lankans to adopt a fitness lifestyle by sharing the benefits of fitness authored by elite athletes, coaches, personal trainers, doctors and individuals. The personal stories of athletes will inspire youngsters to be dedicated to the sport of their choice, and teach them about the discipline and dedication it takes to represent the country on the world stage. The magazine also wishes to inculcate amongst the youngsters good values that sports teach such as teamwork, and respect for one another.

Fitness is a right to be enjoyed by all, and we have a section on fitness for those adults over forty written by a sports doctor. We also update people on how to perform basic exercises and give the specific benefits of such exercise. This is written by a personal trainer who is a former Sri Lanka weightlifting champion and record holder.

Our inaugural issue highlights the fitness and recreational facilities that are freely available in the city. By doing this we hope to encourage more people to enjoy these facilities that have been built for them to get fit and feel better. In each issue we hope to highlight an emerging sport in Sri Lanka to create more awareness, increase participation and gather support that will ensure the success of emerging sports.

It is the aim of Fitness & Sports to highlight our Sri Lankan sportsmen and sportswomen and show that we appreciate the sacrifices they have made to make Sri Lanka proud. By doing this we can motivate more youngsters to pursue their sporting dreams. We also hope the magazine will encourage corporates to assist our talented sportsmen and sportswomen who need support to achieve their potential and bring glory to our motherland. When they win the Gold, we all win the Gold too.

We hope our readers will benefit from the Fitness & Sports magazine, and will reread issues for reference, so that you may live to your potential by enjoying all the benefits of a fit lifestyle.

**Praveen Muttukumaru**

Editor

[praveen@pe-enterprises.com](mailto:praveen@pe-enterprises.com)

**FITNESS & SPORTS**



HERITANCE  
Hotels & Resorts



Lovers chair at Heritance Ahungalla

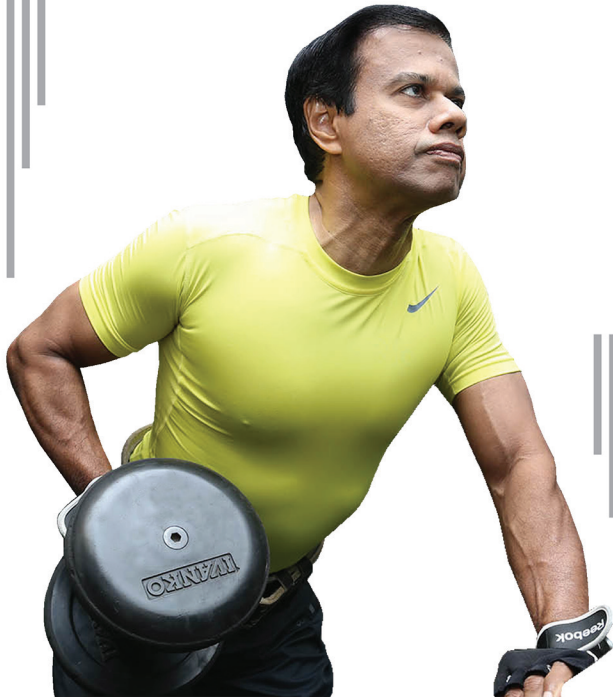
Embark on an enchanting escape and journey with us to a place of pure bliss. Stay encapsulated in the rejuvenating aura of our environs. Reconnect with your inner - self as we tailor make experiences to delight your senses.

- Heritance Kandalama
- Heritance Ahungalla
- Heritance Tea Factory
- Heritance Ayurveda Maha Gedara
- Heritance Negombo  
(Opening soon)

**Aitken Spence Hotel Managements (Pvt) Ltd**  
Aitken Spence Tower II, 315 Vauxhall Street, Colombo 2, Sri Lanka  
T : +94 112 308 408 F : +94 112 433 755 E : ashmres@aitkenspence.lk  
[www.heritancehotels.com](http://www.heritancehotels.com)

Interview with

**MR. ANURA HEMACHANDRA**  
MD of Vogue Jewellers



**W**e have with us a senior gentleman who lives the fitness lifestyle and continues to reap its benefits in both his family life and professional life. Mr Anura Hemachandra is the Managing Director of Vogue Jewellers, one of the most esteemed Jewellery establishments in Sri Lanka. He is in his mid fifties and is an avid weight lifter, jogger and yoga practitioner. He has kindly given us an insight into his fitness regime to share with us how being fit continues to benefit us even as we progress in age.

**F&S : When did you start working out and what attracted you to physical training ?**

**AH:** My Father used to go for early morning jogs on the beach near Kinross which was where we lived. I saw him do head stands and practice yoga and I was inspired by this healthy practice.

At that time the facilities for weightlifting was limited to the YMCA and the YMBA so people had little access to weight lifting. There was also a belief that weightlifting would stunt your growth, cause hair loss and lead to a hernia. As a result lifting weights was discouraged in main stream society. So my fitness regime

“  
**A healthy body will have a healthy mind**  
”

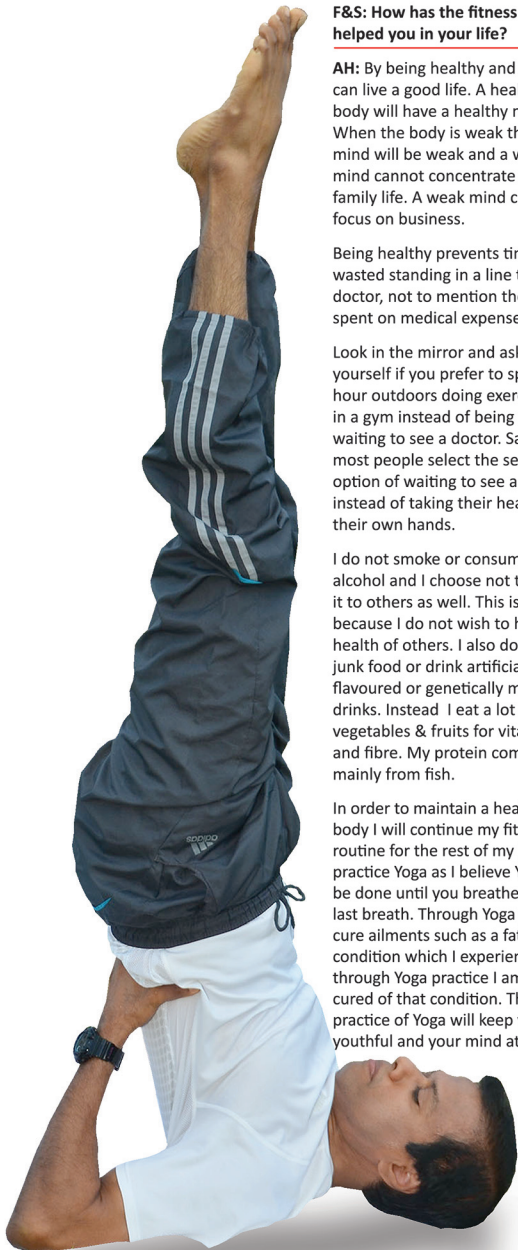
in my youth was cycling after school for 1 to 2 miles daily and studying martial arts. I studied Shotokan Karate at the YMBA in Wellawatte and obtained a Green belt. I also continued my jogging.

I began working at Vogue Jewellers after I completed my A-Levels in 1977. Due to long working hours I could not attend my Karate classes but I continued jogging and swimming 3 times a week.

In 1996 I began weight training. When Power World opened its first gym, weight training became main stream as people had access to this sport and became more educated of its benefits. I was 38 years old when I first began training with weights.

At Power World people felt welcome and the instructors were very willing to help a beginner. They were also open early in the morning which suited me. The instructors made a schedule for me and I began lifting weights and gradually progressed to training with heavier weights. Today I train with my personal trainer Poorna Kahingala at the Royal College Sports Complex.





**F&S: How has the fitness lifestyle helped you in your life?**

**AH:** By being healthy and fit, you can live a good life. A healthy body will have a healthy mind. When the body is weak then the mind will be weak and a weak mind cannot concentrate on family life. A weak mind cannot focus on business.

Being healthy prevents time being wasted standing in a line to see a doctor, not to mention the money spent on medical expenses.

Look in the mirror and ask yourself if you prefer to spend an hour outdoors doing exercise or in a gym instead of being in line waiting to see a doctor. Sadly most people select the second option of waiting to see a doctor instead of taking their health into their own hands.

I do not smoke or consume alcohol and I choose not to serve it to others as well. This is because I do not wish to harm the health of others. I also do not eat junk food or drink artificially flavoured or genetically modified drinks. Instead I eat a lot of vegetables & fruits for vitamins and fibre. My protein comes mainly from fish.

In order to maintain a healthy body I will continue my fitness routine for the rest of my life. I practice Yoga as I believe Yoga can be done until you breathe your last breath. Through Yoga you can cure ailments such as a fatty liver condition which I experienced and through Yoga practice I am now cured of that condition. The practice of Yoga will keep you youthful and your mind at peace.



**F&S: How many times a week do you exercise and would you give us your routine?**

**AH:** On Tuesday, Thursday and Saturday I do weight training and on Wednesday and Friday I do a cardio workout at the Colombo Campus grounds which includes jogging for 30-45 minutes followed by 1 hour of Yoga. My weight training schedule is as follows

## TUESDAY: LEGS & SHOULDERS

Legs	Shoulders
Squats 08 Reps X 3 Sets	Seated Dumbbell Press 08 Reps X 3 Sets
Leg Extension 10 Reps X 3 Sets	Forward Laterals(Barbell) 08 Reps X 3 Sets
Leg Curls 10 Reps X 3 Sets	Seated Side Laterals 08 Reps X 3 Sets
Seated Calf Raises 15 Reps X 3 Sets	Abdominals
	Hanging Bent Knee Raises 15 Reps X 3 Sets

**F&S: What Advice would you offer anybody who is over 40 years who is planning on starting weight training?**

**AH:** A full body medical check-up is a must. When your physician has given you the green light to begin weight training then you must get a professional instructor like my instructor Mr Poorna Kahingala to guide you. It is very important to be patient. Start with a cardio routine and light weights. Your progress to heavier weights must be gradual. Patience is key and listen to your body and do not compare with how much anybody else is lifting.

