

WORKOUT

FREE PRINT MAGAZINE OF **WORKOUT.lk** / VOLUME 02: JANUARY - APRIL 2019

MAG

Participate in **IRONMAN 70.3** Colombo!

Wellness at
Mövenpick

Rebounding
in Sri Lanka!

Krav Maga
Self Defense



Thank you for picking up our first issue for the new year! We plan to offer you some of the best highlights of what the city has to offer in health, fitness, wellness and outdoor activities! If you missed our previous issues, you can view a digital copy via www.workout.lk.

Workout.lk is 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.

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! We collaborate with professionals across our network to curate experiences, workshops, and corporate programs as well.

Our Facebook page gives you regular inspiration along your journey, and our website 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, book 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.

Stay tuned via our FB page for cool workshops and workout experiences near you. Got a question or want recommendations? Simply give us a call.

Have a healthy week!

WORKOUT.lk



Published by Workout.lk / Printed by DragonFly Productions

Disclaimer: Workout MAG is not responsible for any of the views shared by personnel featured on the magazine and the expressed opinions are of the writers and not of the publisher. Reader discretion is advised.

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

Pages of this MAG contain QR codes where you can access video interviews & previews. Simply use a web-based QR scanner or download an app on your mobile to scan and view our supplementary content. Most new mobile operating systems have built-in QR scanners, so all you have to do is hold the camera to the code!



Official Website:
www.workout.lk

contact@workout.lk
077 733 7430

Technology That Can Be Counted On



Performance racers and touring cyclists alike need technology that can be counted on. We've got you covered with GPS bike computers, turn-by-turn navigation, bike-specific routing, cycling awareness accessories and so much more. Get detailed data about your performance or just plan your next ride. It's all possible.



Edge® 820
GPS Bike Computer
for Performance and Racing



fenix® 5
Multisport GPS Watch
for Fitness, Adventure and Style



VIRB® Ultra 30
4K Action Camera with Voice Control and Data
Overlays


GARMIN™

Experience Centre now open at 20D Gilford Crescent, Colombo 07
Tel: 011 269 2149, Hotline: 076 866 7878
Open: Monday to Friday 8.30am to 7.00pm; Saturday: 8.30am to 5.00pm

Rukgala Retreat - The Perfect Getaway



Rukgala Retreat was conceived from a passion and enthusiasm for the beautiful (although still relatively unknown) part of Sri Lanka in which it is located. Out of a empty, crumbling old house the owners have fashioned an ideal sanctuary, suited both to those wanting space for an extended retreat and to those just seeking a shorter escape in the hills.

Their goal is to offer spaces where people can enjoy their time together, get an open and honest experience of Sri

Lanka, and take away something not often found in tourist guides. Rukgala sits wonderfully close to lesser-known temples, lush green tea estates, the untouched mountains of the Knuckles range and the secluded villages that dot the shores of the Victoria Lake.

These surroundings make for a wonderfully mixed, and, dare we say it, authentically Sri Lankan experience during your time here.





This April: Take a HEALTHY JOURNEY to Rukgala

Our dependency on electronics for work and everyday communication is not going anywhere. This means that making a conscious effort to take time off in nature to undo the damage from electronic radiation is paramount, now more than ever.

We've always known that there's something magical about natural elements such as rivers, lakes and mountains, but could never quite comprehend why. Science now confirms that those benefits we felt are very real. For example, when you step out near a waterfall and allow your lungs to be filled with misty air, your brain can receive instant benefits. The negative ions in the air (oxygen molecules with an extra electron attached because of the effect of moving water) can actually help calm your brain.

Studies have also shown that different colors often produce different psychological, emotional, and physical effects. The colors blue and green, for instance, convey a sense of calm and rejuvenation. Simply living in close proximity to nature improves one's health and wellbeing. While it may be unreasonable for some of us to uproot ourselves and move to a forest town, there's no doubt that prioritizing getting outdoors and connecting with the earth will still help us stay mentally and physically sound.

