

# WORKOUT

# MAG

GRAB ONE!

IT'S  
**FREE!**

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# Make Your New Year Resolutions WORK OUT!

Tanuja Perera on  
Getting Fit  
in Colombo

Diving:  
The Best-Kept Secret  
in Sri Lanka?



New year greetings to you!

Looking forward to making some lifestyle changes in the new year? We're glad you picked up our magazine, because we hope to inspire you to do just that! We are an independent startup created in 2017 with a mission to inspire you to get active - whether you're a complete beginner to fitness or a seasoned athlete, we aim to give you access to credible health and fitness resources and experiences all in one comprehensive platform. We believe in the benefits of an active lifestyle, and provide you with resources that help you stay fit and counteract the effects of sedentary living.

Whether you like indoor gym classes or outdoor sport activities, personal training or simply dancing to a beat at home, we share fantastic ideas to get you moving!

Our Facebook page gives you regular inspiration along your journey, and our website [www.workout.lk](http://www.workout.lk) is where you can find the most comprehensive and up-to-date A-Z database of all sports, gym, and outdoor activities currently available in Sri Lanka. You can explore the site for activities and events that may interest you, search for classes, experiences and workshops, buy workout gear, find healthy food outlets, physiotherapists to spas and much more.

If you're a resource person or an advertiser, feel free to contact us if you'd like to feature your health-and-fitness-related product or service. We would love to consider collaborating with you.

Look forward to hearing more from us in the coming months. Stay tuned via our FB page for cool workshops and workout experiences near you.

Have a healthy week!

# WORKOUT.lk



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# Make Your New Year Resolutions **WORK OUT!**

A few weeks of the new year have already passed and you are probably back to square one. You know this shouldn't be the case. Exercise and dietary modification is best sustained when it's fun and easily integrated into your everyday lifestyle, so that it's not seen as another chore, but an activity that you actually look forward to.

We know that our bodies aren't built for a sedentary existence and that allotting workout time is now more crucial than ever before. The rule of thumb suggested by the American Heart Association (AHA), the American College of Sports Medicine (ACSM), and other health organizations—is this: 150 minutes of moderate aerobic exercise or 75 minutes of more intense aerobic exercise (or a combo of both), plus two sessions of total-body strength training per week. Now that may not be such an arduous task after all. [www.workout.lk](http://www.workout.lk) helps you get active the way you like to, and whenever possible for you. The location search option allows you to pick a place that doesn't require much travel time so you are more likely to stick to your resolutions too. :)

*There are far more compelling reasons to exercise other than simply preventing heart disease or looking good: Check out the video we found by Joseph Everet on the QR code placed at the top of this page.*

## JUMP START YOUR HEALTHY NEW YEAR

We are organizing a special panel discussion this month to equip you with nutrition and fitness insights from the local industry. You'll also get to ask questions about healthy living to kick start your New Year resolutions!

Whether you are new to health and fitness or are a seasoned athlete, we hope you do not miss this valuable opportunity. Invite your friends, family and colleagues and help inspire their healthy journey.

**When:** 26th January 2018 at 5.30PM  
**Where:** MAS Innovation Center (Hive)  
**Cost:** FREE

Visit [www.workout.lk](http://www.workout.lk)  
or FB event page for updates.  
Limited space:  
RSVP via event link on QR:



# Getting Fit in Colombo



WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)



Fitness celebrity, Tanuja Perera, is well-known as a professional singer, as well as being an experienced lifestyle and fitness consultant. We asked her to give us a few insights into managing a healthy lifestyle in Colombo.

**Why do people living in Colombo need to make exercise a priority?**

The majority of people living in Colombo are not used to any type of activity, even walking – we go from the car to the house, back to the car, and by car to the grocery store and then back to the house. In other cities like London and New York, I used to spend hours on my feet walking from place to place, yet we don't do that here. And people who are sitting at desk jobs all day develop tight hips, tight pecs, and their back muscles weaken. It's important that they get up and move to balance that out, else the long-term effects of this can be quite detrimental.

**What are your views on the modern Sri Lankan diet?**

I think one of the reasons why cholesterol and diabetes are so rife in this country is down to our diet. We have such a high-sugar diet – everything about our diet is carbohydrate-based. We have an abundance of highly-nutritious fruit and vegetables in this country. We need to be bulking up our plates with the gotukola, the green beans and all of the wonderful vegetables we have here, and the rice should only be a small portion of the plate. But instead people consume mountains of rice with the curries drizzled around, and that format has got to be revised.