**F&S: What final words of advice can you give to our readers?**

**AH:** A peaceful mind is the most important thing to live a good life. To achieve a peaceful mind you must live with nature. Sleep early at night and get up early in the morning. Our body is given to us by nature so we must live by nature's laws. Rise at dawn and rest at sunset. I

## THURSDAY: CHEST, BICEPS & FOREARMS

Chest	Biceps
Bench Press (Dumbbell) 08 Reps X 3 Sets	Standing Dumbbell Bicep Curls 08 Reps X 2 Sets
Bench Press(Smith Machine) 08 Reps X 3 Sets	Bicep Curls (Curled Bar) 08 Reps X 3 Sets
Dumbbell Bench Flies 08 Reps X 2 Sets	Hammer Curls 08 Reps X 2 Sets
Incline Dumbbell Press 08 Reps X 2 Sets	Two Arm High Cable Curls 10 Reps X 3 Sets
Dumbbell Pull Over 08 Reps X 3 Sets	
Forearms	
Dumbbell Wrist Curls 15 Reps X 3 Sets	
Abdominals	
Crunches on The Swiss Ball 10 Reps X 3 Sets	

## SATURDAY: BACK & CORE, TRICEPS

Back & Core	Triceps
Clean & Jerk 06 Reps X 2 Sets	Seated Overhead Dumbbell Curls 08 Reps X 2 Sets
Dead Lift 06 Reps X 2 Sets	Curled Bar Triceps Curls 08 Reps X 3 Sets
Bent Over Row 08 Reps X 3 Sets	Cable Triceps Press Down 10 Reps X 3 Sets
One Arm Dumbbell Row (8+8) Reps X 2 Sets	Barbell Reverse Wrist Curls 15 Reps X 3 Sets
Barbell Shrugs 08 Reps X 3 Sets	Abdominals
	Leg Raises on the Swiss Ball 15 Reps X 3 Sets

wake up at 5am and rest at 10pm. For inner peace practice meditation. Focus on breathing. I recommend a disciplined life starting from childhood. Begin a healthy lifestyle when you are young. When you live a healthy life and even if you do get sick then you will not have any regrets as you have done everything correctly. Also make sure that besides eating healthy and exercising that you drink plenty of water. Staying hydrated is also a must for good healthy living. I wish all the readers a healthy and happy life.



“  
**A weak mind cannot focus on business.**  
 ”



“  
Yoga  
can  
be  
done  
until  
you  
breathe  
your  
last  
breath  
”



# The Importance Of Exercise & Fitness For The Adult Over Forty

*Major General (Dr.) C. Thurairaja USP- (retd.)*

Modern civilization today demands an increased use of advanced technology and automation that has led to a lack of physical activity and consequent negative effects on health. This aspect of reliance on technology increases levels of physical inactivity, especially as we grow older.

The decreased levels of physical activity have resulted in chronic diseases that have been described by the World Health Organization as Non-Communicable Diseases - NCDs. There are at least 17 NCDs that are listed and they include Coronary Heart Disease, Stroke, Diabetes, Hypertension, Colorectal Cancer, Stress and Anxiety, Osteoarthritis, Osteoporosis, Low back pain and Obesity to name a few.

- Statistics show that a majority of people are not active enough to gain benefits from physical activity. This factor of physical inactivity is the leading cause of most chronic diseases and disabilities.
- It is a known fact that physical activity declines significantly with age after adolescence with the decline considered to be generally higher among girls and women, although this trend is shifting as more females are taking up physical activity.
- The levels of physical activity or exercise in our lifestyle play a more vital role in quality of ageing. As we grow older, health and fitness become more important and continuing exercise will maintain the process of active ageing. This implies being independent in all routine and essential activities for oneself throughout life.
- Scientific evidence shows that exercise results in biochemical and biophysical adaptations of the body which prevents a range of illnesses and diseases and also acts against age-induced loss of physical capacity.
- No matter your age or current physical condition, regular physical activity and exercise can help boost energy, maintain personal independence, and manage symptoms of illness or pain.
- Evidence-based research shows that exercise can even reverse some of the symptoms of ageing. Exercise is not only good for the body but also good for the mind, mood, and memory. Reaping the rewards of exercise doesn't require strenuous workouts or trips to the gym.
- It's about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness, even if you're

housebound, there are many easy ways to get your body moving and get more active, to improve your health, improve confidence, and boost your fitness.

- To achieve the benefits of health and fitness through exercise it is important to be knowledgeable of the definitions of the factors that affect life, as we grow older.

**Scientific evidence of exercise benefits based on the 1966 Heidelberg Guidelines:**

- Enhances general well being.
- Improves overall physical and psychological health.
- Preserves Independent living.
- Reduces risk for Coronary Artery Disease, Hypertension, Diabetes.
- Helps control Diabetes, Lipids, Obesity, Stress.
- Minimizes consequences of disabilities such as Rheumatoid Arthritis, Osteoarthritis etc.
- Changes the stereotype perspective of old age

To achieve Fitness for Health, a schedule of planned or structured physical activity is necessary. Exercise can be of varied intensities and is classified into three levels, i.e. Health Related Fitness, Physical Fitness and Skill Related Fitness.

**Health Related Fitness**

1. Cardio Respiratory Fitness – Heart, Lungs and Circulation
2. Body Composition – Body Weight, Body Fat
3. Musculoskeletal Fitness – Flexibility, Muscle Strength, Muscle Endurance.

**Physical Fitness**

Can be identified, by the different aspects to develop or train an older person to maintain health and improve average body fitness.

- Flexibility
- Cardio-respiratory endurance
- Strength

**Skill Related Fitness**

Required for sports performance and will need more specific training.

1. **Agility** - ability to change direction at speed.
2. **Balance** - maintain static and dynamic equilibrium.
3. **Co-ordination** - ability to use senses - vision, hearing to perform.
4. **Speed** - being fast or quick
5. **Power** - ability to work at high performance rates.
6. **Reaction Time** - time between stimulus and reaction to it.



**It is not how long you live, but how healthily and actively you live that matters.**



**Starting an exercise routine for the average elderly person**

- If over 40 or have health problems such as heart disease, high blood pressure, diabetes, obesity, muscle or joint problems.

**Consult a physician before beginning exercise**

- Be informed on exercise aspects
- Learn as much as you can about exercise by reading and talking to Trainers/ Sports Physicians

**Learn safety precautions**

before you do any exercise

Physical fitness is usually a result of regular physical activity and requires proper nutrition.

**Classification of Health Related Fitness in the Elderly**

Health Related Fitness is vital to maintain well-being and quality of Life in old age

## 1. Physically Fit

- Engage in appropriate physical activity and participate in all activities of daily living.

## 2. Physically Unfit and Unhealthy but Independent

- Developing chronic illnesses such as Diabetes, Hypertension, Coronary Artery Disease.
- Regular physical activity retains independence and improves functional capacity.

## 3. Physically Unfit and Unhealthy and Dependent

- Physical activity can restore some independence and psychological adjustment to society.

### Aerobic Activity

***Aerobic Activity is a continuous movement that uses big muscle groups and is performed at an intensity that causes your heart, lungs, and vascular system to work harder than when resting. Cardio respiratory fitness is built through aerobic exercise***

Aerobic

exercise conditions and strengthens our heart, respiratory system, muscles, and immune system.

### Forms of Aerobic Activity

- Jogging and running
- Skipping rope
- Aerobic dance or jazz exercise
- Swimming
- Bicycling – indoor or outdoor
- Skating – roller or ice
- Jumping jacks
- Running in Place
- Stair Stepping
- Walking

### Stages of Exercise

- Warm up
- Stretching
- Training / Conditioning Period
  - Strength
  - Aerobic
  - Flexibility, Skills
- Warming down
- Stretching

Starting or maintaining a regular exercise routine can be a challenge as you get older. You may feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. If you've never exercised before, you may not know where to begin, or perhaps you think you're too old or frail, or that exercise is boring or simply not for you. These should not be a deterrent.

### Cautions for Sports in Masters and Senior Athletes

***The first principle is that the choice of sport and intensity should be individually modified for safe participation***

#### A Medical Checkup Should Check For:

- Medical conditions requiring multiple medications
- Controlled arrhythmias
- Orthostatic hypotension
- Exercise Induced Asthma (EIA)
- Respiratory infection
- Musculoskeletal injury

### Eat Healthy

It is paramount to ensure a healthy diet for good healthy living. A healthy diet will contain a balanced amount of nutrients, varied food such as fruits and vegetables, proteins primarily from fish, dairy products, and nuts. Minimize the intake of caffeine, sugar, fat, salt, and alcohol. Eat healthy, exercise regularly and get a good night's sleep. I wish you the best of health.

**Major General (Dr.) C. Thurairaja**  
USP-(retd.) FFIMS, MD(Rad.)  
DMRD(Lond.), DMRD(L'pool.)MBBS

*Fellow, International Federation of Sports Medicine*

*Fellow, Asian Federation of Sports Medicine*

*Fellow, College of Radiologists, Sri Lanka*

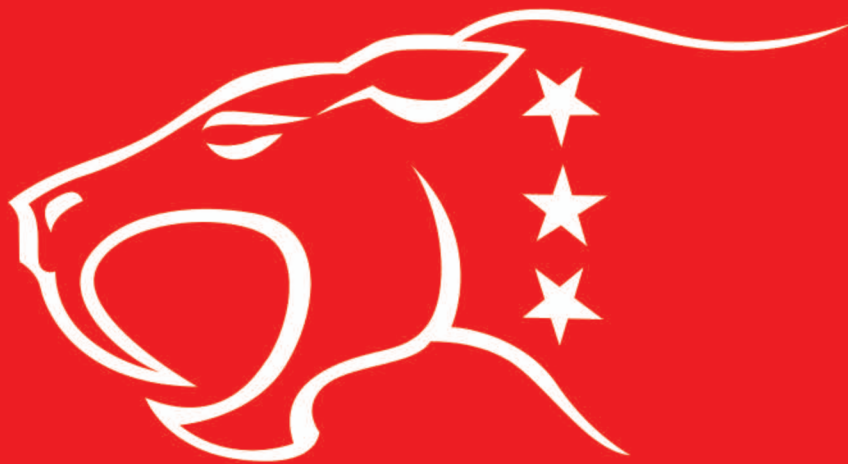
*Senior Fellow, Post Graduate Institute of Medicine, Colombo*

*Chairman, Medical Committee, National Olympic Committee*

*Consultant Radiologist, Sports Physician & Family Physician*

*Email: dr.thurai@gmail.com*

**“500+ WORLD CLASS ONLINE SOLUTIONS DEVELOPED & DELIVERED  
ACROSS 4 CONTINENTS IN THE PAST 8 YEARS”**



**SABERION**

**WEB | MOBILE | AUTOMATION**

**SRI LANKA | AUSTRALIA | USA | BAHRAIN**

**+94 11 5645025**

**info@saberion.com**

**www.saberion.com**

**PEDAL  
PUSHERS**

**FITNESS & SPORTS**



**THE  
PEDAL  
PUSHERS**

*By Lalanthi Rajapakse*





**THE PEDAL PUSHERS** cycling club founded in 2011 by Lalanthi Rajapakse and co founded by Dharshini Ariyaratne stands for, apart from its name, for passion and perseverance. This non-profit group began with the need to share a wonderful experience of a healthy life style, a positive attitude, and to create awareness that will help our environment by taking up an Eco friendly sport, to bring together like minded people to make a difference in people's lives.