We are organizing a special trip to Kandy at Rukgala Retreat this April! Join us to experience a unique hike to Bambaragala and learn about wildlife at Knuckles mountain range with Aravinda Rathnayake. You can kayak and swim to work up an appetite for the healthy meals you'll enjoy, then get wellness coaching from Mei Flynn and try out yoga with Rekha Krishnamoorthy, all the while relaxing at the gorgeous retreat space. We are offering this package at a very special introductory price. It's a journey you wouldn't want to miss!

When: 6-7 April 2019

Where: Kandy

Visit www.workout.lk, or
call 077 733 7430 for more information.

Limited space;
RSVP via event registration link on QR:



DanceFit With Tarja

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

Dancing has always been Tarja de Silva's passion since childhood. She started her training in ballroom dancing at the age of 13 at Antonio's Dance Circle and had competed both nationally and internationally by the age of 15. Eight years later, she moved to UK to complete her higher education in fashion and further her ballroom dancing.

It had been her lifelong dream to dance at the world's biggest ballroom dance championships in Blackpool England and in 2014, she represented Sri Lanka with her cousin in the Amateur Latin category at Blackpool, making the top 196. "Competing in the UK truly humbled me and developed me as a dancer. During my stay in London I was cast in the British feature film 'Cuban Fury' as one of the competitive dancers in its final scene. The experience of dancing with London's best salsa dancers and working on set with some amazing actors was truly an unforgettable experience."

She thoroughly enjoys performing, teaching people dance and helping them stay fit through dance fitness. "Whatever personal achievements and goals I have in life, dance is my drug and I am an addict", says Tarja.

Scan the QR code at top from your mobile camera to watch Tarja talk about more about her classes.

Rebounding in Sri Lanka!

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



Wondering if fitness could be more fun and still be effective at the same time? Playmore could be the place to do that for you! Their signature workouts based on mini-trampolines are providing quick and steady results to many and are getting more and more popular in the city.

If weight loss is your primary goal, here's good news for you - rebounding burns twice as many calories as running does - or more - and is excellent for building stamina, strength and balance as well. Playmore's signature program, "Body Bounce," is a unique combination of yoga-based stretches, cardio, lower body, upper body and core workouts on trampolines, and ends with a body awareness session. The founders, Gaya and Shamitha, have a strong

background in dance, movement and body therapy, useful in the development of such an unusual program.

Playmore launched just a few months ago, aims to bring fun to the fitness scene in Sri Lanka. Rebounding workouts are immensely popular across the globe and are gentler on joints, boost lymphatic drainage and immune function, and help circulate oxygen throughout the body - making them a great complementary class for anyone interested in fitness.

They also offer free trials throughout the week. If you have further questions, you can call them on 077 930 2478 or 076 461 0350.

On the video: watch Gayathri talk about the many benefits of rebounding and about Playmore.





THE DEEP END

PREMIER LUXURY SWIMWEAR SHOPPING CENTER

NOW OPEN DAILY
from 9.30 AM - 7.00 PM

61A Thimbirigasyaya Road Colombo 05 | 0777 888 111

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

Swimming & Aquatics

Despite being blessed with year-round good weather for swimming, and a coastal belt that's over 1300km, we are not known as a nation of swimmers. Three-time Olympian Deshabandu Julian Bolling is on a mission to change that and empower everyone, regardless of ability, to learn this enjoyable activity. Luckily, the city is full of swimming clubs and centers where one can easily learn how to swim.

Q: Tell us what's special about swimming?

I think swimming is an excellent skill to learn as it helps you enjoy what we have nature-wise, and it is also a fitness sport. We all know that as life goes along, our body's

durability is lower, but when swimming in the water, the weight is not on your joints, making it an easy activity for anyone.

Q: What made you excel in swimming?

When I was very young, I was small in size so my mom convinced me to take on swimming so I would gain size like my peers. I never had ambition, but opportunity came along and I was able to represent the country - but it was never planned.

