

# FITNESS & SPORTS

Volume v

**ANGELO  
MATHEWS**  
THE HEART OF A  
CHAMPION

**SRI LANKA  
MUAY THAI FIGHTER  
KUMUDU  
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**KRISHANI  
GEORGES'S**  
PATH TO WELLNESS

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# SPORTS

## AN IMPORTANT PART OF A CHILD'S DEVELOPMENT

“Sport represents the best school of life by teaching young people the skills and values they need to be good citizens.” Adolf Ogi, Special Adviser to the United Nations Secretary-General on Sport for Development and Peace

Sports give children many of life's most valuable lessons that cannot be taught from books. Lessons like getting along with others, self-discipline, fair play, respect for authority, respect for the dignity and rights of the other, control of one's own emotions and management of another's emotions, self-confidence, overcoming challenges, leadership and overall character building are taught to a child through sports. All this is learnt whilst exercising the body which is very beneficial to the physical development of the child. The old Latin saying “A sound mind in a sound body” shows the correlation of the mind and the body. Both should be exercised for a healthy individual. Sports for all, means good health for all. Below are explanations for some of the important lessons that are taught from playing sports.

### **SPORTS FOR TEACHING LEADERSHIP AND ENCOURAGING TEAMWORK**

Sports teaches children to have confidence in themselves and a belief in their own abilities. Self-confidence is the essential ingredient to do anything in life. If we look around us in our own country, we can see that many respected leaders of society, whether it be in the public sector, the corporate world, the military, medicine and other fields, you will find many sportsmen. Sports have taught them to be strong in mind and in body and

“how to play the game” and to control one's own emotions and to manage another's emotions. This is an important trait of leadership. Encouraging your child to play sports and participate in an active lifestyle will help him/her become a citizen that will make a significant contribution to society and to the country. A child learns from playing sports to work with others in order to achieve a common goal. In life, always, the collective efforts of a team achieves much more than individual effort alone. This lesson can be learnt early through sports.

### **SPORTS FOR TEACHING PERSEVERANCE**

“Winners never quit and quitters never win” Vince Lombardi, the legendary American Football coach. When a child encounters defeat in sports, the coach and parents must encourage the child to be resilient and determined to keep trying and to never give up. Persistence always wins the day. And the essence of sports is in taking part, but not necessarily, in winning all of the time.

### **SPORTS TO IMPROVE FITNESS**

Playing sports encourage children to be fit. Active participation in sports encourages children to take good care of their bodies. The healthy habits cultivated through sports will lead to healthy habits during adult life. Exercise, adequate rest and a healthy diet are important for the physical development of the child to become a healthy adult.

### **SUMMARY**

The above strengths delivered through sports, are the important reasons why children should be encouraged to participate in sports for their overall development. Childhood is a very important phase of life because it determines the character that the child will grow into. “The Child is Father of the Man” William Wordsworth rings true to this fact. That is why it is so important that children have a good childhood to help them grow into good, responsible and healthy citizens.



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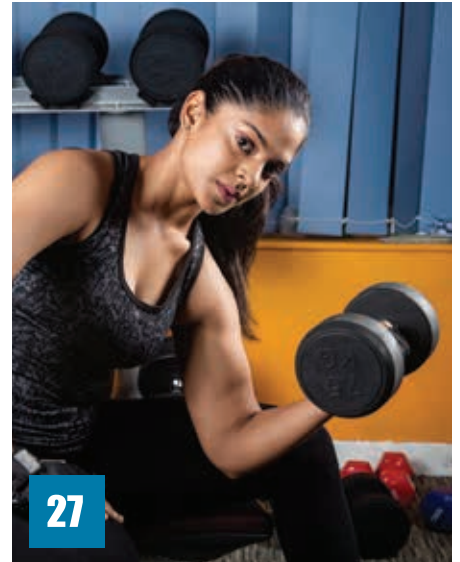
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**PUBLISHED BY**

*P E ENTERPRISES (PVT) LIMITED*

VOLUME V

**EDITOR**

*Praveen Emmanuel Muttukumar*

**CONCEPT & DESIGN**

*AAA Creations*

**PRINTERS**

*Softwave Printing & Packaging (Pvt) Ltd.*

**PHOTOGRAPHER:**

*Prishan Pandithage*

**ADVERTISING & ENQUIRIES:**

*praveen@pe-enterprises.com*

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***Dear Readers,***

Welcome to Volume V of Fitness & Sports. We are proud to present to you as our cover feature non other than our national cricket captain Angelo Mathews. Angelo has proved his mettle as Sri Lanka's youngest ever test captain. He is an honest, hardworking young man who is committed to his team and his country. The interview with Angelo comes straight from his heart and will surely inspire you to stay focused on the basics in order to reap the results.

Volume V also features Kumudu Prasanna, a Sri Lankan Muay Thai (Thai Boxing) fighter who won against a seasoned fighter in a professional fighting league in Thailand. Kumudu's story is one of guts and dedication which will eventually lead him to glory.

Dr. Harindu Wijesinghe, the President of the Sri Lanka Institute of Sports Medicine shares the value of sports for the overall development of children and gives valuable insight into the fields of rheumatology and sports medicine which will be beneficial to our readers to live a healthy and active life.

As March is the month of women and we past marched "not too long ago", we have in this Volume some very fit and strong women. Some of these lovely ladies are professional fitness trainers and some are wives and mothers but what they all have in common is a determination to take their health and life into their own hands and be an inspiration to other women to follow suite.

I would like to thank all those kind and wise individuals that have encouraged and supported the endeavor of this magazine since the inception. Their time, advice and supportive words continue to be a great source of motivation and strength. I also thank the loyal advertisers for their continued faith in this magazine to promote fitness and sports in our beloved Sri Lanka. Most importantly, I thank God for his blessings that makes everything possible.

***"Without love, loyalty, desires, passion, courage, dignities, faith, beliefs and all the other ingredients that go into making the human soul something so elevated that only God knows its limits, we are only shells bobbing aimlessly in a calm sea of mediocrity..."***

*- Sylvester Stallone*



**Praveen Emmanuel Muttukumar**

*Editor*

**FITNESS & SPORTS**

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## **MEGHNA SINGH SPOUSE, MOTHER & DIPLOMAT**

**FITNESS & SPORTS HAD THE OPPORTUNITY TO MEET MEGHNA, A LADY WHO FITS INTO HER ROLES OF SPOUSE, MOTHER AND CAREER DIPLOMAT WITH GRACE AND POISE. SHE SHARES HER POSITIVE OUTLOOK AND THE IMPORTANT ROLE FITNESS PLAYS IN ENABLING HER TO LIVE A FULFILLING LIFE. HERE IS WHAT MEGHNA HAS TO SAY...**



## Who is Meghna

This is an easy one. I am a woman and with all that being a woman sometimes can entail, such as, I am a daughter, a mother, a spouse, an employee of the European Union and an individual with the potential to be stubborn until the unachievable seems almost within reach. A few years back I would put myself in one category but with age and experience, I realised that the most defining part of me is that of a mother. I suppose the correct

answer to that question would be, I am 39 years old, I have lived in Sri Lanka for three years and was in Addis Abeba and Kabul before this but all this is just fact-stating and a walk in the park compared to getting the homework done of a 4.5 year old!

## My Love For Fitness, When Did It Begin?

I was not always a fitness freak. I was never chubby and never really needed to make an effort to be fit. Like all young girls I

associated fitness with having a good figure. I did however admire people who had the determination to get onto this seemingly difficult lifestyle. When Emilie was born, I was naive enough to think that this change too would be managed by my body. Then when I came to Sri Lanka in 2013 a year and a half after Emilie was born, at the airport, the guards ever so kindly said 'Madam, in your condition, you shouldn't go through the usual security x-ray, just pass through instead'. I realised that

they thought I was pregnant! When I was not. This got me thinking if I actually was as fit as I thought I was. Even before I bought spoons and forks, I was in the gym 4 times a week. Thinking back, I remember wondering how long it would take to go back to my usual Body Mass Index (BMI). Now I know, it isn't about the BMI, it is about general management of one's lifestyle and actions.

### **How Has Fitness Given Me Strength In My Different Roles In Life?**

It has transformed me completely. The life I lead or we all lead is by and large stressful. We take from one energy chamber and give to another or that's what I did. I was either, taking energy from my work and putting it into home management or vice-versa. I think I am far more balanced now but also because I have far more energy. I don't need to steal energy anymore and energy is in abundance. I run after time but I don't run after energy anymore. Getting back to the question, knowing that you have the willpower and the physical capacity to do things can only strengthen you in all roles in your life. Fitness gives me that strength

both mentally and physically to do all the activities I need to do in my life and to enjoy life.

### **What Do Me And My Family Eat?**

We are a multicultural family so our eating habits are varied. I am vegetarian while my spouse and child eat practically anything. There is a lot of grilled fish/chicken during the evenings, plus salad. While they dig into that, at my end there will always be lentils or a chickpea salad + bread. All of us though eat ample portions of green vegetables. Mornings are fruits, cereal, biscuits and eggs at times while





lunch is often rice and curry/pizza if we are terribly starving or the fantastic Halumi/Mango salad at Café Kumbuk.

## **What Keeps Me Motivated?**

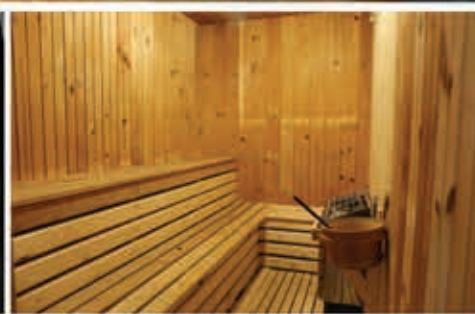
Internal motivation comes from understanding that 1 hour every other day does not mean that time from my family is stolen. That 1 hour adds more quality to the life I lead with them than anything else. I recently met a girl and asked her if she wanted to join me at the gym and to which the reply was that she likes to spend time with family after work. I sway between

understanding her response and not completely understanding it. I do want to spend time with my family but if perhaps the 1 hour in the evening is stealing family time, then 1 hour in the morning could be done. There is always a way to make exercise possible because it enhances the quality of the time you spend with your family. I have always believed that just having the energy to have a fun filled family time is one of the things that keeps me motivated.

## **The Role of Family, For Personal Happiness and Wellbeing**

It is not possible to do all that I do without the support from those around. My spouse is into sports (rugby, tennis, running) and so that the moment he sees me lounging about, overeating or generally being lazy, he props me up and goes to the gym, with me in tow! It's very annoying when it actually does happen but also motivating knowing that I can make general chitchat with my husband while trying to do a clean and jerk! Yes, family is the foundation for my personal happiness and a happy home is what life is all about! Being fit and healthy enables you to enjoy your loved ones and have a positive approach to live life to the fullest!





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# **ANGELO MATHEWS**

THE HEART OF A CHAMPION

**It** is uncommon to find a young man who has achieved so much in his chosen field, shouldered the hopes and aspirations of his country to be so approachable and down to earth. Angelo Mathews is such a man.

Angelo became Sri Lanka's youngest ever test captain in February 2013 at the age of 25. Leading our team to a landmark series victory against the English in their own backyard. Angelo achieved a herculean feat of 160 runs of 249 balls in the

second match of this series. In 2013 he became the One Day International (ODI) captain. He was a member of the Sri Lanka team that won the T20 World Championship in 2014. Angelo has proven his mettle as a dependable batsman, coming to the rescue during difficult times to help save the day. He is a captain who leads by example with a cool temperament in the face of adversity. Fitness & Sports is proud to have as our main feature for this volume, our Cricket Captain Angelo Davis Mathews. Currently he is recovering from an Injury but rest assured he will be back in the park, fitter, stronger and bolder than ever. Here is what Anjelo has to say...