# Prana Lounge: Colombo's Healing Haven

Prana Lounge was created as a platform to offer a range of wellbeing and treatment modalities for prevention, healing and cure, set in a beautiful heritage building in the midst of Colombo's Cinnamon Gardens.

It offers a wide range of yoga and meditation classes, health-related therapies, events, seminars & workshops, as well as being the setting for Cafe Kumbuk - a cafe which serves delicious health food. It also has a clinic for a variety of complementary health practices such as Ayurveda, Homoeopathy & Hydrotherapy, supported by a holistic pharmacy for integrative medicine, a spa/wellness & a tone zone & boutique accommodation. Visit [www.pranalounge.lk](http://www.pranalounge.lk) or call Prana desk on 011 268 4808 to find more about the great programs they offer.



WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)



# The Shed: One Roof, Many Disciplines

Located in Nugegoda, The Shed focuses on martial arts, movement and free-weight training that help improve the skills, fitness and mental well-being of their students. They offer group and individual training in Mixed Martial Arts (MMA), Jeet Kune Do (JKD), Brazilian Jiu Jitsu (BJJ) and general fitness. Their unique programs include the

ladies self-defense class and the Damini CSR project they have initiated with a mission to make the streets of Sri Lanka safe for women and children.

Watch the video where the founders Prageeth and Tithira talk about JKD, The Shed and their women's self defense class.

WATCH VIDEO  /Workout.lk

# Diving: The Best-Kept Secret in Sri Lanka?

When it comes to best kept secrets, SCUBA diving in Sri Lanka is right up there. Few people are aware of the variety of diving sites all around Sri Lanka consisting of shipwrecks and coral reefs.

Over 2,000 years of maritime activity in Sri Lanka has bestowed it with a countless number of shipwrecks. The most famous of those is the world's first purpose-designed aircraft carrier wreck lying off the coast of Batticaloa. It was sunk by the Japanese during World War II and is the 3rd deepest dive in Sri Lanka, attracting hundreds of experienced technical divers from all over the world. There are three other diveable World War II wrecks in the east coast of Sri Lanka. In addition, notable shipwrecks are

the World War I SS Worcestershire and SS Perseus off the shores of Colombo.

There are several reefs all over the island. Pigeon Island National Park fringing reef is a great place to learn diving because it is shallow. It is also the best place in Sri Lanka to reliably spot large numbers of sharks (harmless). Also there are many other fringing and rocky reefs all around the island, including those that are hardly talked about, such as the reefs of Kalpitya, Negombo and Colombo on the west coast of Sri Lanka.

*Article and photos contributed by: Dharshana Jayawardena. Dharshana is a leading shipwreck explorer and his work has been recognized internationally. Visit his site [www.DiveSriLanka.com](http://www.DiveSriLanka.com) for more information on diving.*





WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)



## Step Aerobics with Tashiya

Tashiya Captain has been teaching Step Aerobics for over 18 years! She fell in love with Step after taking a workshop in USA with Gin Miller (the innovator of Step Aerobics). She also teaches Barre, Gliding and Stability Ball classes, but Step is the class she loves teaching the most.

It's a fun and inclusive class - you will see beginners and pro's alike here, sporting athletic moves to the grooves. Tashiya focuses on alignment and deeper muscle activation which aids injury prevention and helps build functional strength.

Would you like to get an introduction to Tashiya's Step class? Join a beginners' workshop this January 28th at Body Bar Studio! Sign up via this link on the QR:



WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)



## Learn the Dance of Love!

Here's a rare opportunity to learn authentic Argentine Tango from international dance instructors Bibiana Bettinotti and Luigi Villani right here in Sri Lanka!

Bibiana is Argentinian and her teaching is based on over 20 years of dancing Tango: she developed her own methods and techniques to facilitate the understanding of Argentine Tango. Her teachings focus on personal body awareness through perception exercises which lead to the discovering of the personal Tango.