Scan the QR code and watch the full interview. Julian is presently the Head coach of Rainbow Aquatics and Director of the Rainbow Swimming Academy, empowering differently-abled kids (and anyone willing) to learn competitive swimming as well as the basics.



What's With Veganism?



All around the world, more and more people have chosen to adopt a vegan lifestyle, excluding all animal products from their diet, including some incredibly commonplace foods such as dairy, eggs, and honey. Although the transition from an omnivorous to a plant-based diet can be trying for many, the benefits of it are unparalleled. Veganism as a lifestyle is beneficial not only to the wellbeing of livestock animals, but to the environment, world hunger, and your own health.

Veganism involves a lot more than just protesting animal cruelty, it also heavily promotes environmental sustainability. The carbon footprints of the meat, dairy, and egg industries are massive. Current mainstream farming methods do not employ renewable resources and are contributing a disproportionate amount to pollution and climate change. It has been estimated that the production of meat and dairy products contributes approximately 30 percent of total greenhouse gas emissions around the world and is responsible for 70 percent of global freshwater consumption as well as 38 percent of total land use.

The production of grain feed for animals in the meat industry has also contributed massively to deforestation, habitat loss and species extinction. The industries involved in the production of meat and dairy cause as much damage to the environment as the burning of fossil fuels.

The use of fertile land to grow crops for animals also worsens the problem of hunger in developing countries, as communities grow cash crops to feed animals rather than themselves. Food scarcity is becoming an increasingly dire issue in the world today, with one in nine people reportedly being chronically undernourished.

Perhaps the most enticing aspect of a vegan diet, however, is its ability to nurture some very healthy habits with

pleasant results. Plant-based diets should contain plenty of fresh fruits and vegetables whole grains, beans, legumes, nuts and seeds. The nutrients found in these plant-based foods tend to be higher in vitamins and minerals and have been shown to be packed more with fiber and antioxidants and less with saturated fats than their animal-based counterparts. This has proven to be useful in warding off health issues such as obesity, heart disease, diabetes, and cancer. Vegan diets, planned properly, are very likely to result in younger looking skin and increased energy. Vegans also lean towards consuming more servings of fruit and vegetables during the day, which helps reduce chances of premature death. Studies have shown that consumption of red meat, whether processed or unprocessed, can be linked to raised early mortality rates - just one more thing that vegans need not be concerned about. Moreover, on average, vegans tend to be up to 20 pounds lighter than meat-eaters.

Some people begin their shift to veganism by looking for replacement foods. Although this can be a big step to take in Western societies, considering their emphasis on meat-centric dishes in traditional meals, Sri Lankan cuisine only needs to be tweaked very minimally - if at all - to be vegan. Oftentimes, meat is only one of many curries gracing our breakfast, lunch, and dinner tables and is not likely to be missed considering the myriad of options available to substitute it with. Our vegetarian curries, in addition, have a coconut milk base (completely plant-based), so they tend to be vegan already.

As Sri Lankans, we would be relinquishing very few of the foods and dishes we know and love when adopting a plant-based diet, which would make the transition incredibly smooth indeed. However, even in Western societies, as veganism has gotten ever more popular, more and more companies have come out with delicious vegan food products to meet the increasing demand. There is very little sacrifice to be made in going vegan, especially considering its many benefits.



Sri Lanka's Pioneer in Functional Food

OrganicoGuru was established with the primary objective to provide health-conscious consumers food solutions that bring health values well beyond basic nutrition.

OrganicoGuru as an earth friendly entity also makes every effort to selectively source sustainable, certified organic material from likeminded suppliers, while working closely with such manufacturers and brand owners in Australia to bring our consumers a specifically selected range of great tasting, ethically sourced, functional and super Foods that are GMO-free, high in protein, gluten-free, lactose-free, egg-free, nut-free, wheat-free, yeast-free, BPA-free, vegan and products with no added sugar.

As Sri Lanka's largest online store for functional, organic and super foods, we strive to provide consumers healthy dietary solutions that help live life to the fullest, while feeling great and looking great every day.