## **Fitness & Sports: When did cricket become part of your life?**

**Angelo Mathews:** I come from a very strong cricketing background. My brother played cricket for St. Joseph's college and my father also played cricket for his school Badulla Uva College. Initially I started by doing athletics for college but because my family is so into cricket it was only natural for me to take up cricket. That was the choice I made while at college and I believe I have made the right choice.

## **F&S: Describe your school cricket experience at St. Joseph's College and your proudest moment playing for your school?**

**AM:** It was at college where it all began. I am very thankful and grateful to St. Joseph's College for who I am today. It is all because of my family and my school especially. My college gave me a lot of opportunities to showcase my talent and I am very thankful for that experience. Watching my brother play at the big match made me want to play in the big match. Playing a big match is always a dream come true and I have played five big matches for college. These moments are what I will always cherish as a young cricketer.

## **F&S: Your advice for schoolboy cricketers aspiring to make the transition to the national side?**

**AM:** The best advice that I can give to a young schoolboy who is serious about his cricket is to enjoy the game and not to put too much pressure on himself to play for the national team. Just enjoy your game, focus on what you have to do and give one hundred percent. Don't worry about the result. This approach

will take you a long way and the results will follow.

## **F&S: Who are the top bowlers that you have ever faced?**

**AM:** I have faced quite a few very good bowlers. In every team

there are few bowlers who are really threatening. As of now I can name Dale Steyn as one of them, Mitchell Johnson is also one of the top bowlers. There a lot of very good bowlers out there who put a lot of pressure on the



batsmen but these two individuals stand out as outstanding bowlers and I am fortunate to be able to play against them.

**F&S: Who is the cricketer you look up to and why?**

**AM:** As a kid I used to watch every Sri Lanka game and I really admired a few players from the Sri Lanka team. To name a few, Aravinda De Silva, Muttiah Muralitharan, Chaminda Vaas, Sanath Jayasuriya along with Sanga and Mahela as well. Apart from those players, the one I really looked up to was Jacques Kallis. Purely because he was an all-rounder and the effort he has put into his game and the long career that he had is unbelievable. Going by statistics, he is the best ever all-rounder the world has ever seen. He is one amazing character and I am lucky to have played against him. He is one of the players that I have looked up to ever since I was a child.

**F&S: Your favourite stroke and how it came to be?**

**AM:** My favourite shot is the Pull Shot. No special reason but I really love playing the Pull Shot.

**F&S: It is very evident that demands in cricket have increased over the decade, how do you prepare for an upcoming series?**

**AM:** These days with the work load and the amount of cricket that we play it is very tough both mentally and physically. We have to be very well prepared to meet these demands. Skill wise we do all the necessary training. For me, personally I do not like to have any doubts walking into a game. So I prepare to the best of my ability and according to the opponents that I face. I work very closely with the computer analysts and the

coaches to see how my opponents will attack me when I am batting and how they will attack me when I am bowling. I really focus a lot on the basics and what the opponents will throw against me. It is important to prepare both individually as well as a team. We study the videos of

the teams we are up against. Preparation is a number one priority. When you play a lot of cricket you do get tired and it is very demanding on the body. But we are cricketers and this is our profession and what we love to do. We want to play every single game.



**F&S: Where do you derive your resilience and your will to win?**

**AM:** Day in and day out, it is about being consistent. As a player you need to be consistent because that is what the team is looking for in you and as a team we are collectively striving for consistency. We put in consistent hard work as a team and that is what really keeps us going. As a team we want to strive to be the best and trying to be consistent really pushes us day in day out.

**F&S: What are the specific fitness areas you focus on to help you?**

**AM:** Being an all-rounder is not an easy task. You need to be exceptionally fit as your role is extremely demanding. You need to be focused on your endurance training as well as your strength training. We have very specialised coaches in these areas so we work very closely with them. They put us on a training programme to help us meet our individual demands on the field and they guide us throughout the process. Training has to be harder than the game. It is about consistently pushing ourselves to become better.

**F&S: From your experience of playing with different international T20 franchises, what are the best fitness routines we can adopt from those countries into our national side?**

**AM:** If you look at franchise cricket or international cricket you see very clearly that it has gone to another level. When it comes to fitness everyone is involved. There is no big difference in the fitness training in franchise cricket and international cricket. A lot of top T20 cricketers evolved recently in the past six to eight years and franchise cricket has come a long way. For me the number one format is test cricket because that is the ultimate. You will see it is the same for most players.

**F&S: What is your advice to players to minimize injuries and deal with subsequent injuries?**

**AM:** Well, I am actually dealing with a lot of injuries at the moment and I have spoken to a lot of experts as to why I am getting injured. I had a good four years without injuries where I did not miss a game from 2013 to 2016. The last eight months was big toll on my body and I have been struggling with injuries during this period. The doctors, physios and the



trainers have told me it has to do with the work load. Managing yourself is very important. You should be able to know your body. You should know when you need a rest. However, because we love the sport so much, we want to be involved in every game. If I manage my bowling workload, basically that is what the doctors also say, I should be able to contribute more as a batter going forward. To keep injuries at bay, you need to manage your workload and work closely with the physios, the trainers and the doctors as they know what is best for you and learn to strike a balance.

**F&S: Cricket is played in 3 different formats, how do you train for each format and how does the body adapt to the different training routines?**

AM: Because we play all three formats, we need to train accordingly. With regard to speed, agility and endurance, you need to prepare your body in all these aspects of fitness. If you train your body to cope up with endurance then it is in line with

the demands of test cricket. ODI's and T20 cricket involve more speed and agility. Earlier there was a preseason and season but now there really is no preseason because of the amount of cricket that we play, so we have to train constantly to meet the fitness demands of international cricket.

**F&S: What is your greatest moment in your career?**

AM: I have got a few. Mainly, the 2014 World Cup winning moment was a special moment and always will be "the moment" for me. Winning a World Cup is not easy whether it be an ODI or a Twenty20. In 2014 we had an extremely fantastic run. We made history in England by winning the first ever test series and also winning the Asia Cup along with winning the T20 World Cup. For me being picked for the ICC Test Team of the Year and being appointed as captain for the Test Team of the Year was a glamorous moment for me. Winning the test series against Australia by 3-0 in July 2016, is also a momentous occasion for me.

**F&S: What is your greatest challenge as a captain and how do you overcome it?**

AM: When you are the captain you are always under pressure and that is something you have to deal with. As the captain you must have the backing of your teammates that is very important. If you don't have the backing of your teammates you would rather step down. I have had the support of my team ever since I received the captaincy, which was a great help for me. I had the support of Kumar Sangakkara, Mahela Jayawardena, Thilan Samaraweera. And even now we have a few experienced players like Lasith Malinga, Rangana Herath and Nuwan Kulasekera so it was very easy for me to take over as the captain because of these experienced players



in the side. At the moment we have a lot of young and upcoming players and we have been in a period of transition for the last one and a half years. However, winning with experienced players is not the challenge, instead nurturing and guiding the younger players in the side and seeing them transform into match winners is the real challenge and is also a very rewarding experience. On the whole, being a captain is always challenging, I have managed to enjoy it so far but whenever I think that I have had enough I will step down.

**F&S: What are your goals for your team?**

**AM:** As a team we always want to strive to be the best. In the past year or so we have gone down in our rankings so we want to work on that. Our short term goal is the upcoming Champions Trophy and the long term goal is the 2019 ODI World Cup irrespective whether I captain the team or not. We are preparing as a team for the 2019 World Cup. Leading up to the 2019 World Cup we want to take each series at a time and to focus on every game we play.

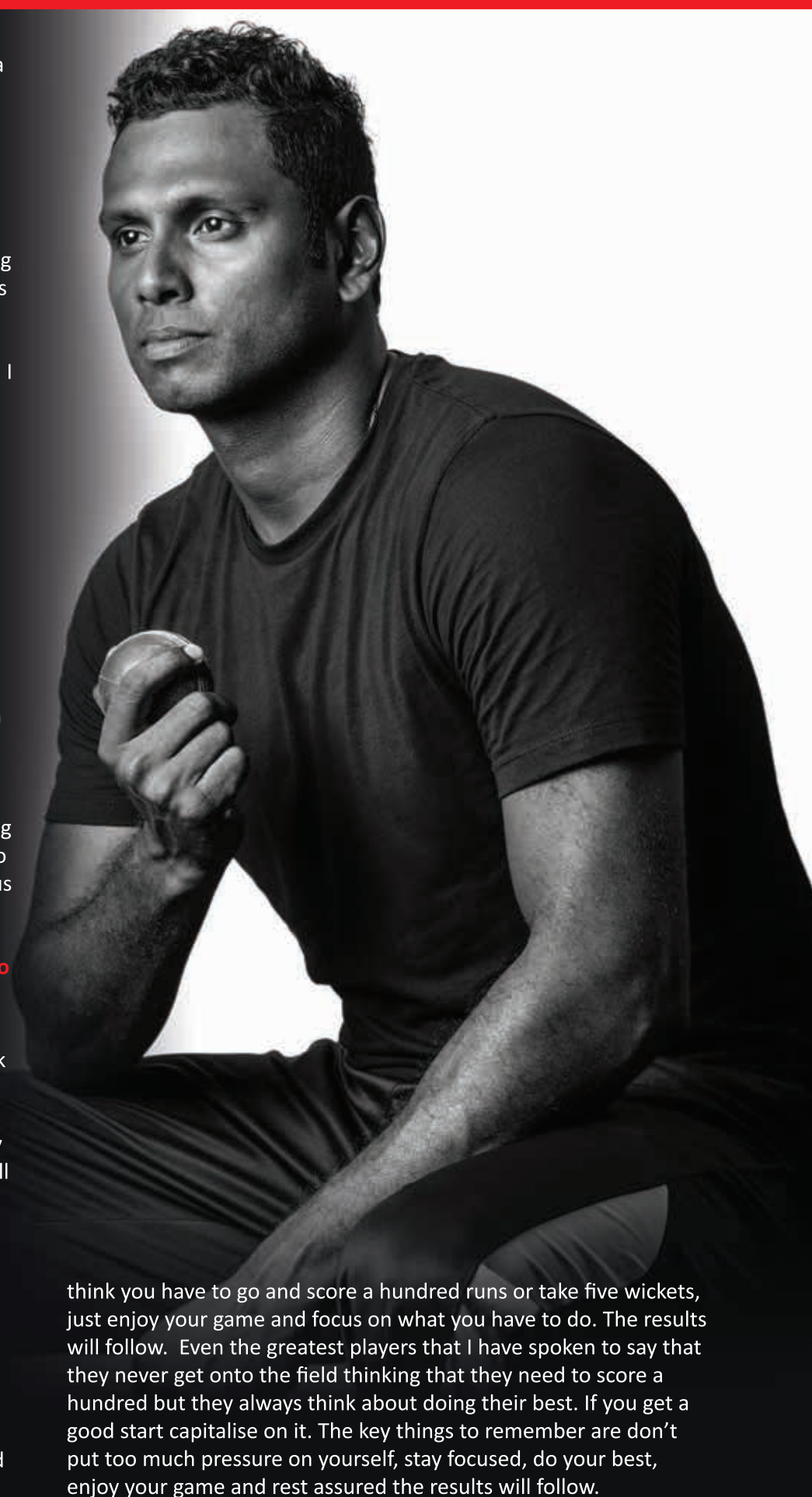
**F&S: Who would you appreciate who have helped you come this far in your cricket career?**

**AM:** I first thank the Almighty. I thank my parents, my wife, all my coaches who have coached and guided me throughout my career, my school, my teachers at school and my friends. All of them have supported me and being there for me during both the ups and the downs and I am very grateful to have them all around me.