Luigi and Bibiana have a genuine passion for travelling and are regular visitors to Sri Lanka. They are available to run Argentinian Tango classes and workshops throughout the country. You can get in touch with them on 077 386 5931 to book your private or group class and follow [www.workout.lk](http://www.workout.lk) to get updated on their events here in Colombo and in Kandy this season.



# Chia Seeds - Tiny Secret Weapons of Ancient Warriors

You may have seen them before - they look like tiny pebbles, black or white, and health addicts love to sprinkle them on top of every meal. Sweet, savory, breakfast, lunch, or dinner! While chia seeds might be small, they carry all kinds of nutrients. They're rich in fiber, omega-3 fatty acids, protein, calcium, and magnesium, so they're good for your stomach, heart, and mind. They're also a smart addition to your diet if you're vegan or vegetarian.

Their healthy superpowers have been known for ages. The first records of chia seeds date back to 3500 BC and it is believed that the Mayan and Aztec warriors used to eat them before battles for a quick dose of energy. (Fun fact: chia means strength in the Mayan language!) The seeds had their place in all aspects of the ancient life, from medicine to religious rituals. Unfortunately, because of their religious significance, chia seeds were banned by the Spanish conquerors in the 16th century and their future seemed uncertain.

It is only recently that they've been rediscovered as a superfood and become the latest trend in healthy living. Suddenly many tips and recipes are popping up all over the internet, from wellness blogs to Pinterest, an occurrence that the Aztecs wouldn't have believed!

The new interest in chia seeds brings a fresh point of view as well. Recipes are made to look good on menus of cool

cafes, to be prepared in a few minutes at home, or brought to office when we're in a hurry. Once a rare commodity found only in specialized health food stores, chia seeds are now making an appearance in supermarkets and our kitchens. When you go shopping, you can find two kinds of these seeds - black ones and white ones - which might seem confusing but their color is in fact the only difference. Depends on your aesthetic preference more than anything else!

Chia seeds are all over amazing. One of the most impressive qualities of chia seeds is the fact that they can absorb up to 12 times their weight in water. When they do come into contact with water, each seed forms a gel-like surface. The final product can be used instead of jelly or eggs in cooking, or most often to make delicious puddings with virtually endless flavors, options, and combinations.

## CHOCOLATE CHIA PUDDING RECIPE

### Ingredients:

1 1/4 cups almond or coconut milk  
 1/4 cup Absolute Organic Chia Seeds  
 3 tablespoons Cocoa powder  
 1 tablespoon maple syrup or natural sweetener of your choice  
 Pinch of salt

### Instructions:

1. Place all ingredients in a container with a lid; then close the lid.
2. Shake ingredients together well.
3. Refrigerate for at least four hours until mixture is smooth.

*Recipe borrowed from Absolute Organic.*



# Bringing Organic Healthy Variety To Sri Lanka

OrganicoGuru was established to provide you, our health-conscious customers, with wholesome, healthy organic foods, sourced largely from certified organic origins in Australia. Buying organic is an investment in taste, good health, and the environment - and we want you to have the option and variety to do so.

We offer a range of ethically-sourced gluten-free, wheat-free, dairy-free, egg-free, nut-free, yeast-free, GMO-free, BPA-free, no added sugar, vegan and super-food products - so that in every sense of the phrase, there really is something for everyone.

As Sri Lanka's largest online store for organic food, we look forward to being your faithful companion in your journey towards a healthier life.



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



Functional fitness gyms are trending over the world for their potential to reduce injury and focus on performance rather than pure aesthetics. Founded by Bilal Yusuf, Athlete Unleashed is one such organization, pioneering sports performance training in Sri Lanka.

Bilal pursued his passion for sports performance training and coaching after a few years in the corporate world. He has over 10 years of strength & conditioning experience, and is a Level 2 accredited coach from the Australia Strength & Conditioning Association.

Athlete Unleashed offers personalized and innovative

approaches to training by building a solid athletic foundation, while staying focused on individual goals. All programs designed and delivered are specific to the athlete or adult's specific goal and current fitness level. Individuals are closely supervised as the coach takes them through their workout, paying close attention to proper technique and safety.

The team at Athlete Unleashed have helped sportsmen and sportswomen get fitter, faster and stronger through their scientifically designed Sports Performance Programs. They have also helped adults lose weight, and get leaner and stronger through their Adult Fitness Programs. All programs focus on helping athletes and adults improve in the four pillars of human performance: mindset, movement, nutrition and recovery.