Our goal is to encourage people to cycle, as a recreational sport that a family can do together, a couple can do for fun to enhance their relationship, and one that can help, health conscious individuals to improve on their own fitness. This in turn encourages people to appreciate the environment around us, to improve the respect and understanding between cyclists and motorists, to raise awareness of safety while cycling by observing road rules. We hope to give back to society, the enjoyment and benefits that cycling has given us.

This is the reason Pedal Pushers with much enthusiasm and dedicated volunteers, organized the first mass fun ride, a first of its kind, with the idea to increase the number of people taking to cycling. The Colombo Cycle Fun Ride' in 2012, at the Viharamahadevi Park road side was a carnival style free event, that drew close to 300 cyclists and cheering onlookers. It was a huge success! The years 2013 and 2014 has seen this event grow with the





participation of leading cycling stores some of which have given away bicycles as prizes at the raffle draws. The Fun Ride includes a 25 km mass ride for adults and teens and a short and fun ride for kids which is safely marshaled by pedal pusher marshals, and police motor bike escorts. The ride ends in a carnival style atmosphere with fun, interesting games to win, food and live music and cycle stalls. All in all, it was a memorable day in the day of a cyclist.

Over the years we have taken up worthy charity causes to champion. "Heart for Heart" a charity ride to raise money for the heart unit in the Karapitiya Hospital. Environment day rides, championing Women's day against Violence, and the recent 1333 Bikeathon, to raise awareness of suicide in Sri Lanka, a 1333 km ride

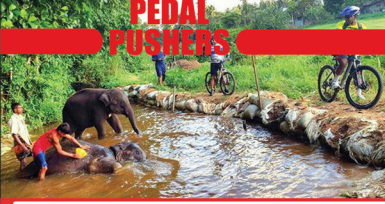
for 13 days around the island, in which we were event partners. And we hope to continue.

The Pedal Pushers have a membership of over 100 people and a fan base well into the thousands. We are a group of people from all walks of life, and professions, and nationalities that gather two to three times a week to cycle. There is no payment to become a member, but your person on a bicycle!

Our regular Wednesday night rides start from Independence Square. This is a road ride with fun off-road elements ridden on mountain bikes. The "weekend warrior" rides are off road rides on Saturday mornings from Malabe and Sunday mornings from Madiwala. All rides start off at 6.15 am. These rides can be

wonderfully muddy, or dry depending on the weather. We pass through lush paddy fields, rubber estates and gravel paths, up hills and down hills, scenic rides by the side of rivers and marsh land and sometimes, we carry our bikes over bridges with dozens of steps being the only access. Our rides offer fun, challenging and technical trails for the seasoned rider, as well as easy going training rides for anyone with the enthusiasm to try. Tuesday nights are for road cycling, which is geared to build speed and endurance on road bikes.

It's wonderful to see the government's initiative to add bike paths at various public parks. This encourages more people to take up the healthy and fun recreation of cycling. We would like to see new



trails for "off roading". If cycle lanes are added on the main roads in Colombo along with secured cycle parking bays, this will encourage more people to take up cycling as a means of transport. It is also important to increase the motorists' awareness toward cyclists to ensure their safety. More people cycling as a mode of transport will in turn reduce the traffic congestion in the city along with pollution.

Sri Lanka is a fantastic cycling destination and we hope to see more steps taken that will further enhance the cycling experience. The Pedal Pushers organize exciting out of town day rides, off roading trips as frequently as possible, Galle, Kalutara, Bentota,

Kitulgala, Ranna, to name a few places. Usually these rides have a great response and sometimes turn out to be family outings, building camaraderie among the cyclists.

There is never a dull moment, and never a moment when one is left behind, we always look out for each other, and motivate others to never quit, when you see the endless hill up ahead, but instead to keep going or keep trying!

### We cyclists rock!

For those interested in joining The Pedal Pushers, drop us a message in our FB page at [www.facebook.com/PedalPushersCyclists](https://www.facebook.com/PedalPushersCyclists)



A sunset over a lake with several people kayaking. The sky is filled with vibrant orange and yellow clouds, reflecting on the water. In the foreground, a person is seen from behind, paddling a kayak. Further out, three other kayakers are visible, and a small boat is in the distance. The background shows a line of trees and a few buildings on the shore.

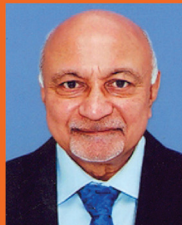
**EMERGING  
SPORTS  
IN SRI LANKA**

# The National Association for Canoeing and Kayaking Sri Lanka (NACKSL)

*The Olympic sport of Kayaking is an emerging sport in Sri Lanka. Fitness & Sports believes this sport has great potential for reaching international levels in time to come. This article gives an introduction to this relatively new sport in Sri Lanka, followed by an interview with the President of the National Association for Canoeing and Kayaking Sri Lanka (NACKSL), Mr. Prithiviraj Perera and an interview with a former Kayaking World Champion, Gergely Gyertyanos. We also have The President of The Sri Lanka Olympic Committee, Mr. Hemasiri Fernando speaking about Sri Lanka Kayaking in the Olympic arena.*



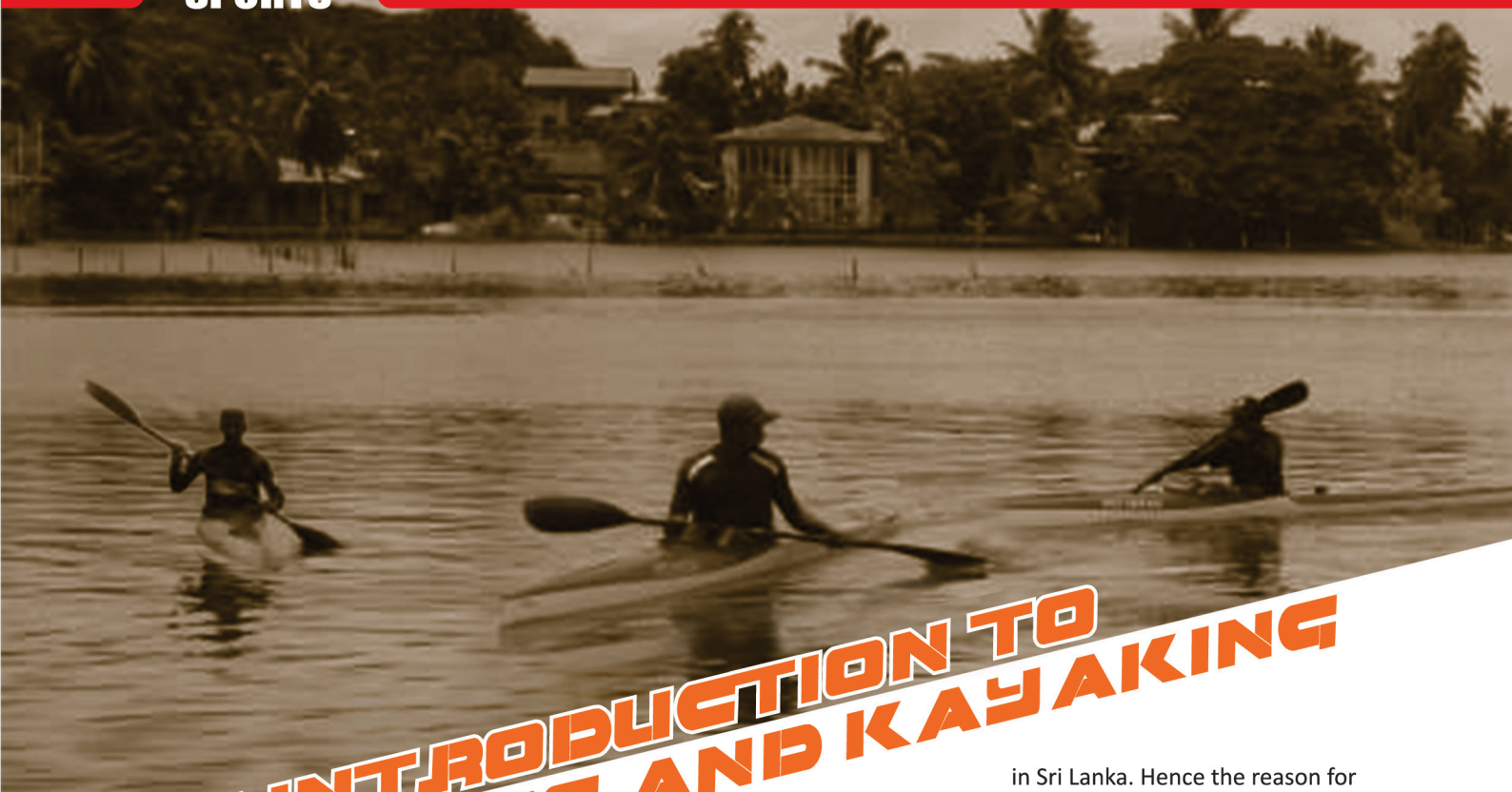
Mr. Hemasiri Fernando



Mr. Prithiviraj Perera



Mr. Gergely Gyertyanos



## AN INTRODUCTION TO CANOEING AND KAYAKING



The water sport of Canoeing and Kayaking shows much promise in an island nation like Sri Lanka that is blessed with many waterways and therefore can be promoted not only as a leisure sport for fun, adventure and tourism, but also for competition. Canoeing and Kayaking are both Olympic Sports. Kayaking is practiced in 156 countries who are also members of the International Canoe Federation (ICF).

Although Canoe/Kayak paddling has been in existence as a mode of transport and adventure in the Americas and even in Sri Lanka since

ancient times, it has been taken to greater heights with modernized canoes and kayaks. They have become competitive sports, particularly in Europe with Hungary and Germany usually topping the medals tallies at the world championships for Canoeing and Kayaking.