**F&S: What words of advice do you have for young cricketers?**

**AM:** Don't look too far ahead. Yes, if you want to play for the national team you must have this goal in mind but don't let this pressure you. Don't

think you have to go and score a hundred runs or take five wickets, just enjoy your game and focus on what you have to do. The results will follow. Even the greatest players that I have spoken to say that they never get onto the field thinking that they need to score a hundred but they always think about doing their best. If you get a good start capitalise on it. The key things to remember are don't put too much pressure on yourself, stay focused, do your best, enjoy your game and rest assured the results will follow.





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# **@PHYSIQUE.BY.SARI**

## SARANI TILLEKERATNE'S STORY

Sarani Tillekeratne is making big waves in the Sri Lanka fitness scene. Her Instagram page known as @physique.by.sari has attracted a large following and is growing as we speak. Sari (as she is fondly known) has been involved with sports from a very young age but due to her academic commitments she took a break from physical activities and experienced excess weight gain. Sari realised the need to take her life into her own hands and began her journey back into fitness and training, which led her to become stronger, happier and of course prettier, than ever! Here is the story of @physique.by. sari...

### **My Relationship with Fitness & Sports**

I'm a 22 year old "ex-fat chick" who is obsessed with weight training (bodybuilding/body sculpting). I am currently studying fitness and marketing and working as a freelance personal trainer. I spend my free time cooking new healthy recipes and playing with my dogs.

My relationship with fitness & sports began when I was in school. I was always an athletic kid. I joined my school, the Ladies' College hockey team, when I was 10 and went on to vice-captain the senior team. In 2011, I was selected to the Sri Lanka Hockey Under-18 pool and was awarded National Colours and Sri Lanka Schools Colours for hockey. During my school years I took part in many inter-house sports events like badminton, athletics etc. Though I was always a "chubby" girl, hockey practices helped me keep my weight under control. I love doing any sort of physical activity, especially team sports. It is very satisfying both physically and mentally.

### **Weight Gain and Depression; The Vicious Cycle**

After sitting for my Advanced Level Examinations in 2013 I put on a lot of weight. This was due to lack of physical activities. Like most other girls, I experienced the typical emotions and consequences of stress and depression due to weight gain and all the other insecurities that come with it. I fought for about 2 years, trying to start my weight loss journey but had many failures and relapses. It was a cycle that I could not break at that point in my life. Though at times I was losing weight due to crash dieting and over training, I soon went

back to binge eating and put on the excess pounds.

### **The Making of @physique.by.sari**

The beginning of the journey finally came in April 2016, where I became fed up of my weight fluctuations. I decided not to become obsessed with weight loss but rather focus on a more sustainable approach to become healthier. I thought I will make small changes to my routine so that I can gradually make permanent changes. The trick was not to "overthink" weight loss. I discovered that fitness was a lifestyle and kept trying to find what workout routines and diets would actually work for me. What I discovered was that fitness was not just going to the gym or going on a crash diet rather fitness is a lifestyle. A lifestyle that should be enjoyable and fulfilling to the individual.

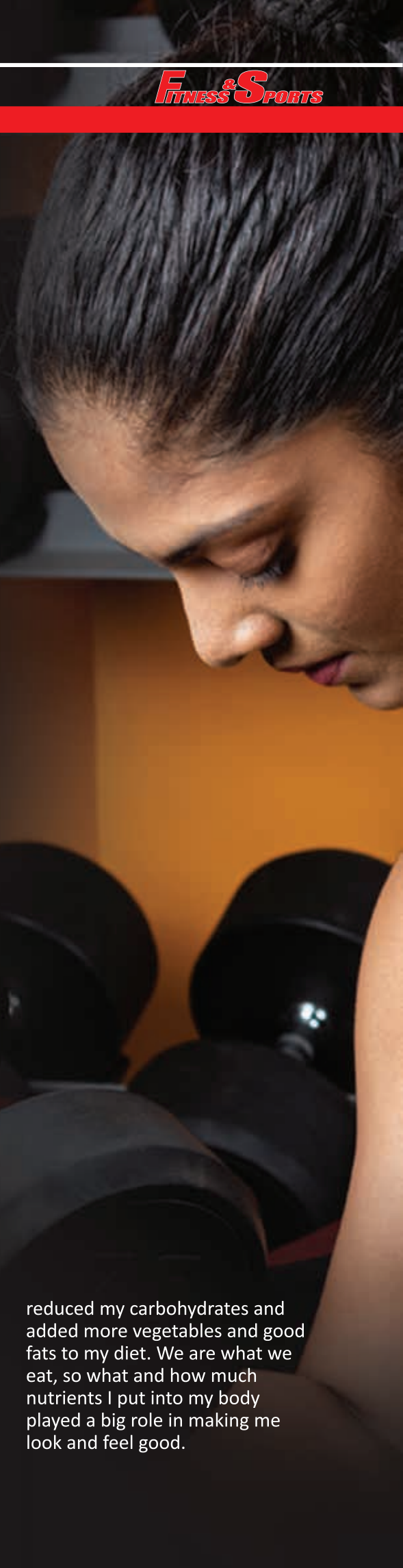
### **My Training**

I started training for just 40 minutes a day in my bedroom. Easy full body circuits and abdominal exercises. This routine exhausted me in a short amount of time and I felt that was enough as a daily workout. As time passed, I got stronger and the workouts got easier and fat started melting off. It was now time to tone up. I hit the gym again and started weight training and did cardio after the weight training sessions.

### **My Nutrition**

I love eating meat so all I did was that! Chicken, eggs, beef and fish. I would eat any kind of protein source that I could find. As my muscle weight increased, so did my daily protein requirement. I started taking a scoop of whey protein powder to supplement my post workout nutrition. I

reduced my carbohydrates and added more vegetables and good fats to my diet. We are what we eat, so what and how much nutrients I put into my body played a big role in making me look and feel good.



## **EZ bar curl**

Works: Bicep

### **Step 1**

- Hold the EZ curl bar at the wide outer handles with your palms facing forward and slightly tilted inward due to the shape of the bar.
- Stand up straight and tuck your elbows in.



### **Step 2**

- While keeping your upper arms stationary, curl the bar up towards your body while contracting the biceps. Remember, only your forearms move.
- Raise the bar up to shoulder level. Flex your biceps at this position for a brief moment.
- Then inhale and slowly lower the bar back to the starting position.



## Landmines

Works: Shoulders, Core & Upper Body Explosiveness

### Step 1

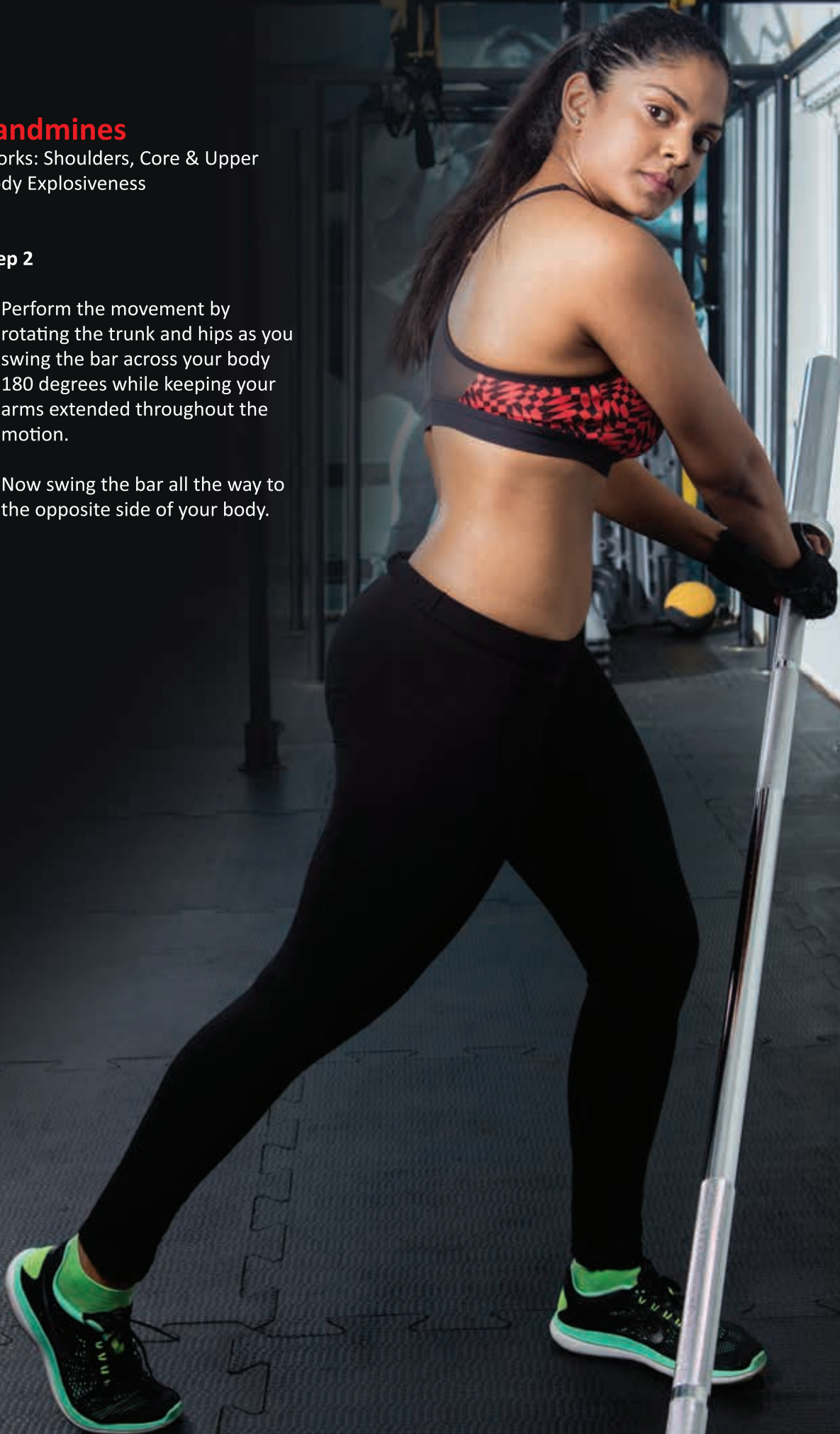
- Position the bar into a landmine or securely anchor it in a corner to ensure stability.
- Take a wide stance and raise the bar with both hands (gripping the thick part of the barbell) from the floor to shoulder height. Keep your arms extended in front of you.

## Landmines

Works: Shoulders, Core & Upper  
Body Explosiveness

### Step 2

- Perform the movement by rotating the trunk and hips as you swing the bar across your body 180 degrees while keeping your arms extended throughout the motion.
- Now swing the bar all the way to the opposite side of your body.





## **Romanian Deadlifts**

Works: Hamstring, Glutes

### **Step 1**

- Stand with your feet spaced shoulder width apart. Grip the bar using an overhand grip (palms facing down) and just outside of shoulder width. If the weight is very heavy then you may need some wrist wraps. Your knees should be slightly bent. Keep your back straight and look straight ahead.