# Become a Tri-Athlete With TCC!

WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)



TCC (Triathlon Club Colombo) is a community-based triathlon club in Colombo with the objective of building and promoting triathlons in Sri Lanka. Whether you are looking to train for your first or your 100th triathlon, Triathlon Club Colombo has something for you!

The club was founded in May 2017 by three young Sri Lankan triathletes - Mithun, Tisara and Chantal. In a short space of time, the club has grown to be one of the premier sports clubs in Sri Lanka, with more than 100 members.

TCC offers opportunities to learn, train and meet like-minded individuals through regular team training sessions

and social gatherings. You will see a wide spectrum of members with different goals; from individuals who are training to win events across the world, to those who are training just for enjoyment and to maintain a healthy lifestyle. Their race calendar includes a number of local and international events, where they encourage everyone to take part. The team is currently training for Ironman 70.3 Colombo which is the first international event of this caliber to be introduced to this part of the world.

TCC would love to hear from anyone interested in participating in the sport. They cater to those of all abilities so please don't hesitate to reach out. Watch the video linked on the QR or visit their website [www.triathlonclubcolombo.com](http://www.triathlonclubcolombo.com) for more information.



WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)

Photo by Carl Heyerdahl

# Deskercises: Mixing Office & Exercise Effectively

Okay, maybe your office doesn't allow a standing desk as yet, but you could try a few strategies to counter balance the muscle imbalances you may be piling up during extended hours of sitting.

You've probably heard that sitting is the new smoking. Well, it may not be as bad, but what's really important is you don't stay sedentary for too long in any one position. In other words, you need MOVEMENT. If you've got an office gym, that's great news. If not, it might be a good idea to include some unobtrusive stretches at your desk (*watch*

*video*). If you're too embarrassed to do anything in public and worry you may freak people out, you could take a few extra minutes to take the stairs instead of the lift, make some time to stretch while you escape to the conference room or while you go fill up some water. Then there's always a sneaky way to take a yoga class during your lunch break. YES! People can now do that too.

*Watch physiotherapist Shawn Roche explain consequences of bad posture and heavy tech use, and a few counter exercises you could do to prevent Upper Crossed Syndrome - a common condition that could occur with the forward head tilt posture. (Note that you may need professional consultation to find out about your specific muscle imbalances.)*



We treat  
the person  
& the condition  
- not just the symptoms.



All our physiotherapists are professionally qualified (Bachelor of Physiotherapy) and each has more than 5 years of working experience in the field. We are registered with the Sri Lanka Medical Council, The Health Ministry and are members of the World Confederation for Physical Therapy (WCPT).

Expect immediate patient attention with less waiting time on appointment. Female-only time slots are also available with female physiotherapists. We are open 9am – 6pm Monday to Friday and can extend up to 8pm on request.



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If you're a workout-at-home kinda person, here are some must-have equipment for your arsenal.

## Foam Roller

Foam rollers aid movement and flexibility and help prevent injury by rolling through muscle knots and kinks. Massage your lats, lower back, quads or any other large muscle group. The foam roller can be used to break trigger points and relieve tension fascia, to eliminate muscle tension, and break up soft tissue adhesions and scar tissue, for self-massage and myofascial release, while increasing blood flow and circulation in the soft tissue.

*Read our blog article titled "When to Foam Roll" to find out more about the science and its function.*



## TRX Pro

The TRX Pro Suspension Trainer is TRX's strongest, most secure product with durable, easy to clean rubber handles, commercial-grade components and three different types of anchoring solutions for maximum versatility. Whether you're training in a gym, at the park or at home, the TRX Pro Kit comes with everything you need to get a great full-body workout, anywhere.



## Balance Board

Improve balance, and tone core and leg muscles with a 360 degree Wooden Balance Board that you can carry anywhere - at home or the gym.

Besides sport-specific balance, coordination and core strength development, training with balance boards also helps prevent injuries (especially ankle and knee). It is also great for developing sensory skills in children, and is ideal for dancers or anyone who would like to improve balance, proprioception or coordination.



## Resistant Bands

Power bands are multi-purpose training tools. You can choose from different resistance levels for your level of fitness.