However, with the coming into existence of the National Association for Canoeing and Kayaking Sri Lanka (NACKSL) in August of 2004, the kayaking sport for competitions began to emerge as a force to be reckoned with in the future of sports

in Sri Lanka. Hence the reason for giving this sport, the focus it deserves.

Race Canoeing is a sport that requires much balance and is done in a kneel down position in the canoe, whilst Race Kayaking which also requires balance, is done in a sit down position in the kayak, which is easier to balance than the kneel down position required for Canoe Racing. However, leisure kayaking is done on sit on top kayaks, which are very easy to balance on and are used for beginners and introductory classes.

Racing Canoe/Kayak competitions comprise individual events and team events, which can involve two or a maximum of four persons paddling a racing canoe or a racing kayak. These races can be done on flat water, in rapids (salom or wild water), or in the seas (Sea kayaking). However, sea kayaking is not an Olympic sport.

With a view to learning more about the advent of the canoe/kayak sport in Sri Lanka, Fitness & Sports spoke with the main individuals who have been actively involved in promoting the sport in the country. We take pleasure in presenting them to our readership.

## INTERVIEW WITH THE PRESIDENT OF THE NATIONAL ASSOCIATION FOR CANOEING AND KAYAKING SRI LANKA (NACKSL), PRITHIVIRAJ PERERA.

### **F&S : When was Canoeing and Kayaking first introduced to Sri Lanka as a competitive sport?**

**P P:** We registered the National Association with the Ministry of Sports in August of 2004 and we are just 10 years young today. We have been recognized by the National Olympic Committee of Sri Lanka, (NOC), the Asian Canoe Congress (ACC), and the International Canoe Federation (ICF). NACKSL was initiated by a small group of sports enthusiasts, namely, Anuruddha Bandara (Sri Lanka Eco Tourism Pvt Ltd), the late Chandra De Silva (Ranweli Holiday Resorts), Siri De Silva, Arosha Jayasundera, Chanaka Wickremasuriya and myself. We were the founding members of NACKSL.

### **F&S : What progress has Sri Lanka made in this sport so far?**

**P P:** We have increased our membership to 7 clubs, including the Defence Services, namely, the Army, the Navy and the Air Force. The regularity of competitions has increased. During the last 10 years, we have carried out two major one month long training programmes conducted by international coaches, one in 2010 and another in 2014, which just concluded on the 17th of September. These training programmes have been funded by

the ACC in collaboration with the ICF. We have further enhanced our stocks of Racing Kayaks, provided an international certification for our National Coach, Mihin Amarasinghe, who did a one month stint at the famed Semmesweil University in Budapest, Hungary in 2012. This was funded by Olympic Solidarity Assistance (OSA). Further training workshops have been conducted in Kithulgala, Belihuloya, Bolgoda, Talangama, Beira Lake (Rowing Club and St Joseph's College), and at the newly available facility in Diyawanna Oya Lake. All of which have been with the generosity of the ACC, ICF and NOC Sri Lanka. In September 2013, our Kayakers had their first ever International exposure at the Asian Canoe/Kayak Championships held in Samargand, Uzbekistan. Our team of 3 paddlers from the Navy and the Air

Force, accompanied by the coach and manager, succeeded in entering the semi finals of the 200 M and 1,000 M events and getting the better of paddlers from Nepal and Pakistan. This truly was an encouraging performance in our first ever international competition. More interest is now being shown by school children and this is a key to further development of the sport and to take it to competitions at the international levels.

### **F&S : How do you plan to attract more participation in Kayaking as a sport in Sri Lanka?**

**P P:** First of all, in order to keep up the momentum gathered following the last training programme which has just concluded, we will make arrangements for facilities for regular practices at the Lakes of Bolgoda, Diyawanna Oya and the Beira (St Joseph's College), particularly for those who attended the recently concluded training programme, as





well as others who are interested, so that the students and other trainees can continue with their practices. The students who attended the training included those from Royal, Ananda, St. Joseph's, St Bridgets and the British School from Colombo and the Prince of Wales and St Sebastians from Moratuwa. The Defence Services and club members can also join in practices in the respective venues, as deemed convenient and appropriate for them. These facilities will also be made available to the new comers to the sport. Soon we hope to request the Ministry of Education to help promote the sport in the schools. More competitions will be organized for students, as well as for the Defence Services. Next year, we hope to arrange for a South Asian Defence Services competition in Sri Lanka, in collaboration with our respective Kayak Federations in other countries and also to select a national team for competitions at the international levels. We will also look for assistance from ICF, ACC, NOC and the Ministry of Sports, to send our athletes for competitions at the World Championships. This would help create more interest amongst the athletes, media and the corporate sector and will give encouragement towards promoting the sport and in attracting participation in kayaking as a

competitive sport.

**F&S : When did your involvement with Kayaking begin and what attracted you to this sport?**

**P P :** This happened when I was assigned to India on work with UNESCO and I attended a cultural cum sports pageant in Hyderabad in the year 2004, where a Kayak competition was also taking place. I was able to see for myself, the enthusiasm of the participants and when the the Vice President of the Indian kayaking Association, the Late Mr Avinash Kohly who was present at the event requested me to promote this eco-friendly sport in Sri Lanka, it immediately struck me as a sport that can have huge scope for development in an island nation like Sri Lanka, which has comparatively easier access to water-ways, as compared to a country like India. Additionally, it was also of interest to UNESCO to help promote an eco-friendly sport, given that UNESCO's interests are wide and cross cutting and also cover youth and sports. Today, UNESCO plays a lead role in administering the "Convention on Doping in Sports" and in promoting "Dialogue through Sports" programmes.

When I returned to Sri Lanka in retirement in 2006, I was appointed

as Secretary General of the Sri Lanka National Commission for UNESCO. This helped a great deal in keeping up the commitments to the sport, with the assistance of the National Commission for UNESCO. I am by nature, a sports enthusiast and was junior champion in sprint events at St Joseph's College Colombo 10, my Alma Mater and was also a practitioner of Badminton, captaining the UNESCO Badminton team in Paris. I began playing tennis later in life. Of course, I still paddle, but, on a sit on top kayak that is easier to balance!

**F&S : Do you believe that Sri Lankan kayaking can become competitive in the Olympic Arena and what are the steps we need to be able to get there?**

**P P :** Of course, the answer will be "Yes, we can!". It is not a very expensive sport. All one needs is dedication, commitment and hard work. We the association must ensure top coaching for techniques in paddling along with consistent training for speed, strength and stamina that ensures endurance during races. This all needs to be coupled with appropriate diets and disciplined living.

However, as a relatively newly introduced competitive sport, I could



say it is a fairly long haul, having to compete with other long established sports in the country to attract new participants, as also, academic demands on the students from the schools and home. Our first and medium term goal is to become the best for Kayaking in South Asia, before we get to the world arena of Olympic Championships. This is do-able, but, we also need help from other stakeholders, particularly the Ministry of Sports and Corporate sponsors. We cannot only depend on our volunteering efforts and support from the International bodies. We have to have "the buy in" locally. Towards that goal, we have plans for the following programmes and



through donations, mini kayaks and paddles for school children aged between 10-16 years. It is most important to "catch them young" in order to nurture young kayakers to

sponsorships from Corporates. The Asian giants in sports, such as China, Japan and South Korea have reached high standards, because they have invested wisely and appropriately in chosen sports where they have the greater comparative advantage and much scope for development up to international standards, as per the assets base of the country.

*Finally, I am most thankful to the Secretary of NACKSL, Capt. Priyantha Perera, other members, particularly Wing Commander Gayajith Dassanayake, Mihin Amarasinghe (National Coach), Supem De Silva (Adventure Seals), Sithira Wickremasekera (Bolgoda Lake Rowing Club), and Arosha Jayasundera (Treasurer), who have been always willing to lend more than a helping hand to our fledgling National Association, making up an excellent team in the promotion of*



initiatives in the short and medium terms;

### Programmes;

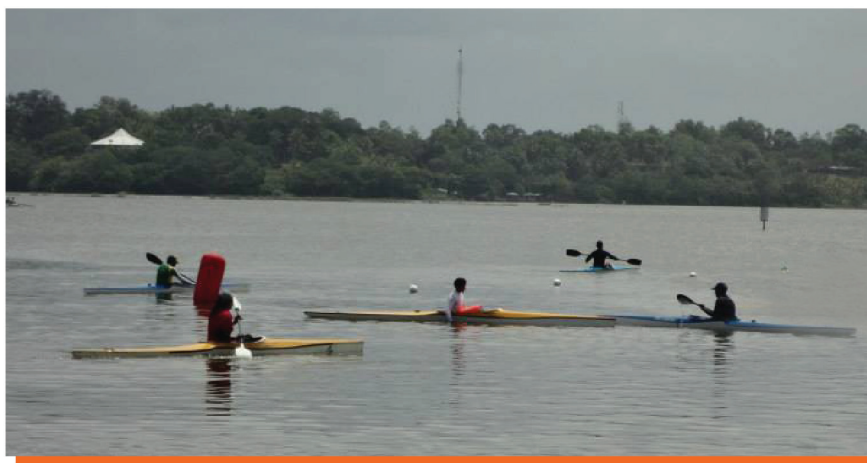
- Regular training and competitions at the School, National and Regional levels.
- Participation in the World Championships, using the "Trainee Improvement Programmes -TIP" sponsored by the ICF.

### Initiatives;

- Enhancing and encouraging the use of higher end Canoes/Kayaks and paddles for those in competition.
- Purchase and or obtaining

compete at the standards of The Olympic Games, which can happen mostly when children have grown up acquiring the necessary skills, strength and endurance.

- To request support from the Ministry of Sports and





## **INTERVIEW WITH A FORMER KAYAKING WORLD CHAMPION: GERGELY GYERTYANOS**

**F&S:** Please tell us where you are from and your achievements in the sport of Kayaking?

**GG:** I come from Budapest which is the capital of Hungary. I was a member of the Hungarian Senior National Flatwater Canoe-Kayak team from 2003 until 2011. In 2005, I won the Gold Medal in the 200 metre 4 man Kayak event at the World Championships. I also won that same year the Gold Medal in the European Championships in the 200 metre 4 man Kayak event.

Currently I am the coach for the New Zealand National Junior/U23 Kayak Team. In Sri Lanka I just finished conducting the Level 1 coaching course.