KEEP  
CALM  
AND  
CROSSFIT  
ON



## **Romanian Deadlifts**

Works: Hamstring, Glutes

### **Step 2**

- Exhale as you bring the bar up while driving your hips forward. When lowering the bar to the starting position follow the same path as when lifting and remember to inhale.

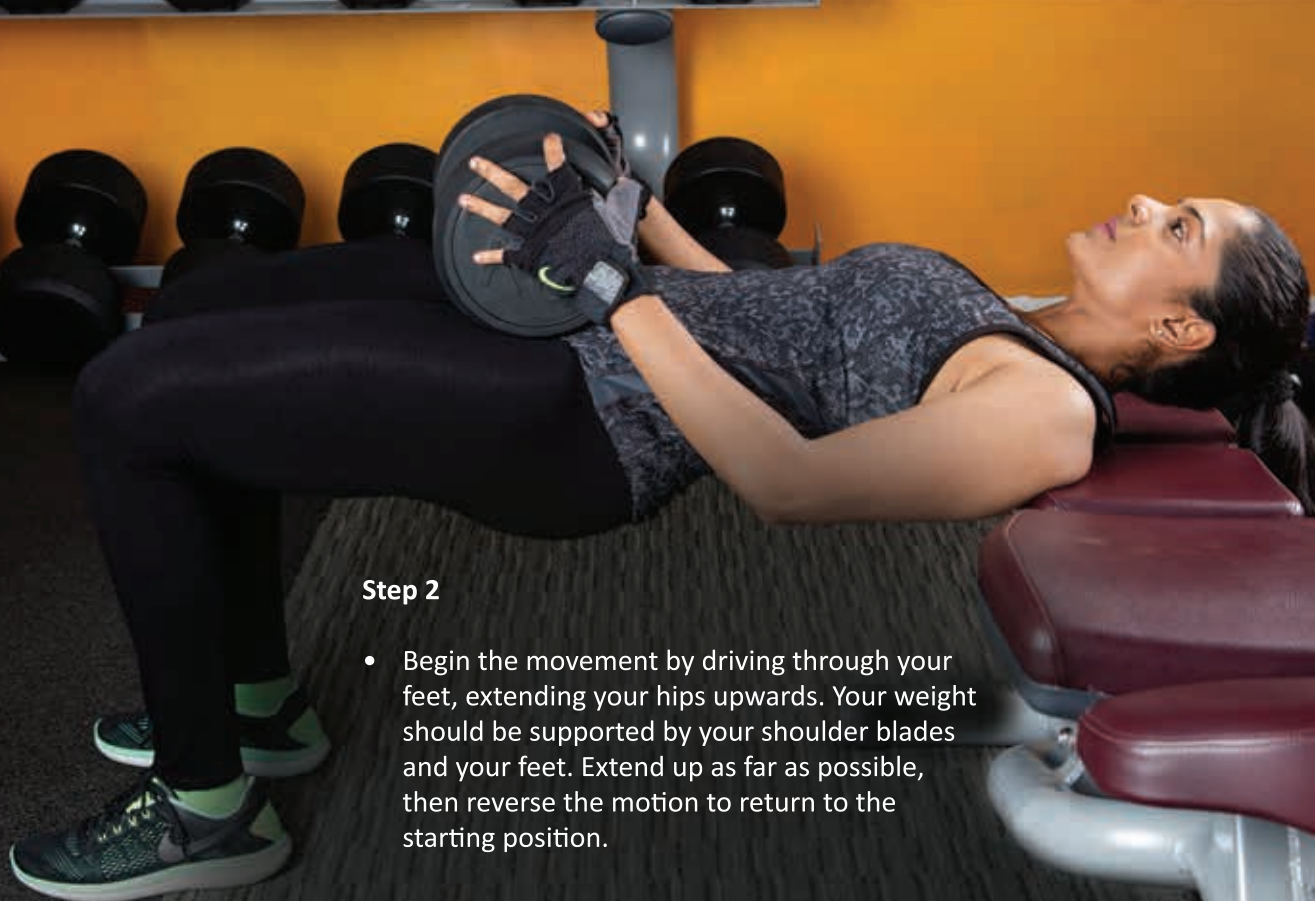


### **Weighted Hip Thrust**

Works: Glutes

#### **Step 1**

- Begin seated on the ground (knees bent) with your shoulders resting on the bench directly behind you. The dumbbell rests horizontally on your stomach touching your legs.



#### **Step 2**

- Begin the movement by driving through your feet, extending your hips upwards. Your weight should be supported by your shoulder blades and your feet. Extend up as far as possible, then reverse the motion to return to the starting position.

## Standing Smith Machine Calf raises

Works: Calfs

### Step 1

- Place a block or weight plate on the floor below the bar on the Smith machine (to increase range of motion). Fix the bar to a position that is comfortable for you to lift off the rack. Now step onto the block with the balls of your feet and rest the bar behind your shoulders.
- Rotate the bar to unrack it with both palms facing forward.

### Step 2

- Push off with the balls of your feet and raise your heels as high as possible while exhaling. Flex your calfs at the peak of this contraction. Remember to keep your knees extended. Hold this position for a second.
- Return slowly to the start position as you inhale.

## My Goals

My main goal is to rebuild self-esteem and confidence in girls and women through fitness, weight-loss and total body transformation. I want to encourage females of all ages to start weight training and shun all the barriers and myths that have to do with women lifting weights.

My personal goals are to complete my degree, further enhance my knowledge in fitness and to continue my fitness modeling career. I was blessed to have understanding parents and supportive friends who encouraged me on this journey. If I can be a source of encouragement and inspiration to more and more females to take their life into their own hands and get fit and feel better, I will be very happy.

*For Advice Sari can be contacted via  
Instagram: @physique.by.sari  
E-mail: enquiries.sarani@outlook.com*

Photos were shot at



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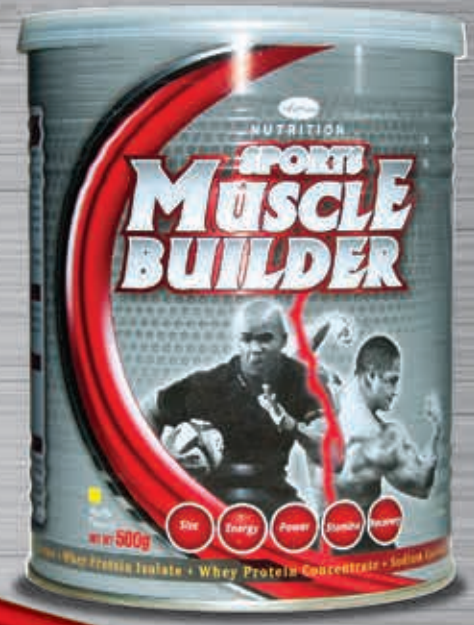
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**KUMUDU PRASANNA**  
**TAKING THE MUAY THAI WORLD BY STORM**

## Muay Thai

Muay Thai or Thai Boxing is a fighting art that originates from Thailand. Muay Thai evolved from Muay Boran, which was used by Thai soldiers in close combat during the times of the ancient Thai Kings. Muay Thai is a deadly fighting art that uses the fists, elbows, knees and the shins which makes the art known as the "Art of Eight Limbs". It is a lethal form of fighting that over the centuries evolved into a competitive sport. The sport of Muay Thai kept its popularity in Thailand and has spread to all over the world. Elements of Muay Thai are incorporated in modern mix martial arts due to its effectiveness in unarmed combat.

## Kumudu Prasanna

Kumudu Prasanna is Sri Lanka's most accomplished Muay Thai fighter, fighting at 60kg. He started as an amateur fighter competing in Thailand, the home of Muay Thai. Kumudu won all his 5 amateur bouts by Knockout (KO); an impressive record for the young man hailing from a simple home in Horana, Sri Lanka. The promoter in Thailand who was promoting Kumudu's amateur bouts was so impressed with his style of fighting and his body structure, requested Kumudu's Master to encourage his charge to turn pro. That was the opening door for Kumudu to get into professional fighting. Kumudu and his Master then sought the advice of the promoter as to how to embark on the journey to become a professional fighter.

Kumudu's professional fighting record is 5 wins and 1 loss. His 5

wins come by way of knockout! Kumudu had his first loss on the 2nd of December, 2016, where he lost the bout in the final round due to lack of stamina and was unable to continue. Undeterred, Kumudu returned to Sri Lanka and with the help of his team prepared for his next bout. On Christmas day he was back in Thailand at a Muay Thai camp to train for his next professional fight which was the MX Muay Xtreme. MX Muay Xtreme, is a professional fighting league that focuses on Muay Thai. In this fight, Kumudu scored a victory also by way of a knockout. His Thai opponent was more experienced and had a more impressive record than Kumudu, so Kumudu slayed a Goliath! Kumudu is extremely dedicated to his chosen sport. He would train with his Master Asoka Jayarathne in Sri Lanka and then fly to Thailand for a training camp



followed by a professional fight and then head back home. At home, Kumudu would try to make ends meet to provide a living for him and his wife whilst continuing his training schedule till it was time to head to Thailand and fight again. Fitness & Sports wishes to share his story of guts and determination in the pursuit of his dream.

### **Fitness & Sports: How and at what age did you get into Muay Thai?**

**Kumudu Prasanna:** I started my Muay Thai training with my Master Asoka Jayarathne in 2012. Before 2012 there were no proper facilities for the sport in Sri Lanka. Asoka Jayarathne is the Muay Thai Master who went to many different countries and studied Muay Thai and then started

teaching the art in Sri Lanka in 2012.

What attracted me to Muay Thai was the strength of this art. Muay Thai offers multi levels of attack. It is an offensive martial art. You can use your elbows, shins, knees and fists hence it is called the "Art of Eight Limbs". Even a defensive move is an attack. I felt that to study and master Muay Thai would be a challenge that I was ready to take up. This is what attracted me to this fighting art. Prior to taking up Muay Thai I did other martial arts, I also boxed for my school. After watching different movies I began to have an interest in Muay Thai. Actor Tony Jaa popularized Muay Thai through his films. This created a fascination in me towards Muay Thai. I began my quest to find

classes in Muay Thai and then by chance I came across a poster for Muay Thai classes by Master Asoka Jayarathne. Then I called him and began to study the art of Muay Thai.

### **F&S: How do you balance your day job while being a professional Muay Thai fighter?**

**KP:** My trade is fabrication. I was employed by an engineering company in Horana which had a plant to fabricate machinery. My daily routine was:

- 2.30 a.m. : Wake Up
- 3.00 a.m. : Leave home to come to Colombo for the Muay Thai class
- 4.00 a.m. : Muay Thai Class
- 7.00 a.m. : Finish class and leave to Horana for work
- 8.00 a.m. : At Work



The Kru (Master) & the Student doing the Wai Kru Ram Muay



- 5.30 p.m.: Finish work and practice at home for another 2 hours (sometimes I used to finish work at 11pm). Then I pack my training bag for the next day.

The above routine was for 6 days

a week. Sunday was my day off work where I came to Colombo to train. Right now I am unemployed as my employer has dismissed me due to my need to travel to compete in Muay Thai. I have advanced as a professional Muay Thai fighter but I'm finding it very

difficult to make ends meet without a fixed income.

**F&S:** What is special about the sport of Muay Thai for you?

**KM:** Muay Thai is special because of the high level of fitness and strength that is required to practice this art. It involves a lot of mental toughness to go through the physically demanding training routine which seasons you to compete in Muay Thai. Muay Thai is an art that requires a lot of training and involves the student and the master to get inside the ring and spar together.