There are countless exercises that can be performed with a set of power bands, and they can be a great addition to your resistance training arsenal as they stress your muscles more towards the end-range of the movements, instead of mid-range as with free weights, as well as requiring significant stabilization by the muscles. It provides a fantastic way to perform assisted pull-ups - great for those who want to increase their pull-up performance, if bodyweight pull-ups are currently a struggle.

The use of a power band can allow you to perform stretches yourself, which you may otherwise need a partner for, by applying enough pressure to achieve a good stretch.



## Off Road Hoverboard

A two wheeled hoverboard is perfect for a bit of off-road scooting, while making you look geeky-cool. Oh, and (did we forget to say?), it's great fun and great for balance and coordination training. :)

*This model can carry a maximum load weight of 130kgs and travel a maximum distance of 20km at 15km/h! It has a gyroscooter with led front lights and are available in colors red/black/silver/gold.*

## Garmin VIRB® Ultra 30

Can your action camera do this – record on command? VIRB Ultra 30 can. This waterproof<sup>3</sup> ultra HD action camera features voice control so you can tell the camera to start, stop and “remember that.” That means more hands-free selfies when you’re looking fearless – and easier editing when the action’s all done. It’s small, weighs next to nothing, and it’s ready to take on any dare or adventure, thanks to the included waterproof case. It’s a super connected camera that also gives you options to share your experiences via live streaming.



*New tech from around the world...*

## Halo Sport

No, it's not the sport version of Microsoft's shooter game, lol. Halo Sport is the world's first headset that stimulates the part of your brain responsible for muscle movement. The developers claim the device accelerates training improvements in power (bench press, squat, vertical jump), endurance (running, swimming, cycling), skill (playing an instrument, swinging a golf club, target accuracy) and people have already started seeing improvements in their game. Pretty cool tech that we'd love to see in Sri Lanka one day. :)

*“Neuropriming is the process of using electrical stimulation during movement-based training to build stronger, more optimized connections between your brain and muscles. This process induces a temporary state of hyper-learning or “hyperplasticity” in the brain, which refines the brain’s ability to learn and adapt to training. This allows you to see better results, faster.”*





It's peak season down South - what better time to show off that workout bod! ;)

Glory has recently introduced a new luxury swimwear collection called "Dreams." The suits looks pretty chic, and you can check them out at their store in Thimbirigasyaya, or their latest outlet in Unawatuna right where the fun happens!



# Life's a beach... GO FIND YOUR WAVE



Surf's up! Get adventurous with the best of branded swim wear and accessories - from shades, beach shorts, rash vests to surf boards and more - only at Glory Swimshop



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0777 30 77 88 | Flagship store: Thimbirigasyaya | UpTown Liberty Plaza | Unawatuna

# Garlic: A Workout Superfood?

YES! That stinky little brother of the onion family can be a great healthy addition to your diet (and not just because it keeps away vampires!). Let's get serious - here are some garlic facts you don't hear often in the fitness industry:

Eating 2g of garlic cloves can increase nitric oxide levels by 385%, improving vasodilation and nutrient delivery. What does that mean for you? When your blood vessels dilate, your blood pressure reduces. It also means that more blood can be carried around your body, getting the oxygen and nutrients you need to their destinations quicker.

This improves your exercise performance and muscle recovery, making you fitter faster.

That already sounds great, but it really earns the title of superfood by doing more for you. The Interferon-A in garlic gives it anti-cancer/viral/bacterial properties, making it the best natural antibiotic around. It has got anti-inflammatory properties and aids collagen formation too which keeps your skin, joints and tissues healthy. It is also known to reduce triglycerides and cholesterol, and increase glutathione; all good stuff for the body.

Unfortunately, cooking tends to strip away garlic's sulfur compounds, so it's best consumed raw. Take it after meals - just make sure you don't kiss anyone soon after. :)

Photo by Sébastien Marchand

## POWERUP365 PROTEIN BLAST

Whether you are a performance athlete, bodybuilder or doing any type of workout to stay in shape, our Protein Blast energy pack is for you. Pistachios, almonds, peanuts & pumpkin seeds give you the protein fix you need while apricots and raisins add that natural sweetness factor.

Check out our other all natural products too. Train safe, and power your active lifestyle the right way!