**F&S:** When and why did you take up this sport and what led you to do so?

**GG:** I began Kayaking since the age of 12 years when my parents took me to a Kayaking club. Kayaking is very popular in Hungary and we have been very successful in the World Championships and in the Olympics. So it was a very easy choice to select this sport.

**F&S:** What is the difference between Kayaking, Canoeing and Rowing?

**GG:** In Rowing you are moving backwards while in Kayaking and

Canoeing you move forwards. In Kayaking you sit on the boat and you paddle both sides of the boat where in a canoe you paddle only on one side.

**F&S:** What are key strength building exercises for training in kayaking?

**GG:** A kayaker needs to have good upper body strength. So the exercises we perform are:

### **Weight Training Exercises**

- Bench Presses
- Bench Rows
- Front and Side Dumbbell Raises

Weight training is done on days we don't have paddling in the water. We usually do 6 sets of 20 repetitions per exercise.

### **Body weight Exercises**

- Push Ups
- Pull Ups
- Sit Ups
- Hanging Leg Raises
- Free Squats

We do body weight exercises after paddling in the water. We usually do 10 sets of 15 repetitions per exercise.

**F&S:** How would the physical build of average Sri Lankans help us to compete on the world stage?

**GG:** The kayaker has to be strong not big. I was not a big guy but I could compete with bigger guys because I was strong and I had good endurance. The emphasis should be placed on good training. If the kayaker is of a smaller build but has good strength and endurance then he is at an advantage. With good training Sri Lanka can achieve great heights in the sport.

**F&S:** Thank you Greg for your time from your busy schedule to give us this interview and for the valuable coaching advice you have imparted to our local coaches. We wish you all the best in your coaching career in New Zealand.





## PROSPECTS FOR THE OLYMPIC SPORT OF CANOEING AND KAYAKING IN SRI LANKA

(By Mr Hemasiri Fernando/President/NOC/SL)

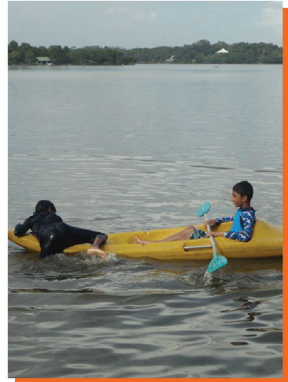
Canoeing and Kayaking which is an Olympic Sport, is relatively new to Sri Lanka as a competitive sport, although it has been practiced as a leisure sport, since the years gone by. Being an island nation with many waterways, the sport has great scope for further development in the country and can become a sport to be reckoned with, both for competition and for leisure, if properly nurtured and encouraged.

Presently, the Defence Services, comprising the Sri Lanka Army, Navy and the Airforce are keen practitioners and so are a few clubs and schools. Getting the young children at schools level to take to the sport is most important, given that, to attain global levels of competition, sports men/women need nurturing from their growing years. However, this is a big challenge, because of the demands of other competitive long established sports and academic pressures in the schools.

Recognizing the scope for Canoeing and Kayaking in Sri Lanka, the National Olympic Committee of Sri Lanka (NOC/SL), has been actively encouraging and assisting in the development of the Sport by providing the NATIONAL ASSOCIATION OF CANOEING AND KAYAKING (NACKSL), WITH AN ANNUAL SUBVENTION, AS IS DONE BY

NOC/SL FOR ALL its MEMBER SPORTS ASSOCIATIONS affiliated to the NOC/SL and also providing them with assistance for capacity building programmes, such as training of trainers and for sports administration courses, whenever it was possible and as per our own limited capacities, through the various international assistance programmes funded by the International Olympic Committee, by way of Olympic Solidarity Assistance (OSA). This is as per the limited mandate of the NOC/SL.

However, sports development in a country requires the focus, support and encouragement from the other stakeholders as well. The Private Sector assisting the Ministry of Sports can play an integral role in taking the sport to the highest level possible, both for competition and for sports tourism. This relatively young sport in Sri Lanka is much in need of infrastructure, equipment and other forms of assistance like training and competition, given that all national sports associations are run voluntarily. In the countries who are leaders in sports competitions, sports have developed to the highest levels because of their investments in those respective sports. Therefore, the stake holdings, partnerships, transparency and accountability in the management of sports are the keys to success of sports development in any country.



In concluding, I wish to commend the untiring efforts and the commitment of Mr Prithiviraj Perera, President /NACKSL, Captain Priyantha Perera, Secretary General/NACKSL and their team in NACKSL who have given their times voluntarily and with much enthusiasm towards promoting this newly introduced Olympic Sport in the country. Whilst assuring the NACKSL of the continued support of the NOC/SL, I wish to urge the Ministry of Sports, the Department of Sports Development in the Ministry, and also the Private Sector, to play their role in taking this sport to the highest levels globally, since it has immense scope for further development in the island nation of Sri Lanka.

For those who wish to build a powerful and strong body then squatting is one of the primary exercises that need to be done correctly. Athletes require explosiveness for sprinting, jumping, pulling, pushing and lifting.

To perform these activities successfully the squat is one of the staple exercises.

The squat holds the following benefits:

- Increases leg strength
- Builds leg muscles
- Triggers the release of testosterone and human growth hormones, which in turn leads to overall muscular strength
- Strengthens both the lower and upper body

- Improves ankle, knees and hip flexibility

(Especially important for athletes to prevent injury)

### Primary muscles worked during the squat:

Quadriceps:

- Rectus Femoris (middle head)
- Vastus Intermedius (centre)
- Vastus Lateralis (outer head)
- Vastus Medialis (inner head)

### Secondary muscles worked:

- Erector Spinae (lower back)
- Gluteus Maximus (buttocks)
- Hamstring :  
Bicep Femoris, Semimembranosus,

semitendinosus.

- The abdominal muscles are also exercised during the squatting motion.

Quadriceps, are the biggest muscle group in the body and that is why they should be the strongest. If the quads are not as strong as muscles in the upper body then there will be back injuries. For someone who has not started any resistance exercise yet, they should begin with the squat before doing any other exercise. Strong quads give the overall strong, physical look. If the quads are strong then the other muscles will get stronger. If only the other muscles are worked out and the quadriceps are neglected then further growth for those muscles become limited.

Squatting improves the communication between the brain and other muscle groups due to the large range of motion of the exercise. This is why overall body balance is improved due to this exercise. It should be noted that squatting strengthens any weak muscles, ligaments, and tissues which helps prevent injuries.

Anyone can perform the squat. The free squat is performed without any weights.

### Execution Of The Free Squat (Without Weights)

Stance

- Legs shoulder width apart with toes pointing forward. Eyes looking straight ahead, keep the back straight and tighten your back and abdominal muscles.
- Go down slowly until your thighs are parallel to the floor. Always keep your body weight on your heels and do not lift your toes. Your eyes should remain fixed towards the same point as when you started.
- Now push upwards from your heels to the start position.



**INGREDIENTS**

- 1 large red bell pepper
- 4 egg whites
- 2 whole eggs
- 2 onions diced
- 1/2 cup feta cheese, crumbled
- 2 small ripe tomatoes, diced
- 1/4 teaspoon black pepper
- Kosher or sea salt to taste

**DIRECTIONS**

- Preheat oven to 350 degrees.
- Wash, core and slice the pepper. Rub with olive oil and sea salt. Put it in the oven for 20-30 mins until the skin is starting to char. Remove from oven and cut up into bite size pieces.
- While the bell pepper is roasting, fry the onions in a small frying pan with olive oil. After 5 mins add some salt, which hastens the caramelizing process. Fry the onions for 30-35 mins until the onions have caramelized evenly. Stir every 3-5 mins only. This allows the onions to keep contact with the hot pan.
- Crack the 4 egg whites and 2 whole eggs into a bowl and whisk. Add a little salt and pepper. Be careful not to over salt as Feta is quite salty already.
- Combine all the ingredients in a medium mixing bowl and pour into a quiche pan or 9-inch glass pie plate.
- Bake at 350° for approximately 30-35 minutes or until filling is set.

**CRUSTLESS ROASTED RED  
PEPPER, CARAMELIZED  
ONION AND GOAT'S MILK  
FETA QUICHE**

*by Farida Shabbir*





# THE SQUAT

by Poorna Kahingala

SQUATTING IS A NATURAL HUMAN MOVEMENT AND PEOPLE HAVE BEEN SQUATTING SINCE THE HUNTER GATHERER DAYS. EVERY TIME WE NEED TO PICK SOMETHING FROM THE GROUND WE NEED TO SQUAT TO DO SO. AYURVEDA PHYSICIANS RECOMMEND SQUATTING FOR GOOD BOWEL MOVEMENT. SQUATTING IS A PART AND PARCEL OF OUR DAY TO DAY LIVING SO IT IS IMPORTANT TO LEARN HOW TO SQUAT CORRECTLY AND STRENGTHEN THE MUSCLES REQUIRED TO SQUAT TO PREVENT INJURY.

## Barbell Back Squat

It is important to warm up for 5 to 10 minutes by doing a speed walk or slow jog. The idea is to get the heart pumping and the body ready for weight lifting. After warming up do basic full body stretching exercises. Then proceed to the squat rack to begin. When you get under the barbell, tighten your shoulders and back muscles.

After lifting the bar let it settle on your trapezius and posterior deltoids as shown in the photo. Take 2 or 3 steps back (First step should be the smallest step)

Pause for a second to let your body get used to the bar and to let the weight plates settle. Make sure your gripping the bar according to your own comfort width. Elbows should be pointing downwards and feet shoulder width apart with your toes open slightly. Arch your back like in the photo, tighten your abdominals. If you are wearing a weight belt then let your abs push the belt and your back will naturally tighten. Look in front and keep your chest out.

As you go down your eyes are fixed on the start position. Breathe in when you go down. Go down just below when your

thighs are parallel to the ground. Maintain a medium controlled speed when going down.

When you are slightly below the parallel position then push up with your heels. Try to increase your speed when pushing up to the start position.

Breathe out when going up.