Organicoguru Lanka (Pvt) Limited, 130/19 C Kurulubeddha, Nawala Road, Nugegoda
Email: sales@organicoguru.com | Tel: 011 289 0880/1

www.organicoguru.com



Wellness at Mövenpick

Health is a state of mind and wellness is a state of being. With plenty of wellness retreats to visit, guests don't necessarily have to sign up for a week or two of detoxing to find their Zen. The Mövenpick Hotel Colombo, taking measures to expand their fitness offerings and paying more attention to meditative, full-body-and-mind classes like yoga, launched a unique daily wellness program at their Wellness Centre recently. The hotel now offers Zumba, yoga, contemporary dance and other fitness activities everyday of the week, 23 stories up, with sprawling ocean views.

The program's seven instructors bring with them a wealth of experience from various backgrounds. Explore the merging of dance and fitness with Mimi, a licensed Zumba and Zumba Kids junior instructor, who loves to share the passion of dance and fitness variations.

Balance the mind, challenge the body and equilibrate the spirit with Hatha Yoga with Nisalini, while Melissa takes you to a whole new level of 'Pure Body Burn'. Melissa is a

professional dancer with a background in technique and fitness training.

Thilini will be offering guests a total workout, combining all elements of fitness: cardio, muscle conditioning, and balance and flexibility with Zumba. Thilini is the first Sri Lankan to be certified as a Zumba specialty instructor and attended the Zin Academy in Greater Noida, India. Give yourself a serious dose of awesome each time you take this class.

Meet Uta and join her for Kundalini Yoga sessions. She is a K.R.I (Kundalini Research Institute) certified Kundalini Yoga teacher and a member of IKYTA (International Kundalini Yoga Teachers Association). Her yogic journey started in the mid-1980s and she offers an uplifting blend of spiritual and physical practices.

Kasun Dias is also a part of the wellness program and will be conducting Salsa lessons. He is the founding member of the National Dance-Sport Federation of Sri Lanka and a certified Bachata Teacher.

Or try something different with Umeshi, as she conducts her contemporary dance lessons which stress versatility and improvisation and focus on floorwork.

FALL IN LOVE WITH TAKING CARE OF YOUR MIND. BODY. SPIRIT.

with Mövenpick Hotel Colombo's exceptional wellness program featuring Zumba, Yoga, Contemporary dancing, Salsa and Pure body burn to help discover the serenity within you.

MEET THE TEAM



Melissa
PURE BODY BURN



Nisalini
YOGA



Thilini
ZUMBA



Mimi
ZUMBA



Kasun Dias
SALSA DANCE



Uta Dulias
YOGA



Umeshi
CONTEMPORARY
DANCE

Date & Time	Class	Instructor
Monday		
8:30-9:30 AM	Zumba	Mimi
Tuesday		
7:15-8:15 AM	Yoga	Nisalini
4:00-5:00 PM	Zumba Kids (Ages 4-7)	Mimi
Wednesday		
4:00-5:00 PM	Zumba Kids (Ages 7-11)	Mimi
5:30-6:30 PM	Pure body burn	Melissa
Thursday		
8:30-9:30 AM	Zumba	Mimi
5:30-6:30 PM	Zumba	Thilini
7:00-8:00 PM	Yoga	Uta
Friday		
7:30-8:30 AM	Contemporary dance	Umeshi
5:30-6:30 PM	Salsa dance	Kasun
6:45-7:45 PM	Yoga	Nisalini
Saturday		
7:00-8:00 AM	Pure body burn	Melissa
Sunday		
9:00-10:00 AM	Zumba	Mimi

Rates per session

Zumba adult	1000 LKR	Zumba kids	900 LKR
Salsa dance	1000 LKR	Pure body burn	1000 LKR
Yoga	1250 LKR	Contemporary dance	1500 LKR

Like some health & fitness at home? Here are some cool additions to your arsenal.

Foam Roller

Using a foam roller can function as a sports massage that you can easily do at home, it helps reduce inflammation, scar tissue and joint stress, and improves circulation and range of motion.