20g of Protein

Athletic Performance

Muscle Recovery

Muscle Building



# RAW Organic Juice

WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)



Young food entrepreneur Ronali talks about the benefits of going organic and gives us an introduction to her venture.

## How did you come up with the concept of RAW?

The journey of RAW started on the first Sunday of 2016 with an epiphany while I was in prayer. Partially convinced that this was some strange joke, I decided to research the benefits of raw organic juices. What I discovered absolutely blew my mind. I was convinced that juicing raw organic produce was an answer to living a happy and healthy life.

This made my decision to jump in with both feet far more solidly, and in the months that followed I ordered a cold press juicer from the USA, learned about Gerson therapy, searched for local organic suppliers and learned more about food and nutrition. I then completed a course from Monash University on "Food as Medicine", undertook an "Ayurveda as a lifestyle" course in Sri Lanka and worked closely with a 'paramparika vedha mahatthaya and haminey' (3rd generation Ayurveda doctor and a female Ayurveda doctor).

The journey I embarked on in 2016 has taken me down an amazing path, bringing me closer to my mother who

schooled me on local natural remedies which were passed down to her from her mother, and my father who taught me everything I know about starting and running a business. The more I learned, the more I was convinced that this was truly beneficial to people and could change people's lives.

## What does RAW offer to its customers?

We live in a time with a higher prevalence of non-communicable diseases (NCD's) than ever before, with 70% of deaths being caused by NCD's. A major contributor to this growing problem is the lack of awareness on good nutrition and making healthy lifestyle choices. The minimum daily-recommended intake of fruits and vegetable per person is 5 servings (400g). Which should be 3 parts vegetables and leafy greens to 2 parts fruit. Given the busy lifestyle people lead in today's society, getting the required daily amount of fresh fruits, vegetables and leafy greens proves difficult and is therefore often a low priority. RAW ensures you get your required daily dose of fruits, veggies and leafy greens in one tasty drink.

We use 100% organic produce, offering more vitamins and minerals than herbicide-laced, chemical GMO crops. We also use sustainable practices in our operations and recycle our glass bottles by giving back to the consumer and the planet.

# Inspirational Workout Music

Feeling unmotivated? Here are some tracks that may help you get going.

Calvin Harris - Let's Go (128 BMP)  
The Chemical Brothers - Hey Boy Hey Girl (127 BMP)  
Swedish House Mafia - Save The World (127 BMP)  
Sigala - Sweet Lovin' (125 BMP)  
Avicii - Wake Me Up (124 BMP)  
Europe - The Final Countdown (118 BPM)  
Vangelis - Chariots of Fire (118 BPM)  
Kelly Clarkson - Stronger (116 BPM)  
Coldplay - Adventure of a Lifetime (113 BPM)  
Imagine Dragons - On Top Of The World (100 BPM)



## SPHEAR S HIGH-DEFINITION EARPHONES

With their spherical design and silicone tips, Sphear S have proven that in-ear headphones could be comfortable! These earphones are also the best solution on the market to offer hi-fi sound to your favorite music, absolutely everywhere.



# DIGITAL EAR

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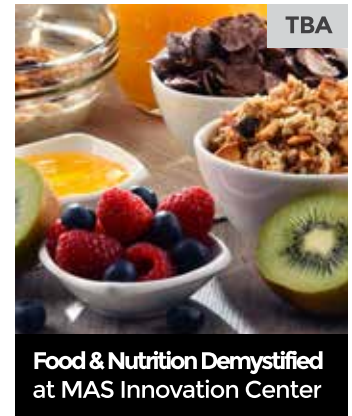
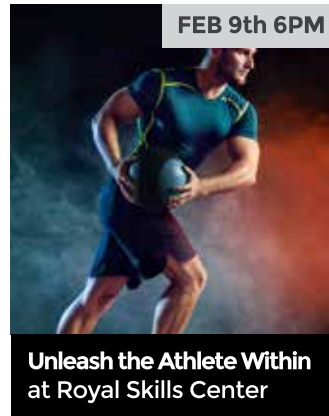
# Answer & WIN!

Let's see if you've really read our magazine. :) Complete the below 03 questions and **email your answers to [contact@workout.lk](mailto:contact@workout.lk)** before **15th February 2018** to be eligible to win prizes from Goyo and Workout.lk!