It is not an art where the master gives only instructions to the student. In Muay Thai the master gets involved in the actual training and gets into the ring with the student to trade punches and kicks. Muay Thai training prepares your body to be combat ready at any given time. I feel that Muay Thai is a sport where I can show my maximum potential as a human being. There is no reason for me to hold back. I can freely express myself in this art.

### **F&S: Describe your training routine?**

**KP:** I train all 7 days of the week. I attend 4 Muay Thai classes with my Master per week and train the rest of the days at home using my own punching bag. My training routine at our gym in Colombo is as follows:

- 4.00 a.m.: 10km road running within 1 hour. Running not only builds stamina for the ring but also strengthens the shins. One of the first things you learn in Muay Thai is how to block a kick with your shin. This requires a lot of conditioning of the shins. Running plays a big role here. After the 10km run is complete, we do sprint training which is similar to high intensity interval training. We run 100 metres and then walk back and repeat the process for 10 sets.
- Skipping: We skip for 3 minute rounds with a minute's rest for 5 rounds. We do a variety of skipping techniques to improve our footwork.
- Balancing/stretching: We pair up and one partner will do a high kick and the other partner will try to throw the kicker off balance. This helps stretch the muscles in different angles which is a contrast to stretches used in traditional martial arts. We also do basic movements to stretch and warm up the muscles.
- Shadow Boxing: We start with the straight punches and then proceed to kicks. We do 3 minute rounds with a minute's rest for 10 rounds. At this stage we are close to 2 hours of the session.
- Padwork: This is where we focus on our techniques hitting the pads. Padwork includes a level of sparring. We get inside





the ring, the master wears a big belly pad and we practice our punches and kicks. The master will follow up with punches and kicks of his own to ensure we keep our guard. Padwork includes 10 to 15, 3 minute rounds.

- Cool down: We cool down with a lot of knees and kicks to the bag followed by stomach exercises.

That would be one session of training. Another session would include clinching training. The

clinch is where you grab your opponent by the neck and throw kicks; an essential component of a Muay Thai fight. Sparring is done on Saturday and Sunday. Sparring is usually done at 30%-40% of our full capacity to focus on our technique, help us develop our fighting ability and build confidence to fight hard in a contest. Full gear is worn during sparring for protection. We spar for 20 rounds and the rounds can vary from 3 to 5 minutes depending on the fighters' condition. We spar after we have run 10km, and we also run in between sparring

sessions to help us fight when we are tired. This is an invaluable preparation come fight day.

**F&S: Tell us about your diet?**

**KP:** Since 2006 I have been a vegetarian. This is due to my Buddhist belief. I do not wish to put any animal flesh into my body. I drink milk but I do not eat eggs. I eat a lot of green vegetables, jack fruit. My diet consists of the traditional food of the Sri Lankan farmers. Food that is readily available in my back yard. To increase my protein intake my coaching team has advised me to take supplements. This will hopefully help in my recovery and lessen the severity of my injuries.

**F&S: What is your strength and conditioning routine?**

**KP:** I do pushups, barbell squats and military presses.

- Squat: The barbell weighs 30 kg and I do 100 reps for 5 sets.
- Pushups: 30 reps for 5 sets.
- Military Press: The barbell is set to 30kg and I do 15 reps for 5 sets.
- Dumbbell Punching: I use 1 kg dumbbells and punch for 3 minute round for 7 rounds. My weight training is done at home, 3 days of the week.

**F&S: What are your future goals in Muay Thai?**

**KP:** Muay Thai is going to be an Olympic sport in 2020. My main goal is to represent Sri Lanka at Muay Thai in the Olympics and do my country proud. I also want to excel as a professional Muay Thai fighter by participating in more professional bouts to come.

**F&S: Who do you wish to appreciate who have helped you get this far in your career?**

**KP:** I would like to thank my Master Asoka Jayarathne, whom I met in 2012 after my school boxing career. He brought me up in the sport of Muay Thai. Nilan Nilanga who is a former Sri Lankan Muay Thai fighter who turned promoter residing in the US helped arrange and coordinate my fights. He used his connections in the sport globally, to get me openings in the Muay Thai world. I am very grateful to him. I am grateful to the Sri Lanka Muay Thai body and all the promoters who have helped me in my Muay Thai journey.

## Master Asoka Jayarathne describes his protégé Kumudu Prasanna

When I first met Kumudu Prasanna, I realised that this boy had the potential to become a successful Muay Thai fighter. The reason was not because he was physically fit but because of his sincere heart. I come from a very humble background filled with hardship so I understood Kumudu and knew he had the potential to go the distance in Muay Thai. As his coach, what I soon noticed that no matter what I asked Kumudu to do, it would get done.

The boy has a lot of dedication and commitment which is most important for success. Kumudu is not a quitter. No matter how tired and exhausted he is, he will complete the task at hand. After seeing these qualities I began to groom Kumudu to take him to the next level in the sport. There are no barriers between Kumudu and myself. We train together and we travel to international fights together. I give my best to him so he can become a better fighter than me. Kumudu's success makes me very happy. The support from our whole team is with us on this journey. We want to see Kumudu succeed.



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**KRISHANI  
GEORGE'S  
PATH TO  
WELLBEING**



STRETCH & TONE

Stretch and Tone is a revolutionary fitness routine formulated by Krishani George, a lady whose vision and commitment to excellence in mental and physical wellbeing is brewing a fitness storm. Her unique fitness model in a relatively short time has captivated the enthusiasm of those living in and around Colombo. Krishani, the lady behind this novel fitness model, tells how it all began.

## My Relationship with Fitness & Sports

I can honestly say, that I have a passion for fitness, sports and helping others achieve their goals. This passion comes from my family. I was born into a family of national basketball players. My mother Kusum George, father Matthew George and brother Krishan George all played basketball for Sri Lanka.

At my school Visakha Vidyalaya, I was the champion athlete in the under 15, under 17 and under 19 categories respectively. I have held the record for the high jump and 400 metres for the past 31 years. I played netball in school and went onto captain the team. As a kid, I participated in many sports and excelled in athletics, netball and basketball. At the age of 14, I represented Sri Lanka in basketball and went on to captain the Junior National Team at the age of 17. My interest in sports led me to participate in a series of sports medicine workshops to help me gain knowledge about muscular strength and



endurance. This has enabled me to help people including elite athletes, kids, fitness models and other people (both men and women) of all age groups to improve their levels of fitness.

Exercising at home was something I always did to ensure that I remained agile and strong. I consider myself a strong person mentally, but I also believe that a healthy mind can only live in a healthy body. When I am not working I enjoy my own favourite sports which are golf, cycling and badminton.

## The Evolution of Stretch & Tone

It all started 7 years ago, when a friend of mine visited me, and in the course of our conversation she mentioned a knee pain and a back pain. So I told her I could

recommend some exercises to make her feel better. Although surprised, she agreed to my suggestion and then I started her on an exercise routine that strengthened her muscles. My friend in turn recommended this routine to a few of her friends and soon there were several others following my exercise routine. What started as a favour to a friend grew into a “fitness movement”. Gradually, I continued to build my clientele and now there are more than 600 people, including kids, who benefit from Stretch & Tone and more people keep joining my “fitness movement”.

Most of the participants in my classes are females. I don’t consciously keep it that way, guys are welcome of course, but that’s how it has worked out. I’m not a “feminist” in the western sense of

the word, but I do believe that women should be strong – both physically (for their own self-esteem and fitness) and mentally to survive in a world that is sometimes quite hostile to us.

I get very passionate about young people, and love educating them on their bodies as they go through the challenges of adolescence. Again physical strength and fitness allows kids to feel better about themselves, have a positive self-image and exude confidence. It is so important in that transition time from being a child to becoming an adult. I also love working with older people and those with injuries. Giving people their mobility back, relieving them of chronic pain, allowing them to lead normal lives again after a debilitating injury, these are joyful achievements for both my clients and myself.



## The Science of Stretch & Tone

The key elements of the ultimate work out are; muscle control and intensity of effort.

### Muscle Control

A muscle will only strengthen when forced to operate beyond its customary intensity. The load on the muscle must be progressively increased in relation to adaptive response as training develops. The muscles stimulated during training is gradually increased.

Progressive overload is the foundation of muscle growth and strength gain. Slow and controlled movement should be performed. Lifting and lowering of each repetition is at least 4 seconds in duration to eliminate any surplus movement. Lifting slowly and with control, forces the muscle to stay contracted throughout the entire range of motion. And this is a key factor in promoting strength. Constant tension

recruits more muscle fiber and is a very efficient way to wake up muscles that have gotten used to traditional methods. Another advantage of slow and controlled movement is the smaller risk of injury compared to other methods of lifting. Many joint injuries occur from lifting weights too fast.

### Intensity of Effort

Intensity is the amount of effort required to do the work.

### Working Multiple Muscles

This is a method of working multiple muscles simultaneously and burning more calories. This develops core strength, stimulates balance and better body co-ordination. It keeps the heart rate up and builds strength quickly. This helps you to understand body weight and condition in order to maintain and strengthen both physically and mentally. This is important to keep in mind especially as we get older.





## The Workouts

My regular workouts are 60 minutes for groups. I also have sessions with individuals who need muscle conditioning and rehabilitation of injuries such as; sports injuries, weak muscles and some hereditary ailments.

It is my belief that we all need a bit of motivation to get up and go, and if you are in my group you need to know you get the best in 60 minutes. So I motivate you to make sure that you achieve your goal of a great workout that will make you look and feel better. My advice to anybody who wants to be healthy is "Exercise is a lifestyle; don't make it a chore."

For advice Krishani can be contacted via:  
[krishanigeorge@yahoo.com](mailto:krishanigeorge@yahoo.com)



# EFL SPORTS



EFL (Expo Freight) is no stranger in the Sri Lankan Corporate arena. Awardee of many international awards spanning all spheres of logistics and transport, EFL's freight forwarding solutions are as diversified as it's recognized by many of the top brands. Last year alone, EFL was recognized with 9 international awards, including MAST Global's Service Provider of the Year and Etihad's Outstanding Performance Award.

Founded in 1982, and having become the second home to more than 2000+ employees around the world, EFL's strong brand presence extends beyond Ocean and Air logistics solutions they primarily provide.

EFL had been involved in the local sporting scene close to 15 years now. The organization which then employed only close to 50 staff altogether, got on the field with 11 of them, and with no reserves to go out and follow the sport of their passion. A new kid on the block, EFL still making their mark in the logistics and transport business, despite the work hours, released the 11 players who wished to go out and represent the organization using their personal sports gears.

In the year 1990, at the SLACA Cricket Championship, EFL first played their first 6. The journey that started with just 6 players and 1 game, had a contagious effect in the workplace – that the others who since joined realized that they had come home to work. Hockey players made the second team, then followed the home sport of EFL and the most popular in the world, Football. Having ventured into the mercantile Sports arena with teams for many games by 1995, EFL's earliest victory came when they lifted the Lufthansa Cup in the year 1997, the coveted Soccer Championship. In the year 2001, they won the SLACA Cricket Championship. Everything that's transpired since then, to now, is history.

The zeal for sports, fitness and healthy lifestyle the employees exhibited, was soon recognized by the management of EFL. Moreover, the sportsmanship

attitude it helped to build in the work place was more than rewarding in terms of working as a team and the work culture; not only in EFL, rather in the entirety of the Expo Group. Recognizing the effects the sporting culture had on work place performance, the Management of EFL took a big step forward, streamlined all sports, and officially inaugurated Expo Sports, encouraging all sportsmen employees to follow the sport of their passion.