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



Texstretch Bands

Texstretch offers a wide range of portable fitness bands great for quick and effective workouts anywhere!

Resistance bands can be used for resistance training exercises, assist with performing various stretches and more. These are very effective, versatile, pack well for road trips, won't dent the floor or mash your toe if you drop them, and you can perform varied multiplanar movements with them and more. Find more details at www.texstretch-sports.com.



Kuvings Slow Juicer

The Kuvings Whole Slow Juicer will simply save so much preparation time and produce a glass of fresh juice in just a few seconds. Now it's easier than ever to enjoy fresh, all-natural juice at home! Call 077 733 7430 to obtain a special discount too.

Water Dumbbells

Mad Wave's Triangle Bar Float Water Dumbbells are the perfect choice for your aqua fitness exercises and pool workouts! Made of soft, durable EVA material and equipped with comfortable handles, these dumbbells feature adjustable resistance technology to ensure advanced versatility and comfort.



Participate in IRONMAN 70.3 Colombo

Pro-Am, the official licensee of the World Triathlon Corporation (WTC, USA) and the owner of the prestigious global IRONMAN triathlon brand, is gearing up to hold the second IRONMAN 70.3 international sporting event in Sri Lanka.

The first edition of the Sri Lanka Wonder of Asia IRONMAN 70.3 Colombo event for 2018 was held successfully on the 25th February 2018 with an athlete satisfaction rating of 91.5%. That is 4.25 percentage points above the global standard.

The event was fully sold out two months before the event date, with 880 athletes registered from 63 nations. This was the first time the tiny island in the Indian Ocean witnessed

a large-scale mass participation multi-sport event of this size and scale.

The second edition of IRONMAN 70.3 Colombo is scheduled for 24th February 2019, and features a 1.9 km sea swim, 90 km bike ride and a 21.1 km run – all to be completed within an 8.5-hour period either by an individual or as a team. In addition, another prestigious event, IRONKIDS, will be held on 23rd February 2019 to encourage children participation.

What has always been special about IRONMAN is the stories of people overcoming remarkable challenges. It isn't a race for superhuman beings; it is a race that unites all people of race, age, color and ability from across the globe. Their stories are what makes these individuals true iron men and women.



The Fitness Connection

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



The Fitness Connection is all about bespoke fitness and wellbeing, so its main exercising space is divided into two separate workout areas, containing all the equipment you need. With a Zen, spa-like feel, this boutique location takes an à la carte approach to its services, including personal training, open gym memberships and a variety of classes.

This wellness center provides a number of fitness classes for its users, with a range of state-of-the-art fitness equipment, including branded 'Cybex' products. It hosts yoga programs, has separate sauna bathing facilities,

offers power-plate acceleration training embedded with whole body vibration, and includes a climbing wall (an artificially constructed wall with grips for hands) - which is one of its unique attractions. The most sought-after attraction, however, is the special spinning cycle room with visual projections that create a more natural and enjoyable ambience.

One of the new additions is a Eat Right Café that assist you with a possible diet plan - or you can place a call, order your preferred meals and pick them up from the gym itself. In-house sports masseurs and professional personal trainers are available at the venue as well.

Scan the QR code to get an overview of what they offer.



Krav Maga: Efficient & Effective Defense



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



Krav Maga ('contact combat' in Hebrew), originally developed for the Israeli military, has fast become the global standard for effective self-defense techniques for people of all sizes and strengths. It is centered on simple principles and instinctive movements, designed to help neutralize threats in the shortest possible time.

Krav Maga teaches practitioners to respond instinctively to an array of attacks such as punches, kicks, bear hugs, chokes, headlocks and grabs. It also empowers you to protect yourself against multiple attackers and threats from firearms, knives or blunt objects. Even if the fight ends up on the ground or with you being in an awkward position, Krav Maga techniques help protect you from harm.

Krav Maga's secret lies in its ruthless effectiveness, efficiency and simplicity. Today, it is practiced by leading law enforcement agencies worldwide, to keep them safe in extremely dangerous situations.