1. When did Ronali get convinced she needed to start RAW?
2. Where is Glory Swimshop's latest outlet located?
3. Where is Tashiya practicing Step Aerobics?



# UPCOMING EVENTS



Visit [www.workout.lk](http://www.workout.lk) EVENTS page for updates and to find many more ways to inspire yourself and get active in Colombo!

## We connect people to do good.

gudppl is a new social network where you can find opportunities to volunteer.

Visit [www.gudppl.com](http://www.gudppl.com) or download the app!

  @slgudppl



## Good for People. Good for the Planet.

Workout.lk is a part of the Good Market vendor community - a curated community of social enterprises and responsible businesses that are good for people and good for the planet.

If you loved reading this magazine, share it with as many readers as you can, or recycle or compost after reading to help reduce environmental pollution. Though paper in any form is 100% biodegradable, in order to reduce the cutting down of trees to manufacture them, you should find ways to recycle and reuse it. The best way to reuse magazines is to avoid disposing of them. This means that the valuable information contained in these pages can be passed on by donating to a library or an individual for recreational reading.

You can also forward the digital version of this magazine to your friends or colleagues by logging on to [www.workout.lk](http://www.workout.lk).



# GYMS IN COLOMBO

NAME	ADDRESS	PHONE
Body Bar	3, Jawatte Avenue, Colombo 04	077 301 7032
Body by Kris	4th Floor, 135 Dutugemunu Street, Kohuwala	011 282 5749
Body Doc Fitness & Wellness Pavillion	589, Athurugiriya Road, Malabe	077 077 4184
Cinnamon Grand Recreation	Cinnamon Grand, 77, Galle Road, Colombo	011 243 7437
Colombo Swimming Club	148, "Storm Lodge", Galle Road, Colombo 03	011 242 1645
Fitness First Maitland Crescent	42 1/1, Maitland Crescent, Colombo 07	011 269 5331
Fitness First - World Trade Center	Low Block 07, World Trade Center, Colombo	011 233 8842
Genesis Fitness Center & Gym	288, Galle Road, Mount Lavinia	077 342 4563
Get U Fit GYM	195, 1/2 Galle Road, Colombo 04	011 308 5353
High Octane Fitness	42, Dutugemunu Street, Kohuwela	011 285 2317
Hilton Colombo Sports Club	Hilton, 2, Sir C. A. Gardiner Mawatha Colombo	011 249 2492
Hype Fitness	51, Gregory's Road, Colombo 07	077 498 8135
Lifestyle Gym	45, Sir Marcus Fernando Mawatha, Colombo 07	011 472 3300
Marine Fitness	465, Ganahena, Sri Jayewardanepura Kotte	011 205 8499
Marine Fitness 365	46, Station Road, Mount Lavinia	011 722 1366
Ministry of Defense Fitness Kiosk	Independence Avenue, Colombo 07	011 243 0860
OSMO Fitness	69, Rathnayaka Mawatha, Thalangama South, Pelawatta	071 670 0844
PRAN Fitness	550/2, Old Kottawa Rd, Udahamulla, Nugegoda	077 730 9961
Pulse and Beat	185/10, Havelock Road Colombo 05	011 451 7768
Revival VIP Fitness	96/4, Rosemead Place, Colombo 07	011 269 5402
Royal College Sports Complex	100/10, Sri Lanka Foundation Mawatha, Colombo 07	011 471 9744
Sanhinda Leisure Centre	247/6, Stanley Thilakaratne Mawatha, Nugegoda	011 276 8166
Singhalese Sports Club (SSC)	35 Maitland Place, Colombo 07	011 269 5362
The Fitness Connection	3rd Floor, KFC Building, Racecourse Promenade, Colombo 07	077 132 9119
The Kiss Fitness	Excel World, T.B Jayah Mawatha, Colombo 10	077 848 0816
Vaaj Fitness Centre	168/3D Sri Jayasundara Mawatha, Nawala Road, Nawala	077 344 2389
Waters Edge Gym	316, Ethul Kotte Road, Battaramulla	077 725 1775
Zimantra Leisure Center	465, Ganahena, Sri Jayewardanepura Kotte	011 335 5666

Have we missed listing your gym or fitness center? Email contact [@workout.lk](mailto:@workout.lk) or call us on 077 733 7430.



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