“  
**For someone who has not started any resistance exercise yet, they should begin with the squat before doing any other exercise**  
”



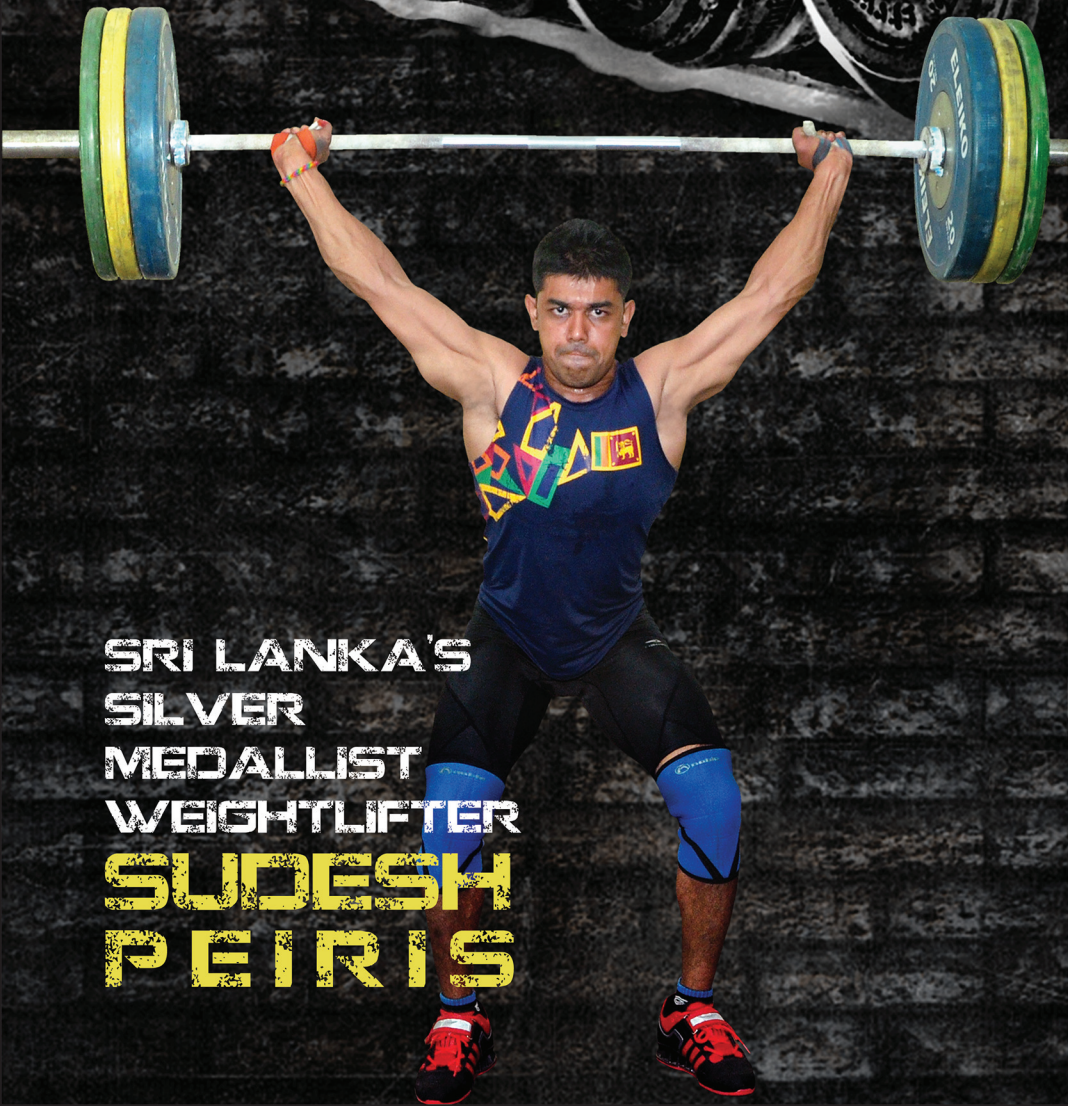
Poorna Kahingala is a personal trainer for many high profile people in the country. He is a former Sri Lankan National Weightlifting Champion and record holder. Poorna has also been the manager for the Sri Lankan Weight Lifting Team. He has also represented his school Nalanda College in rugby. Poorna is the current secretary for the Sri Lanka Weightlifting Association and is an International Referee.

For advice Poorna can be contacted via [poornakahingala@gmail.com](mailto:poornakahingala@gmail.com).



**SRI LANKA'S SILVER  
MEDALLIST WEIGHTLIFTER**

*Fitness & Sports*



**SRI LANKA'S  
SILVER  
MEDALLIST  
WEIGHTLIFTER  
SUDESH  
PEIRIS**

# SRI LANKA'S SILVER MEDALLIST WEIGHTLIFTER

**Fitness & Sports**

Sudesh Peiris did Sri Lanka proud by winning the Silver medal in the 62 Kg weight category at the recently held Commonwealth Games in Glasgow, Scotland. Sudesh won the Bronze medal at the Commonwealth Games held in India in 2010. He has also won the Gold medal at the Commonwealth Championship in Cape Town South Africa.

Sudesh is the current record holder in the 62 kg weight category for the following lifts:

- Snatch (lifting 123 kg)
- Clean and Jerk ( lifting 154 kg)
- Total Weight Lifted ( 273 kg)

He has been the Sri Lankan Weight Lifting Champion in the 62 kg category since the year 2000. A remarkable feat indeed by any standards!

**Fitness and Sports** is very happy to be able to interview our weight lifting champ and get his insight on his training and the sport that he has excelled in and brought pride to Sri Lanka.

**F&S: Where do you come from and tell us a little bit about your family?**

**SP:** I am from Negombo. My family consists of my wife, my parents and my younger brother and sister. My father is a retired businessman and my mother is a housewife. I studied at St Mary's College Negombo.

**F&S: When did you begin the sport of weight lifting?**

**SP:** I began to lift weights at the age of 11 years in 1996 at my school, St Mary's College, Negombo. Before I started in this sport, I played football. As I wanted to be recognised for my individual efforts, I began to take up the sport of weight lifting after seeing some of the older boys participate in it. However, football is a game I still enjoy watching.

**F&S: Is 11 years too young to start weight lifting?**

**SP:** At 11 years I was not lifting heavy weights. We were being taught the techniques of lifting. I was lifting a broomstick to master the correct technique.

Training for weight lifting at a young age will help the child to develop into a champion in his 20's. If you start training at a later age then it will take longer for you to peak in the sport. Starting out early helps get the child's body used to the movements required for weight lifting. Our training combined weight lifting techniques with other movements like running and jumping. Lifting weights when you are young under proper guidance does not stunt the child's growth. That is a false perception.



**F&S: Who has been your inspiration in the sport?**

**SP:** Pyrros Dimas the former Greek 3 time Olympic Gold Medallist and former record holder has been my inspiration.

**F&S: How many times a week do you train and please give us a sample routine and a look at your diet before competition?**

**SP:** I train 5 to 6 days a week. 5 days of training is the required minimum. I train from 8pm to 10pm however; it is better to train twice a day in the morning and evening. The exercises I do are:

- Snatch
- Clean & Jerk
- Front Squat
- Back Squat
- Snatch Pulls
- Clean Pulls

I start lifting only the bar for 5 repetitions then I add on the weights progressing to my maximum effort for 1 lift. A person who has not trained in the sport of weightlifting cannot do my routine. I have built up my strength over a period of many years and my body has got accustomed to this particular routine of heavy lifting. My diet consists of:

- Breakfast : Fresh milk, Bread (1 slice), Banana(1)
- Lunch : Fish or meat curry, vegetable curry and rice
- Dinner : Vegetable salad

**Supplements: Creatine, Multivitamin, Whey protein and Amino Acids.**

**F&S: What are your ideas as to how Sri Lankan Weight Lifting can be taken to greater heights?**

**SP:** Sri Lanka is not short in talent for weightlifting. However, we need to improve our existing facilities. We need to improve the accommodation facilities for outstation weightlifters, meals for the team and also the standard of coaching. We have very

good local coaches but we need to supplement this with the expertise from foreign coaches. Also the more international exposure our team gets, the more we will become accustomed to meet international standards.

If the financial benefits for those who win medals improve, this will inspire more youngsters to pursue weightlifting. Medal winners do get rewarded financially, but long term financial security for us is what is required to help us focus better on training and improve our quality of life. We have dedicated our lives to weightlifting. If we could obtain a sponsor to help us meet our monthly expenses of accommodation, transport, meals and supplements then we can definitely take the sport to greater heights. I would like to mention that the Sports Ministry is doing a very good job in looking after us and supporting us. In addition to the support from the ministry, financial support from sponsors will help us improve our performance and bring glory to our country.

**F&S: How has the sport of weightlifting helped you in your life?**

**SP:** Before I began weightlifting, I was an impatient individual. I used to get angry easily. After taking up the sport I learnt patience and discipline. As I began to excel in the sport I got recognition. I met a lot of good people through weightlifting. It is because of weightlifting that you too have heard of me and we have met.

**F&S: Tell us your goals for the future?**

**SP:** I plan on winning a gold medal at the next Commonwealth Games. I also aim to bring home a gold medal at the 2016 Olympic Games.

**F&S: Sudesh, we wish you the best of luck to bring home the gold medals at the future Commonwealth and Olympic Games. We believe in you!**



“

I PLAN ON  
WINNING A  
GOLD MEDAL  
AT THE NEXT  
COMMON  
WEALTH  
GAMES,  
I ALSO  
AIM TO  
BRING HOME  
A GOLD  
MEDAL AT  
THE  
2016  
OLYMPIC  
GAMES





”



# DROP THE CARBS RELISH THE PROTEIN



swap carbs for a hearty salad

 Fish and Chips <del>with buttered vegetables &amp; tartar sauce</del>	700
 Roasted Spring Chicken with homemade BBQ sauce, fresh vegetable & <del>chips</del>	1200
 Lamb Chops with fresh mint sauce, <del>mashed potato</del> and glazed vegetables	1100
 Barbecued Cheese Steak duo of grilled tenderloin steak, gratinated with cheese & served with crispy beef bacon, <del>sautéed potato</del> & BBQ sauce	850

[flick through our menu for more...](#)

All items are subject to 10% service charge plus taxes

A choice of your main dish with a special tossed salad to replace carbohydrates.  
Look out for the 'low carb heart' on selected favourites on our menu  
& enjoy great taste as you stay trim and healthy.

★ Please note this is a 'low carb' option rather than a 'low fat' option

**SRI LANKAN  
RUGBY STAR  
FAZIL  
MARIJA**

**FAZIL MARIJA NEEDS LITTLE OR NO INTRODUCTION  
IN SRI LANKA'S RUGBY COMMUNITY  
FOR THOSE WHO HAVE READ OR HEARD HIS NAME  
BUT DO NOT KNOW HIS ACCOMPLISHMENTS THEN HERE THEY ARE...**



# I HIT THE GYM 4 TIMES

Fazil first represented Sri Lanka at the schools level in the under 16 team in Chinese Taipei (Taiwan) and Sri Lanka were placed 3rd in the tournament. Then went on to represent Sri Lanka in the U-19 Schools league.