Krav Maga Kapap Lanka International was founded in 2012 by SathisThiramunige, a veteran with over 40 years of experience training some of the best in the field, locally and internationally. Kunchana Ranasinghe is a Director and Chief Instructor of KMKLI. He brings to the table over 20 years of experience in Judo and holds a 2nd Dan/Degree Black Belt, and is an experienced boxer and Mixed Martial Artist as well. After completing his Krav Maga Instructor Course in Italy, Kunchana commenced his role as Chief Instructor to spearhead the highly specialized training movement from Colombo.

Watch Kunchana and Harisha talk about Krav Maga along with video footage of their classes.

Forgot Your New Year Resolutions?

You're not alone. According to statistics, 88% of people will fail to achieve their New Year's resolutions - that's almost 9 out of every 10 people. Let's change this and build healthy habits that will last forever with these 5 steps:

1. Set positive goals: Rather than making your New Year resolutions restrictive, focus on positive actions. For example, frame it as "eat more nutritious foods" instead of "stop eating junk."

2. Choose 1 to 3 everyday habits: Keep them simple and only choose a new one once you have accomplished the

first. Take it one step at a time.

3. Get specific and write them down: Make a list and paste it next to your night table. Note down "where," "which days," "time" and "how often." For example, practice yoga on Wednesdays and Fridays at 9:30 at Prana Lounge.

4. Apply habit psychology: Try syncing your desired habit with an activity that you do everyday at the same time. If the habit you want to cultivate is drinking more water, drink a glass after waking up or just before going to sleep.

5. Brainstorm prevention: Think of what can go wrong and prepare to prevent any barriers by planning how you can overcome them ahead of time.

All the best!

Article by @SofiaWellness

Photo by Gabrielle Cole

Looking for a Healthier Alternative to Fast Food?

Bowl'd is a quick service restaurant that aims to help you create delicious, healthy meals using fresh produce and seasonal ingredients. We primarily focus on Poké Bowls, originating from Hawaii, traditionally consisting of raw fish that has been marinated in umami-packed sauces, paired with vegetables and added over rice.

Bowl'd caters to a wide range of diets from vegan, vegetarian, and low carb to gluten-free - there's something for everybody!



30 Sea View Avenue, Colombo 03
Call: 077 755 7449

Rushini and Natural Eats

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



Rushini Goonatilake quit her stable day job to venture into unknown territory as an entrepreneur and now has an inspirational success story to share with all of us. Her astute business sense, customer-centric approach and innovative spirit are an inspiration to all young aspiring health food entrepreneurs.

Q: What was the vision behind Natural Eats?

Since we started our journey at The Good Market in November 2017, we have had two goals. One was to educate Sri Lankans on healthy eating, which is why we are completely transparent about the ingredients that go into our food. We also provide a nutritional breakdown. Secondly, we wanted to make healthy eating affordable and that has not changed since we opened our outlets.

But something truly unique to Natural Eats is the personal experience we give to our customers; our co-founders themselves are behind the counter, serving our customers, talking to them, and managing the inventory, end-to-end. This gives our customers a very personal experience. Additionally, we have benefitted from it as well because our customers have become our friends; they've added a lot of value to our business and it has greatly helped our business grow as well.

Q: How did you start this business and passion?

As soon as I did my undergrad, I joined a leading IT company as a business analyst, but I was really saving up to start my own business.

So, while I was working, I was also at The Good Market at the right time, and we had the opportunity to open our first cafe at The Fitness Connection. At this point, I decided it was time for me to quit my job and take on my passion full time, and I haven't regretted it since.

Q: How would you like to see the industry transform?

Platforms such as The Good Market have done a brilliant job of creating a space for like-minded people to collaborate, to provide an opportunity for people to venture into their passions.

I would like to see more platforms like The Good Market and see the healthy food industry go beyond Colombo to an island-wide level.