With the inclusion of Badminton, Basketball, Soccer, Cricket, Volleyball, and Netball; Expo Sports is geared with everything they want in the field. The journey that started in the year 1990 with softball cricket, and the seeds that were sown grew to an extent that it naturally became an integral part of the corporate DNA of EFL. In the year 2012, EFL went on to win the Mercantile Cricket Tournament division 'G' championship; qualifying to play in division 'D'. That year 53 teams played a record 153 matches and Championship title truly was a testament to the commitment EFL by then had placed on Sports. In 2015, EFL won the South Asian Championship of the Standard Chartered 7-a-side tournament, and went on to represent Sri Lanka in the world sporting arena, and played out the final leg in Anfield, UK at the home ground of Arsenal FC.

At present, EFL is home to many national Cricket, Indoor Cricket, Netball and Football sports personnel. In addition to successfully building a work-culture that supports sportsmen and women employees, in supporting and uplifting sports in the country, EFL is also the Exclusive Sponsors of the Sri Lanka Football Premier League defending Champions - Colombo FC, a club which is home to many National Footballers. The journey of fitness and sports that took EFL places continues to date with the organization currently defending the Men's Singles Novice Badminton Championship, the Mercantile Plate Championship for Netball, as well as defending the current Champions Title of the division 'A' Mercantile Football Championship.

With more than 10 coaches and physiotherapists, an in-house gymnasium with personal instructors, a massage therapy center, yoga training, as well as a swimming pool that is open to all employees alike. EFL will continue to champion the invaluable task of uplifting Sports in Sri Lanka.



# SHUTTLE TIME

**A VERY SPECIAL BADMINTON PROGRAMME**





## HISTORY OF SHUTTLE TIME

Shuttle Time is an innovative self-study training programme introduced by the Badminton World Federation (BWF). A range of training resources have been developed to help teachers and coaches learn the 'how-to' teach badminton to children and youth. The aim of this program is to teach badminton for the children who do not know anything of badminton.

The BWF Schools badminton programme, Shuttle Time, has been unveiled on its virtual home, [bwfshuttletime.com](http://bwfshuttletime.com), a year after the idea of the programme was conceived. Whether you are a

qualified school teacher or a coach looking for a comprehensive badminton training programme to teach badminton to children and youth at a club or community centre in your neighbourhood, Shuttle Time will meet your needs. With the strategic vision to bring badminton to every child in the world, Shuttle Time is an innovative training programme that aims to help teachers and coaches develop the skills knowledge and confidence to plan and deliver safe and fun badminton lessons to children and youth using the BWF Shuttle Time Programme.

## SHUTTLE TIME IN SRI LANKA BADMINTON (SLB)

This is the pet project of BWF which carries out to introduce badminton to the world. SLB started this program on 1 May 2014 under the guidance of the former President Mr. Suraj Dandeniya and Mr. Udaya Weerakoon the former Vice President. The Coach was Mr. Pradeep Welagedara. Sri Lanka Badminton managed to complete 12 programs with the assistance of Mr. Pradeep Welagedara from 2014 to 2016.

Further the Sri Lanka Badminton has started this program with the specially abled children and has managed to complete 3 programs up to now.

# PROMOTERS OF SHUTTLE TIME IN SRI LANKA



*From Left To Right - Wing Commander Amal Dias, Mr. Suraj Dandeniya,  
Dr. Nimal Kariyawasam, Mr. Pradeep Welagedara*

## INTERVIEW WITH FORMER SECRETARY/COORDI NATOR: WING COMMANDER AMAL DIAS

**FITNESS & SPORTS:** When and how did you get involved with badminton?

**AMAL DIAS:** I started badminton when I was schooling. I played badminton for my school up to Under 15. In 1994 I joined the Sri Lanka Air Force. From then till now I play badminton and have represented the Sri Lanka Air Force in badminton. In 2008 I joined the Sri Lanka badminton association as the Secretary and Vice President. Since then I have been involved in many areas of Sri Lanka Badminton.

**F&S:** Describe your role as the coordinator of this programme?

**AD:** I took up the coordinating position of this programme due to the respect to my President Suraj Dandeniya and our coach Pradeep Welagedara. Suraj took the initiative and grabbed this programme from the Badminton World Federation and introduced it to Sri Lanka. Pradeep is the coach that oversees this programme. He has been the

main coach since the beginning of this programme till today. My role as the coordinator is to assist the coaches whom we have appointed for the districts and provinces in handling the programme and giving administrative support in conducting the Shuttletime programme.

**F&S:** What do you see as the most positive impact Shuttletime has on developing badminton in Sri Lanka?

**AD:** The Shuttletime programme is the programme we have introduced for the children and

the school teachers who have not played badminton before. Through the conduct of the Shuttletime programme we have identified the talent of these individuals. As Shuttletime focuses on introducing the sport of badminton to those who have no prior experience in the sport it enlarges the pool of talented badminton players in Sri Lanka. A unique feature of Shuttletime is introducing badminton to children with special needs. This has been possible with the innovative ideas of our coach Pradeep.



**F&S:** As the coordinator of this innovative programme, what is the most rewarding aspect for you?

**AD:** The happiest aspect of this programme for me is to be able to conduct this programme for the children with special needs. To see how they respond to the commands given by the teachers who were trained by our trainers, to see how they enjoy the sport and for us to engage with these special children is very rewarding. One day we could field a team of specially abled individuals who

will be able to represent Sri Lanka in this sport.

**F&S:** Where does Shuttletime fly in 2017?

**AD:** We have a special programme for 2017, with the assistance of our Head Coach, we have appointed a coach for every province and every district. From that point onwards we have made a proposal for the Ministry of Sports to present our ideas to them and to obtain financial assistance from them to develop Shuttletime in the whole country including the villages. With the assistance of the Honourable Minister of Sports, I hope we will be able to start this programme from February onwards. We got an opportunity to train 5 of our

coaches in Maldives under a special program. We have completed that and nominated them as the Provincial Head Coaches. I hope that we can get the best out of them to develop Shuttletime to the villages and in turn the sport of badminton in Sri Lanka will develop.

## INTERVIEW WITH HEAD COACH MR. PRADEEP WELAGEDARA

**FITNESS & SPORTS:** What are your achievements in the sport of badminton?

**PRADEEP WELAGEDARA:** My father is also a badminton coach and I started to play when I was

about 4 or 5 years old. I became the Under-10 Sri Lanka Champion. I played up to Under-19 and then went on to play for the Sri Lanka Squad. Then I followed all the Sri Lankan coaching courses as well as some International coaching courses. At the moment I am a BWF (Badminton World Federation) Level 2 Coach.

**F&S: As the head coach, what are your day to day tasks for this programme?**

**PW:** My task is to train the badminton trainers who will train the teachers who have no prior badminton experience. The teachers will then train the children. Our focus is on the teachers so they became familiar with the technical aspects of the sport. With their teaching experience they are then able to impart the technical knowledge on the sport of badminton to the children.

**F&S: How does your role as the Head Coach of Shuttle Time differ from your role as the Head Coach of the National Badminton Team?**

**PW:** Before I got involved with Shuttle Time, I thought because of my coaching experience that coaching children would not be too different from coaching adults. After getting involved in Shuttle Time it became clear that coaching children is totally different from coaching adults. Similar to the academic world, a professor cannot teach a Montessori School because the child is very different to the adult. Shuttle Time is a syllabus which aims not to make a champion badminton player but rather discover a future badminton champion. In this programme we first give a balloon for the children to play with instead of a shuttle, this is to make it more fun and easier for them as it is the first time for them playing badminton.

We have to educate the parents as well so that they understand better our methods and can help with the communication.

**F&S: How do children come to this programme, how do they hear about it?**

**PW:** This programme is not for children who are playing badminton, rather a badminton development programme. We go to different areas that do not have badminton and we educate the teachers and masters in charge and bring them to introduce the programme to those areas. We educate them about the programme and gather them to the location and conduct the programme which runs for two days. The first one and a half days we coach the teachers who learn how to coach the children. The final half day of the programme the children participate and get an introduction to badminton in a fun and interesting environment.





**F&S: What are the biggest challenges you face in implementing Shuttletime and how do you overcome them?**

**PW:** The biggest challenge we had was finding children from different districts where there was no badminton facilities. Our secretary Wing Commander Amal gave me a big support in finding coordinators who are able to coordinate the programme in those areas. We now have a list of coordinators in the different districts and schools who can initiate the programme and gather the trainers, teachers and children for Shuttletime.

**F&S: How is the response from the children and the parents towards this programme?**

**PW:** As soon as we finish the programme in the respective provinces we are requested to conduct more programmes. In Badulla we are conducting Shuttletime every year with a fresh batch of teachers coming to the programme. The teachers come with usually no prior badminton knowledge and leave the programme with the ability to coach badminton to the children in their schools. In Asia we (Sri

Lanka) are the second country to implement this programme.

**F&S: What are the benefits of playing badminton?**

**PW:** There are many good reasons why badminton is ideal for physical education programmes. One reason is that badminton is equally accessible to both girls and boys. Badminton is a safe, low impact sport for children. Badminton builds fundamental sporting skills that can be used in other sports. It is a sport that can be easily played by individuals with differing physical abilities. Badminton can be played for life. There is no particular age to start playing badminton and no particular age to stop playing badminton. In the World Masters Badminton Tournament there is an event for players 75 years and above.

**F&S: What are the fitness attributes needed for a badminton player?**

**PW:** Eye hand coordination is important, so is stability and balance, speed and agility, jumping and landing skills and when you advance in the sport your decision making ability improves as well.

To improve hand eye coordination we use drills where the children catch and throw a shuttlecock to improve this. This is because the throwing action is very similar to hitting a shuttlecock. Strength and conditioning training plays a role in improving the badminton player. A combination of bodyweight exercises as well as the use of weights helps the badminton player in this endeavor. Badminton is a highly explosive sport. It is the world's fastest racquet sport, because the shuttle can travel at 495 km per hour during a smash. A quick reaction time is needed to return such a high speed smash.

**F&S: Do you have any new strategies to further improve Shuttletime in 2017?**

**PW:** One of the strategies we have initiated is to teach the children with special needs. We hope to soon include children with physical disabilities as well. We hope to field a team for the Special Olympics as well as the Paralympics. We want to train 1000 teachers this year. The Badminton World Federation is trying to promote the sport in the outdoors including the beach.





# What Else You Need to Finish a Game?

# DEREK REDMOND

A 400-metre record holder, in Britain, Redmond was at the peak of his athletic abilities on the day he took his starting-line position during the Barcelona semi-finals in 1992. His father was there to watch his Olympian son compete. Everything seemed fine, during the run, until ... it wasn't. Along the back straight, Redmond's hamstring snapped. He fell to the ground in pain.

Derek tells his story, in his own words:

When I took my place on the starting blocks I felt good. I got into my stride running round the first turn and I was feeling comfortable. Then I heard a popping sound. I kept on running for another two or three strides then I felt the pain. I thought I'd been shot, but then I recognized the agony.

I'd pulled my hamstring before and the pain is excruciating: like someone shoving a hot knife into the back of your knee and twisting it. I grabbed the back of my leg, uttered a few expletives and hit the deck. I looked around to see where the rest of the field was, and they had only 100m to go. I remember thinking if I got up I could still catch them and qualify. The pain was

intense. I hobbled about 50m until I was at the 200m mark. Then I realized it was all over. I looked round and saw that everyone else had crossed the finishing line. But I don't like to give up at anything.