He first donned the national jersey for the first 15 team in 2003 at the age of 17. In 2010 Fazil played in Hong Kong for the Asia Pacific Barbarians in 10's rugby. In this league he played alongside All Blacks, Ausies, Fijians and Samoan national players giving the lad a good international exposure that would help mould him into the top class rugby player he was to become.

Fazil presently captains the Sri Lanka Sevens team and represents Kandy Sports Club. The Sri Lanka team won the Shield at the recently held Commonwealth Games in Scotland. The team was placed 4th in the Hong Kong Asian Sevens Series. He is also the captain of The Northern Gladiators which play in The Carlton Rugby Super Sevens League, leading the team to become joint champions in this year's recently concluded local tournament. In the Carlton Super Sevens International Tournament, Fazil led the Northern Gladiators to victory in the Colombo Leg held at the Race Course grounds. The Gladiators placed 2nd overall.

**F&S: When did you first start rugby and what attracted you to the sport?**

FM: My uncles and cousins played rugby and most of them played for Sri Lanka so I was inspired to take up the sport.

I first started playing rugby at the age of 12 in my school (Kingswood

College, Kandy), when Amjad Buksh was captaining the U-13 team. Ever since then, rugby became my life.

**F&S: What is it about Rugby 7's that makes the game very exciting?**

FM: In the game of Rugby 7's there are more opportunities to score tries and use your skills and talent. There is more freedom to be creative and express your self because of the more space available on the field.

**F&S: How many times a week do you train?**

FM: I hit the gym 4 times a week and we have ground practices 5 days a week. Saturday and Sundays are rest days and fun days, during the off season.

**F&S: What is the most important muscle that needs to be developed for Rugby? Also please give us your workout schedule?**

FM: The whole body must be conditioned for rugby. Here is my routine for the off season. (Two consecutive gym days followed by a rest day from the gym)

## UPPER BODY DAY

### CHEST

*Bench Press (Barbell) 3 sets X 10 reps*  
*Incline Press (Barbell) 3 sets X 10 reps*

### SHOULDER

*Shoulder Press (Barbell) 3 sets X 10 reps*  
*Shrugs Standing (Dumbbell) 3 sets X 10 reps*

### ARMS

*Bicep Curls (Barbell) 3 sets X 10 reps*  
*Triceps Dumbbell Kick Backs 3 sets X 10 reps*

*Note: Dumbbells can also be used to replace barbell exercises but barbells are preferred.*

## LOWER BODY DAY

### LEGS

*Squat (Barbell) 3 sets X 10 reps*  
*Lunges (Dumbbell) 3 sets X 10 reps*  
*Leg Extension (Machine) 3 sets X 10 reps*  
*Leg Curl (Machine) 3 sets X 10 reps*  
*Standing Calf Raises (Machine) 3 sets X 10 reps*

## Ground Practices: Speed, Skill and Fitness.

Sprints: 25 m, 50 m, 100m, ladder running, parachute running along with other specific speed and skill drills.

**F&S: Please tell us your diet?**

FM: I eat 6 small meals.

- Breakfast : Oats and milk
- Snack 10am : Boiled Maniocca
- Lunch 1pm : Rice, Curry(Meat), Vegetables
- Snack 3pm : Chicken or Beef Sandwich
- After workout 6pm: Protein Shake, banana, pasta
- Dinner : Noodles with chicken or beef curry

Supplements :  
Whey Protein, Creatine Monohydrate

# S A WEEK”

**F&S:** You have accomplished so much already, what are your current goals?

**FM:** To play for Sri Lanka in the Olympics.

**F&S:** As you have been to many countries, what is your favourite city?

**FM:** Venice and New York.

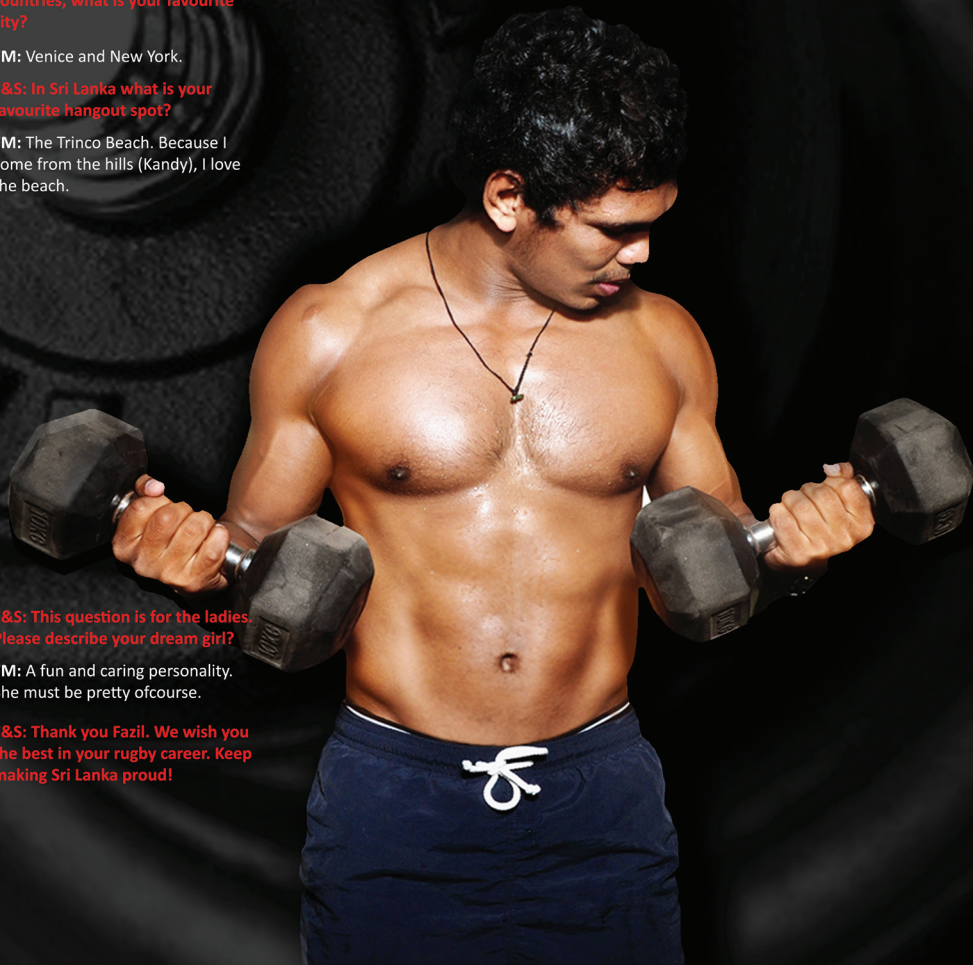
**F&S:** In Sri Lanka what is your favourite hangout spot?

**FM:** The Trinco Beach. Because I come from the hills (Kandy), I love the beach.

**F&S:** This question is for the ladies. Please describe your dream girl?

**FM:** A fun and caring personality. She must be pretty ofcourse.

**F&S:** Thank you Fazil. We wish you the best in your rugby career. Keep making Sri Lanka proud!







“  
**THE  
WHOLE BODY  
MUST BE  
CONDITIONED  
FOR  
RUGBY**  
”



[www.facebook.com/MiloSriLanka](http://www.facebook.com/MiloSriLanka)



**Fuelling  
the winning spirit**



**Rugby 7's  
'Coach  
MUSHTAQ JIFREY**

**MUSHTAQ JIFREY IS A FORMER NATIONAL AND CLUB RUGBY PLAYER WHO SPECIALISES IN THE 7'S FORMAT OF THE GAME. HE IS CURRENTLY A PROFESSIONAL COACH, REFEREE, CORPORATE EXECUTIVE AND PROUD FATHER AND HUSBAND. HERE IS HIS STORY...**

**F&S: Tell us a about your Rugby background and what you are involved in currently in Rugby and life?**

**MJ:** All praise to Allah for who I am and what I am today. I started rugby at school in Zahira College Colombo at the age of 11, playing for the under 13-team. I played and captained at all age levels and captained the college 1st 15 team in 1997. Then I moved to CR & FC and played from 1998 to 2007. I was the vice-captain in 2004/2005 and captained the 7's team in 2004/2005. I fulfilled my dream of representing the Sri Lankan rugby team within the 1st year of my club career in 1998. Then I became a regular member in both the national 7's and 15's teams till 2006. While playing for CR & FC, I started coaching Thurstan College in 2005, beginning my coaching career.

I was involved in coaching schools namely St. Joseph's, Wesley and Royal College (u-18) teams. In 2008 I was appointed as the Assistant Coach for CR & FC. In 2009 I coached

the Sri Lankan Lions Team that went to Dubai and we won the KANJA CUP for the 1st time. The CR & FC 7's team that I coached last year won the plate and bowl categories for the A and B teams.

In 2013 I was appointed as the coach for the Carlton Rugby 7's franchise The Northern Gladiators which is owned by Cargills (Ceylon) PLC for the local leg and as the Assistant Coach for the international leg. This role was extended to me for the 2014 season. The Northern Gladiators became Joint Champions of The Carlton Super 7's Local Tournament this year and became champions of the Colombo Leg of the Carlton Super Sevens International Tournament, placing 2nd overall in the tournament. Presently I hold the position of Head Coach of the CR & FC 7's team and have been an active referee for the schools' season.

In my personal life I am a proud father of 3 (2 sons and one daughter). Having a busy schedule, my wife Rifka is the strength of my

family who keeps everyone on the move. My elder son goes to Nursery and the rest enjoy my wife's company. Presently I work at Amana Bank and they have supported me immensely to attend practices and participate and officiate matches.

**F&S: How has Rugby helped you in your life?**

**MJ:** I think God gives you a way to live, which for me is rugby. Even my first job at Sampath Bank came through rugby. Most good things in my life besides my family (parents, wife and children) happened through rugby. My experience in the field has helped tremendously in my life off the field. Like in life, rugby too has its ups and downs. Rugby has given me the strength and discipline to overcome obstacles in my personal life.