Watch the inspiring full interview along with a sneak peak of Natural Eats by scanning the QR code on this page via your mobile camera.

Around the web...

Want to feel inspired, and learn cool stuff? Here are some great content featured from YouTube - simply scan the QR codes from your mobile to access the videos. Find lots more on our YouTube channel - [WORKOUT LK](#).



Best Free Apps for WORKOUTS

No need for fancy equipment - just use your body and some free time for these calisthenics workouts you can try out at home!

Nike Training Club
Freeletics Bodyweight
Sworkit
Runtastic Results
Workout Trainer

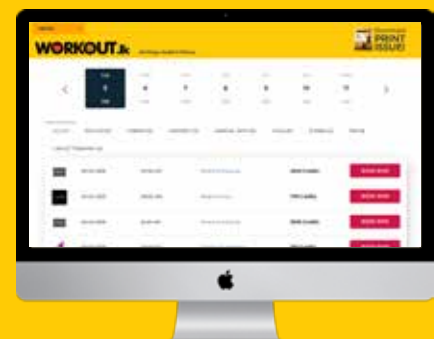
Did You Know?

In one study, vigorous exercise was shown to raise test scores and improve IQ scores by 3.8 points. Exercise releases BDNF or Brain-Derived Neurotrophic Factor (a protein that makes your neurons healthier), and has been shown to potentially increase the size of the part of the brain responsible for forming memory - the hippocampus. More great reasons to use exercise to stay productive at work or study!

(Source: National Academy of Sciences)

Bookings Made Easy!

Workout.lk now offers fitness class bookings! Visit the **CLASSES** page at [www.workout.lk](#) and easily choose classes and book them from the comfort of your home. They're right at your fingertips with no disappointments or need to wait in queues.



QUIZ

ANSWER & WIN!

Complete the below 03 questions and **email your answers along with your mobile number to contact@workout.lk** to be eligible to win prizes from Goyo and Workout.lk! Congrats to the winner from the last issue - Rozanne Amath!

1. When is IRONMAN 70.3 Colombo taking place?
2. Where is the Deep End store located?
3. On which days does Melissa practice at Mövenpick?



UPCOMING EVENTS



Visit www.workout.lk EVENTS page for updates and to find many more ways to inspire yourself and get active in Colombo!

Sri Lanka's First Healthy Lifestyle Superstore

JustGoodness is an online store dedicated to offering people easy access to natural, organic, healthy, and safe products. Access over 400+ natural non-toxic products in over 10 product categories ranging from skincare to groceries. Healthy living has never been more convenient!

Visit www.justgoodness.co



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.



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
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
Sky Fitness - Mövenpick Hotel Colombo	24, Dharmapala Mawatha, Colombo 03	011 745 0450
The Fitness Connection	3rd Floor, KFC Building, Racecourse Promenade, Colombo 07	077 132 9119
Total Fitness Bay	149, Havelock Road, Colombo 05	077 344 2389
UFO (Ur Fitness Outlet)	75A, Kynsey Road, Colombo 07	011 268 5985
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 or call us on 077 733 7430.



LIMITED SPACE UNLIMITED POSSIBILITIES

Our wide range of products provides
limitless exciting small group training options.

LifeFitness

**HAMMER
STRENGTH**

SCIFIT

BRUNSWICK
AUTHENTIC EST. 1845 AMERICAN MARK

Authorized sole distributor in Sri Lanka:

Fit and Spa Solutions Pvt. Ltd.

44 2/1, Dudley Senanayake Mawatha, Colombo 08 | 011 388 3380/070 320 2800



BUILD YOUR BODY, TRANSFORM YOUR LIFE.

State-of-the-Art 'Cybex' Equipment / Spin and CrossFit Classes
Climbing Wall / Eat Right Café / Sports Masseur and Professional Trainers
/ Open Gym Memberships / Sauna / Power-Plate Acceleration Training

COLOMBO'S PREMIER FITNESS CENTRE 077 132 9119



THE
FITNESS
CONNECTION
COLOMBO RACE COURSE