All these doctors and officials were coming onto the track, trying to get me to stop but I was having none of it. Then, with about 100m to go, I became aware of someone else on the track. I didn't realize it was my dad, Jim, at first. He said, "Derek, it's me, you don't need to do this." I just said, "Dad, I want to finish, get me back in the semi-final."

He said, "OK. We started this thing together and now we'll finish it together."

He managed to get me to stop trying to run and just walk and he kept repeating, "You're a champion, you've got nothing to prove."

We hobbled over the finishing line with our arms round each other, just me and my dad, the man I'm really close to, who's supported my athletics career since I was seven years old. I've since been told there was a standing ovation by the 65,000 crowd, but nothing registered at the time. My dream was over. In Seoul, four years earlier, I didn't even get to the start line because of an Achilles injury and had "DNS" – Did Not Start – next to my name. I didn't want them to write "DNF" – Did Not Finish – in Barcelona.



**Derek Anthony Redmond**

**Born:** September 3, 1965  
United Kingdom  
**Nationality:** British  
**Parents:** Jim Redmond, Jennie Redmond  
**Spouse:** Maria Yates Sharron Davies  
**Children:** Grace Elizabeth Elliott Anthony  
**Awards:** Showstopper of the Year ESPY Award



**| ACHES | PAINS | SPRAINS | STRAINS |**





## **DR. HARINDU WIJESINGHE**

**RHEUMATOLOGIST, SPORTS DOCTOR, SPORTSMAN, FAMILYMAN**

**Dr. Harindu Wijesinghe has been the President of the Sri Lanka Sports Medicine Association since 2014. He also heads the Doctors' Panel for Sri Lanka Cricket which is involved in treating the majority of national cricketers in Sri Lanka and advising Sri Lanka Cricket in areas like injury prevention, treatment of injuries, and when players can return to the field after injury. He also heads the Doctors' Panel of Royal College Rugby and serves on the Rugby Advisory Committee. Where he advises the college on developing rugby and about using the knowledge of sports medicine for the betterment of college rugby. At Royal College Dr. Harindu Wijesinghe had an illustrious school career captaining the 1st XV Rugby Team and was also the college Head Prefect. He is a Consultant Rheumatologist at Nawaloka hospital. The interview with Dr. Harindu Wijesinghe gives a very good insight into the field of sports medicine and rheumatology which is essential for athletes to have enjoyable and successful sports careers as well as for the general public to live an active and healthy life. He gives very good advice for parents so their children will adopt a healthy lifestyle that will hold them in good stead throughout their life.**

**Fitness & Sports:****What is sports medicine?**

**Harindu Wijesinghe:** Sports Medicine is the use of medical knowledge including the knowledge of the human anatomy, physiology, pathology, nutrition and applying this knowledge into sports. What we sports doctors do is, first and foremost is to diagnose injuries. When an athlete or a layperson has an injury from doing exercise, we diagnose what the injury is. We first determine which part of the body is injured. We then further analyse whether it is a problem with the bone cartilage, ligaments, muscles or tendons. We use our clinical skills such as history taking and clinical examination and if necessary, we proceed to imaging such as Ultra Sound Scanning and MRI to diagnose the specific injury. Then we try to analyse why the athlete has got injured. After this analysis we come up with a suitable treatment, first is adequate rest followed by physiotherapy to stretch and strengthen the relevant areas and if needed we use drugs or injections to reduce the pain and inflammation. The sports doctors work with the physiotherapists to rehabilitate the athlete. We also use our knowledge for injury prevention in athletes such as getting proper training methods incorporated in the athletes' training programmes. We work with the coaches with this aim in mind. Sports doctors also assist the athletes in areas such as nutrition, psychology/motivation to improve the athletes' performance the natural way via proper training methods and good nutrition. A more recent aspect of sports medicine is exercise medicine where we use our knowledge of

medicine and exercise to reduce non communicable diseases like diabetes, heart diseases etc. to promote a healthy lifestyle in the general population. These are the main aspects of sports medicine;

- Diagnosing the injury
- Preventing injury
- Improving athletes' performance the natural way
- Promoting a healthy lifestyle in the general population

**F&S: Tell us about your involvement in sports medicine?**

**HW:** I have to first thank my father Dr. Wilfred Wijesinghe who is also a physician who took a great interest towards my brother and I in passing our exams and getting into the medical faculty. My father also encouraged us to play sports from a very young age. That led me to play rugby for my college. To this day my father takes an active interest in promoting sports. He runs a big school in Gampaha with a cricket ground, badminton courts and a swimming pool. Education, sports and medicine are his main interests so that is where I have got my love for sports medicine which brings sports and medicine together.

When I played rugby for college, I had the privilege of having two great coaches, one is Dr. Fred Perera and later Dr. Maiya Gunasekera. Playing rugby and being coached by gentlemen of high calibre along with my father inspired me to go on the path of both medicine and sports.

In university too I played rugby. When I passed out, I got involved in sports medicine because I was a doctor who had played sports. Whenever there were local and international sporting events held in Sri Lanka like the Rugby Junior Asiad in 2000, we were called in to

work as doctors for these events and we got very good exposure from seeing international teams such as Japan, Korea etc. and observing how their doctors and physiotherapists worked. This showed me that there was a lot more to sports medicine than what we knew then. After passing out I had the privilege of working under Dr. Lalith Wijayarathne a consultant rheumatologist and while I was training in rheumatology he got me involved in the initial aspects of sports medicine. That was when I got involved in the Sri Lanka Sports Medicine Association for the first time. When Dr. Lalith Wijayarathne was the President, I was his Secretary. One of the luckiest things to happen to me in my life was when Dr. Wijayarathne directed me to Professor Siri Kannangara who is a well reputed rheumatologist and sports medicine specialist in Sydney, Australia. Professor Siri took me under his wing and he trained me in Sydney where I had the privilege of working in the New South Wales Sports Institute and also working with the West Harbour Pirates, a top class rugby club consisting of international players such as Lote Tuqiri. I also had the fortune of working with top class physiotherapists under the patronage of Professor Siri. In 2009, Professor Siri and I conducted a doping test for FIFA at the Australia Vs Uzbekistan Asian World Cup qualifier in Sydney. This experience gave me a very good idea about sports medicine because sports medicine in Australia is at a very high level and it was very different to what we had seen or practiced so this experience really enriched me and enhanced my knowledge and understanding about this field of medicine. It was a huge eye opener for me. After finishing my training in rheumatology and getting a good experience in sports medicine, I returned home to Sri Lanka.

In Sri Lanka I worked as a rheumatologist. The field of rheumatology gives a good base for a doctor to start out in sports medicine. As rheumatologists we treat diseases that affect our joints such as the spine, the neck, the elbows, the hips, the knees and the ankles. When it comes to sports medicine the majority of the injuries are to do with the joints. So that is how rheumatology and sports medicine tie in and that is how

rheumatology helped me to do sports medicine. After returning to Sri Lanka in 2009, I was invited to head the Royal College Rugby Committee which I have been doing for the last seven years. I also got involved in Sri Lanka Cricket. While working in rheumatology I had the opportunity of seeing a lot of sports injuries and working with the Sports Medicine Association. I have been the President of the Sports Medicine Association since 2014 and also I have been involved with

the Post Graduate Institute of Medicine where I helped develop the MD prospectus in Sports Medicine. In this period I worked as the Secretary of the Board of Studies for Sports Medicine. In this way I have been involved with both rheumatology and sports medicine ever since I returned from Australia in 2009.

**F&S:** You have had a very good rugby career playing for your Alma Mater Royal College, describe this experience and how it all began?

**HW:** After trying my hand at cricket, I realised I was not very good at it. When I was with one of my best friends in grade 8, Dilan Wickramasinghe who eventually became my Vice Captain, somebody said that they were looking for “big boys” to play rugby. So Dilan and myself went to rugby practice when the Master in Charge came up to us and said “Don’t play rugby to be fit, but be fit to play rugby”. That was



one of the first things I heard which had an impact on me. With that I started playing for the Under 15 team for Royal College, I was fourteen at that time. I started off playing in the line and shifted into the pack. I found that I was pretty good as a prop forward. The following year I managed to make the Under 17 team. Within two years I made the 1990 Royal College First XV side. Since then I played about 32 First XV matches including 3 Gunaratne Trophies, 4 Bradby Shields, 2 Milroy Fernando

Trophies and I ended up captaining the 1992 Royal College First XV Rugby team. Under my captaincy we managed to win a Gunaratne Trophy and we tied the Bradby Shield that year. I was also involved in coaching an unbeaten Under 17 team in 1994 and then I played rugby for the Colombo University team where we won the Inter University Trophy. I have been working with the Royal College Rugby Team as the head of the Medical Committee for the last seven years. That has been my involvement with rugby and it still continues.

**F&S: What is your most memorable moment on the rugby field?**

**HW:** The Thomians won't like this, it was winning the Gunaratne Trophy in 1992. It was a turning point in my life, that's why it was a memorable moment for me. Prior

to that we had lost a few matches and our team was not doing too great. I have to thank my teammates who were wonderful. We all stood up and said "we don't want to lose anymore, let's make a stand and go out and play". Our coach Dr. Maiya did a brilliant job of analyzing our strengths and weaknesses. We went up against a S. Thomas's side that had been unbeaten for about 43 matches. For several school seasons the Thomians were unbeaten. Savantha De Sarem who had been my classmate when I was in S. Thomas's Prep was their captain. We beat S. Thomas's 10-3 and that was a historic match because nobody thought that day that we could beat that Thomian side, including ourselves. But we got the determination to change our lives and we did it. From that moment we had confidence and belief in ourselves and went on to hold an unbeaten Trinity College side which was unthinkable from the way we started the season but we did. That was a historic Bradby because it was the first ever tied Bradby. It was nil all and three all in both games. The Trinity side that we held was also unbeaten that year. Those two moments are the most memorable moments in my rugby career.



**F&S: Many good rugby players have turned out to be magnificent doctors, is there a correlation here?**

**HW:** I think it is not only in medicine, but in every sphere of life that rugby players have made great contributions. Dr. Maiya Gunasekera, Dr. Fred Perera are the doctors that come to mind, also my brother Dr. Chamara Wijesinghe who is a former rugby player for Royal College and a former Davis Cup tennis player. In the corporate world, the legal profession, government service and so on, you find many rugby players have reached the pinnacle in their respective professions and served the country immensely. Hon Mr. Malik Samarawickrama who was one of my coaches was an



outstanding rugby player, coach and rugby administrator is a good example. Our current Governor of the Central Bank, Dr. Indrajit Coomaraswamy is a former rugby player as well. Rugby teaches you about life and it is a very quick way to learn about life. In our school we have a saying “We Will Learn Of Books And Learn Of Men” you can learn of books but when you play sports, especially a team sport like rugby you learn about men and of life. A few of the things that I learned from rugby is that you have to work hard. There is no substitute for working hard. You have to plan properly, you have to assess the strengths and weaknesses of your opponent, you have to know your strengths and weaknesses and plan accordingly. You must have the absolute will to win and not give up even if you go down and not to be disheartened but lift your spirit up, plan and regroup. You learn how to correlate and work with different people from different walks of life. When you put all that together, it is a lot of learning that you cannot get from reading a book. Rugby teaches you lessons that hold you in good stead in all aspects of life. Rugby players not only make good doctors but also make good men who can succeed in every sphere of life.