**F&S: Describe Rugby 7's and how it differs from the 15's version?**

**MJ:** Rugby 7's is all about having fun. Only 7 players play on a pitch meant for 15 players. And it's a shorter





format of the game where each half is 7 minutes with a minute break at half time. This format of the game needs a lot of skill and fitness in order to succeed. Marcus Blackburn an ex 7's international player and coach says:

**“  
THE  
TRADITIONAL  
APPROACH TO  
COACHING  
SEVEN'S WAS TO  
PICK THE MOST  
TALENTED  
INDIVIDUALS  
AND RELY ON  
THEIR  
BRILLIANCE AND  
SPONTANEITY TO  
SCORE TRIES,  
AND SELECTION  
WAS PERHAPS A  
BIGGER**

**CONCERN THAN  
THE ACTUAL  
PREPARATION OF  
THE TEAM.  
HOWEVER, THIS  
IS NO LONGER  
THE CASE; NOW  
THE TEAM THAT  
IS THE MOST  
ORGANISED AND  
BEST PREPARED  
COLLECTIVELY  
WILL MOST  
OFTEN BE THE  
WINNING TEAM.**

”



**F&S: What are the physical qualities required for a 7's player?**

**MJ:** Players for this version of rugby need to be quick, fast and have good endurance. Agility and flexibility is another critical area of the 7's game.

**F&S: How would you physically build a 7's player?**

**MJ:** I think more than building players for 7's, it's about their natural talent which must be further developed to make them better players. For a bulky 15's player it is difficult to adapt to the 7's game. But for an athlete of another sport that involves a lot of running then yes it is possible to make him a good 7's player as there is already a good fitness base.

### **F&S: What benefits does weight training have for a 7's player?**

**MJ:** Rugby is all about moving forward and gaining ground to score while staying on your feet. Being strong and powerful helps you achieve this objective.

### **F&S: How do you think Sri Lanka can improve its rankings in 7's on the world stage?**

**MJ:** I think we have the talent, speed and endurance but we lack the strength and build. Also our players play all formats of the game (7's / 15's / 10's). I think we need to specialize players for rugby 7's. Make it professional where they concentrate only on rugby 7's. We must groom the youngsters and then identify their individual talent that will suite rugby 7's.

### **F&S: How can a youngster take up the sport of Rugby and one day play for his country?**



**MJ:** Actually it is about being passionate for the sport from childhood. When you become 15/16 it's very difficult to mould the youth for any sport. It begins from childhood. From childhood you should have that goal and dream of playing the sport for your country. Then you must have the discipline to go to practices and dedicate your life to realizing your dream. Then if you stick with your training and with the grace of God you will become successful.



**FITNESS IN  
THE CITY**

***Fitness Sports***



**FITNESS**  
IN  
THE  
CITY

*by General Palitha Fernando*



Driving around the city of Colombo and the suburbs one can't help but notice the greenery and open air recreational facilities that are available for all people living in the city. People from all walks of life are now enjoying the vast open spaces that include, walking/jogging paths, cycling tracks, waterways for rowing and boating and even outdoor fitness centres where one's own body weight can be used to get a good strength building workout.

As the pace of life has become a rat race and living spaces have become smaller people are limited to a few

square feet of office and home space each day. Every day, one travels to the office, sits in his/her office and then heads back to the home which has got smaller over the years. The hectic pace of life takes its toll on one's health and family life. The Urban Development Authority (UDA) has stepped in to promote a healthy way of life that will benefit all those living in Colombo and the suburbs. It is in fact fitness for all!

The UDA believes that fitness and good health is a right not just for a select group of people but should be enjoyed by everybody irrespective of

their economic or social standing. Earlier fitness facilities were exclusive for members of sports clubs and gyms. Now with the new facilities available, fitness can be enjoyed by everybody as they are absolutely free!

Exercising outdoors has many benefits. The exerciser breathes fresh air and is in a natural surrounding bringing him/her closer to nature. The different types of trees and the birds and animals are a refreshing site in comparison to the work place.





There is more freedom of movement and one does not have to wait in line to use a particular machine like in the gym. Also there is no membership fee! The whole family can exercise together and this brings the family closer.

Many forms of exercises can be done outdoors. Yoga, meditation, walking, running, cycling, rowing are what people can enjoy now in Colombo. There are also joint exercise sessions being conducted like aerobics which cost a nominal fee. This fee covers the cost of running the session like the sound system, maintenance etc.

Exercise outdoors can also become a social event. Groups of people have been consistently being doing their

daily walks at Independence Square and the Race Course Grounds. Today there are many more groups of people walking and cycling. However, there is room for more groups to get together and exercise. If friends, colleagues start meeting at the jogging track or water parks for exercise then they get to exercise and socialise at the same time. Then once a month all the different groups of walkers, joggers, cyclists could come together for one big walk, run or bike ride. That would be a splendid sight indeed. When you exercise together the bonds of friendship gets stronger and this leads to social events outside of exercising. Many long



lasting friendships have been formed at the walking path. A run in the morning before work or a bike ride on the weekend will certainly make you fitter and really spice up your social life.





The UDA has ideas to further encourage people to get fit and feel better. High rise apartments can conduct runs from the ground floor up to the highest floor. This will surely get the heart pumping! Already the World Trade Centre and Jaic Hilton conduct such runs. In time to come there will be mountain bike courses and climbing walls to further increase the outdoor fun.

**The outdoor facilities available now are many. They include:**

- **The Valli Park and Water Way in Nugegoda**
- **The Bellanwilla Cycle Track and Walk Ways**

- **The Diyatha Uyana Walk Ways and Exercise Area in Battaramulla**
- **The Water Ways in Battaramulla and Parliament Areas**
- **Health and Fitness Programmes Conducted Outdoors**
- **The Race Course, Independence Square Walking/Jogging and Cycle Tracks**
- **The Viharamadevi Park**

The UDA has provided better quality housing for the poor people of Colombo who were living in shanties. Now these people live in good quality apartments thus enjoying a better quality of life compared to what they

had before. The fitness facilities in the city are for these people to enjoy as well, so they can adopt a healthy and positive lifestyle.

***In the future the citizens of Colombo can see more outdoor activities to enjoy. It is the plan of the UDA to extend these facilities to other cities and towns. A lot of planning and work has been done to improve the fitness and wellness of the people of Colombo. The UDA encourages the people to use these facilities that are there and get fitter, healthier and enjoy a good life.***



**THE NORTH  
OF THE CARL**



# **NORTHERN GLADIATORS WINNING SUPER SEVENS**

**NTN SUPER SEVENS 2014 SR  
ST LAGGA & AUGUST COLO**



Photo credit to the Papare.com

**The Northern Gladiators** also known amongst its members as the “Gladiator Family” is a rugby team playing in the Carlton Super Sevens Rugby Tournaments. This exciting tournament attracts the world’s best sevens players and highlights the best of Sri Lankan talent. The Northern Gladiator franchise is owned and managed by Cargills (Ceylon) Plc.

To its members, The Northern Gladiators is more than a team, it is a family. This family spirit is nurtured by the team management, coaches, physio and carried on by the players on the field. The rugby played by this team displays a lot of hard work and heart. The big hearts of the Gladiators and its style of play is what make them a team to be reckoned with in these tournaments. It is this quality of not giving up against seemingly

insurmountable odds that draws the spectators to cheer for them. Like the gladiators of old, the Northern Gladiators display all their training, skill and courage, on the rugby field of The Carlton Super Sevens Rugby Tournament.

This year, The Northern Gladiators gave a stellar display of top class rugby in both the Local and International Carlton Super Sevens tournaments.



In the Carlton Super Sevens Local tournament they recorded only one loss in the final of the first leg and were completely unbeaten in the second leg becoming Joint Champions of the Local Tournament of The Carlton Super Sevens.

In the Carlton Super Sevens International Tournament, the team became champions of the Colombo Leg after winning an exciting final. Against the odds, facing a formidable opponent and thrilling all those who witnessed the game. It was a wonderful achievement for the team to win the final of this prestigious tournament at the Colombo Race Course Grounds. A moment which will be cherished by the whole team.





The Northern Gladiators that became Joint Champions of The Local Tournament of The Carlton Super Sevens are-

#### Players

**Captain:** Fazil Marija  
Sudarshana Muthuthantri  
Mithun Hapugoda  
Dhanushka Ranjan  
Radeesha Senevirathna  
Mohamad Rizmeer Jabbar  
Damian Ratwatte  
Lahiru Weerasinghe  
Amjad Buksh  
Janith Chanaka  
Dharshana Etipola  
Vishvamithra Jayasinghe  
Pabasara Hewage  
Dilshan Kelaniyagoda

#### Staff & Management

**Coach:** Mushtaq Jifrey  
**Physio:** Priyankara Buddika(Buri)  
**Manager:** Thushan De Alwis  
**Supervisor:** Praveen Muttukumaru  
**Head of Cargills Sports:** Rumaiz Rahim

The Northern Gladiators that won the Colombo Leg of The International Tournament of The Carlton Super Sevens and placed 2nd overall in the tournament are-

#### Local Players

**Captain:** Fazil Marija  
Padeep Liyanage  
Sudarshana Muthuthantri  
Mithun Hapugoda  
Roshan Weeraratne  
Danushka Ranjan  
Lasintha De Costa  
Damian Ratwatte  
Rizah Mubarak  
Imanka Ariyapala

#### Foreign Players

David Halaifonua (Tonga)  
Jasa Veremalua (Fiji)  
Niua Folau (USA)  
Mosese Mawalu (Fiji)  
Niko Verekaita (Fiji)  
Sevuloni Mocenacagi (Fiji)

#### Staff & Management

**Head Coach:** Adrian Ferris (New Zealand)  
**Assistant Coach:** Mushtaq Jifrey  
**Physio:** Priyankara Buddika(Buri)  
**Manager:** Thushan De Alwis  
**Supervisor:** Praveen Muttukumaru  
**Head of Cargills Sports:** Rumaiz Rahim

MAKE WAY  
FOR THE  
FUTURE



**TELTAB**

**Smarten up the way you communicate  
with SLT's new Smart Phone**

Exclusively for SLT Broadband customers on ADSL, VDSL, 4G LTE and SLT Fibre.

Visit your nearest Regional Telecom Office or Teleshop to purchase your phone.

Now available for Rs. 35,000/- only (inclusive of taxes)



[www.slt.lk](http://www.slt.lk) | Hotline: 1212



Sri Lanka Telecom  
One Country. One Voice.





# Made from Sri Lankan Fresh Milk



Rs. 30/- upwards

A QUALITY **Cargills** PRODUCT