**F&S: How important is playing sports during one’s school days, important to living a healthier adult life?**

**HW:** Playing sports during one’s school days is very important, like I mentioned earlier my school’s motto, it is about learning of books and of men. Academic studies gives you just one aspect of education. During a season you learn a lesson every day during practice and at the match. It is much easier to learn important life lessons that sport teaches at school than to learn them later in life as an adult. Sport teaches children how to get along with each other, to cope with both victory and defeat, to play by the rules and how to behave which helps them as adults to live in society. Playing sports at school sets a fitness standard for children. Childhood obesity is on the rise and childhood obesity leads to adult diabetes and lot of different health problems. If children are participating in sports from a young age then the chances that they will continue exercising, eating a proper diet and living a healthier adult life is higher. Every single child should be encouraged to do sports whether at a competitive level or at a non competitive level for them to live a healthy

life. The current recommendation is 1 hour of sport or physical activity every day.

**F&S: What are the rewarding aspect of being a sports doctor?**

**HW:** There are a lot of rewarding aspects. One aspect I find rewarding is that when you are treating sports people, the complexity of the problem means that there are a lot of intricacies in diagnosing the problem and finding out what is wrong. Then we have to find out how to prevent this type of injury. Treating an athlete is like solving a crossword puzzle. The sports doctor has to be very knowledgeable and thorough because you must get the athlete fit enough to get back to the sport and prevent an injury from recurring. When you are able to help an athlete recover and to get back to the field that is very rewarding.

I also find it very rewarding as a sports doctor for the opportunity to work with great individuals such as Angelo Mathews, Lasith Malinga and Rangana Herath to name a few. They are such hardworking and dedicated individuals. When you watch them on the field you think that it comes easy for them but it is not so. They work very hard and they have a great attitude towards life. A sports doctor tends to learn from great athletes about life as well. I have spent a lot of time with Angelo and Lasith and have learnt a lot from them. I have also run across some great coaches at Royal Collage and Sri Lanka Cricket. I also get to work with good sports doctors and good physiotherapists. The Sri Lanka cricket team has several top class physiotherapists. A sports doctor works with so many great individuals in such a complex

field and you get to learn new things regarding medicine, regarding life and you get a reward from treating the athletes. The learnings I learn from practicing sports medicine helps me treat my patients in my rheumatology practice as well as helps me in my personal life.

**F&S: With a busy schedule as an eminent doctor, how do you balance this with being a family man?**

**HW:** I don't think I balance this but my wife balances this for me. They say that a man needs two strong women to go up in life and I have two strong women, my wife and my mother. I met my wife when I was 18 and we have been together since. We have been married for almost 16 years and we have three lovely kids. From the day I began training to be a doctor she has done everything. She looks after the house, the kids, buying the groceries even paying the bills. So all I have to do is wear my clothes in the morning and go to work. When I come home from work I spend time with my kids. My mother also comes and helps us look after the kids. My wife is also a doctor but she has sacrificed her career to look after our family. I would not have done half of what I have done if not for the support of my parents initially, and later my wife.

To spend more time with my family, I cut down on social commitments. You cannot burn the candle from both ends. Whenever I get time away from my work, I try to spend it with my family. This is how I balance my life.

**F&S: Your words of advice to the parents of school going children?**

**HW:** Being a friend to your children

is very important. I learnt this from seeing a lot of patients including children. The other thing is knowing that studies and sports are both equally very important. Do not sacrifice one for the other. When it comes to sports, we sports doctors always advice to do 2 or 3 sports before the age of 15. This is because it brings about cross fitness where the different sports complement each other in fitness and in skill. This brings an overall balance to the child's fitness and coordination which help them in adult life. It is also important not to overdo this. I have seen parents run their kids to 4 or 5 different sports which is detrimental to the child. Ideally 2, maximum 3 sports, before the age of 15. After the age of 15 let the child select 1 sport to pursue unless they are exceptional, and are good at 2 sports.

It is important that proper nutrition and fitness are practiced at home. It is the role of the parents to see that the kids eat healthy food, get good exercise and get a good night's sleep. If parents can strike that balance you will see the child succeed in life. Parents should not interfere with school activities, in the sense they should allow individual merit to take its course and not promote their children over other children. If parents feel there is favouritism involved, they should help their children to be more determined to perform better and surpass the obstacle of favouritism on their own. This was told to me by one of my teachers. Help your kids in every way at home but let them go out and do things on their own on the playing field. This will mould children into responsible and good citizens.



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# JEET KUNE DO

**“THE LEAD SIDE KICK TO THE KNEE”**



Master Bruce Lee emphasized the importance of this theory is that attacks to the lower region of opponent least expects an attack to this area. Based low side kick to the knee because an attack to the to the opponent's body and takes him off balance. the art of Jeet Kune Do.

low attacks to the body. The practicality the body are harder to block and the on this theory, Bruce Lee favoured the knee causes a lot of pain and damage The knee is a vital target to attack in



**Step 1**  
Get into the On Guard Stance



**Step 2**  
Lift the lead foot above the ground as in the photo. Your weight is balanced on your rear leg.



**Step 3**  
Strike the opponents knee while ensuring your upper body is leaning away from the opponent and your weight is still balanced on your rear foot.



**Step 4**  
Continue to drive your foot though the opponent's knee, forcing him to get off balance while hurting him in the process. Remember the driving force comes from a slight hip movement.

The side kick to the knee should be fast so that the opponent cannot see it coming. The kick should be one fluid motion. We should aim to strike with the full region of the foot to cause maximum damage to the opponent's knee.

The uniqueness of a Jeet Kune Do strike is that the force continues even after making contact with the opponent. Remember, after the foot has struck the opponents knee, the force of the kick should continue. This will unbalance the opponent and if the kick is powerful enough, it will break his knee.

**For Advise**  
**Master Jagath can be contacted via**  
**E-mail: [jagathkaldera@yahoo.com](mailto:jagathkaldera@yahoo.com)**  
**Tel: 0777 572 075**





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# *Aerobic Training*

**BY DARSHANA ATHTHANAYAKE**





## What is Aerobic Training?

Aerobic training is more commonly known as “cardio”. Aerobic training involves exercises done at a moderate pace for a longer duration. You do not feel out of breath when doing aerobic exercises because the heart pumps oxygenated blood to the muscles. Oxygen in your muscles helps to keep your muscles working. Anaerobic training is when you perform exercises at a fast pace that cause you to get out of breath quickly. Aerobic exercises done at higher intensity become anaerobic exercises. Aerobic exercises have many benefits for overall physical and mental health.

## Getting Started

An individual’s aerobics training programme should consider his/her fitness level, intensity and volume requirement. The key is to start with continuous training exercises for building a strong foundation before starting interval training. Begin with low intensity training and then move into higher intensity work outs (60%, 70%, 80% to 90%) with gradual and progressive loading, increasing the duration would also help in increasing the intensity for the work out.

## Key Elements of an Aerobic Training Programme

### Intensity

This refers to the quality and the physical effort put into the training session. This depends on a person’s age, current fitness level, percentage of maximum heart rate, percentage of maximum oxygen capacity level and percentage of running speed and fatigue level.

## Duration

The time span of a single training session. When performing continuous training there is an inverse relationship between the duration and the intensity, as when training intensity increases the training duration decreases and vice versa. Example: 35 to 45 minutes slow runs (8Km/hrs).

## Frequency

The number of training sessions per week. Below are some guidelines to increase maximum oxygen capacity and a productive training session.

- 4 training sessions per week produce optimal changes (More than 4 training sessions per week is not effective)
- For a beginner 2-3 sessions per week is more effective
- Intensity of the workout is more important than the frequency

## Volume

This is the total integration of intensity, duration and frequency of the training programme.

- Mode of training: the type of exercise selected to develop oxygen transportation system and oxygen utilization system.
- Type of Training : Continuous aerobic training and interval aerobics training







## Basic Aerobic Exercises

Aerobic activities can be performed anywhere from the comfort of your home, fitness centre, swimming pool or at aerobics exercise classes. To assist you in the process you can make use of weight equipment, stationery bike, treadmill and gym ball as these are some of the common equipment used. Basic activities would be:

- Brisk walking
- Jogging
- Cycling
- Aerobics dance
- Circuit training
- Yoga and Pilates
- Aquatic sports

Below is a list of activities with the approximate number of calories burned per hour:

Activities	Calories burned per hour
<i>Aerobics Classes</i>	450 - 500
<i>Cycling (Outdoor)</i>	540 - 620
<i>Cycling (Stationery)</i>	480 - 540
<i>Dancing</i>	300 - 350
<i>Jumping rope</i>	650 - 800
<i>Running</i>	650 - 750
<i>Swimming</i>	400 - 480
<i>Walking (regular pace)</i>	150 - 200
<i>Walking (Fast)</i>	250 - 300

## Endurance Related Benefits in Aerobic Training

- Improves the ability to overcome fatigue
- Increases the capacity to work at relatively lower to higher intensity for prolonged time periods (over 20 minutes to 1 hour per day)
- Improves the workout at high intensity for shorter time periods
- Improves the recovery rate according to the work intensity
- Improves the ability to expand high energy consumption from carbohydrates and fat
- Improves overall performance

## Benefits of Doing Regular Aerobics Exercises

- A stronger heart improves its pumping efficiency and reduces the resting rate
- Increase of the total number of red blood cells which also helps the transportation of oxygen throughout the body
- Improves muscle health by improving overall blood circulation and reduces blood pressure
- Noticeable weight loss due to the combination of a healthy diet and appropriate strength training aerobic exercises
- Reduction in heart disease, cholesterol, diabetes and the risk of stroke
- Apart from weight loss, walking can also reduce risk of Osteoporosis
- Lower impact exercises such as stationary cycling and swimming will help with people with arthritis to exercise without putting much stress on their joints
- Improves immune system and metabolism levels
- Improves mental health by reducing stress
- Improve muscle contraction
- Provides good sleep
- Improve joint flexibility and coordination





**DARSHANA ATHTHANAYAKE**

*Darshana is a qualified fitness trainer with both international and local experience. She is an accomplished track athlete who has won events both in Sri Lanka and abroad.*

*Darshana still competes as an athlete for Sri Lanka in the Masters and Open Divisions respectively. Her clientele includes celebrities, corporate professionals and individuals who want to reap the benefits of a fit lifestyle.*

*For advice Darshana can be contacted via 0777389443*

# LANKATILES EMPLOYEES PARTICIPATE IN FITNESS PROGRAM TO MARK NATIONAL FITNESS WEEK



In conjunction with the government declared 'National Sports and Physical Fitness Promotion Week', LANKATILES held a fitness program where employees of all levels participated with great vigour and enthusiasm.

The national fitness week was declared with the objective of improving physical and mental well-being of people, where everyone from the public, private sectors as well as elders, children and differently-abled persons participated in various fitness sessions throughout the country.

Expressing his views on the program, Mr. Mahendra Jayasekera - the Managing Director of Lanka Walltiles PLC and Lanka Tiles PLC said, "Lankatiles has always prioritized the health and well-being of our employees. And I'm happy to say that about 250 to 300 employees representing all levels in the company participated with the greatest enthusiasm in this one-day fitness program. We also received



positive feedback from a majority of participants and have now decided to hold similar fitness programs more regularly in future."

Elaborating on the matter, Mr. Jayasekera further stressed that a healthy mind and body will lead to heightened concentration levels and higher stamina of employees, resulting positive progress and enhanced work performance as well as efficiency at all levels in the company.



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